Eating Disorder Week

We are led to believe dieting will bring beauty, happiness and success. It may well lead to Anorexia Nervosa and Bulimia instead. This is the message to be spread on campuses across North America during Eating Disorder Awareness Week, being recognized by groups and individuals across Canada and the United States as an important measure towards the prevention of anorexia nervosa and bulimia nervosa.

The UNB Faculty of Nursing in conjunction with UNB Counselling Services is sponsoring the following activities during the week of October 23-27, 1989, on the UNB and Saint Thomas campuses: Displays during the lunch hours (12:00 - 1:00 p.m.) Monday through Friday at the Administration Building, Saint Thomas; Monday and Tuesday at the SUB, UNB. Also, awareness nights featuring a film and discussion will be held on October 24 at the Lady Dunn Residence, UNB at 7:00 p.m. and October 25 at Vanier House, Saint Thomas at 7:00 p.m.

It has been estimated that 2 - 4% of college women are bulimic, while a larger number have many of the symptoms, such as binge eating and occasional vomiting. Moving away from home, growing independence, and the stresses of university life commonly act as precipitating factors to the development of eating disorders in students. An eating disorder seriously affects academic performance, interpersonal relationships and general mental and physical health. "We have observed that many people with eating disorders have to drop out of school, being unable to concentrate or cope with the demands of school while struggling with an eating disorder" says Carla Rice, Program Coordinator of the National Eating Disorder Information Centre.

Given accurate information, university personnel, friends and family members are in an excellent position to prevent the development of eating disorders through early detection of warning signs or symptoms. "A friend, professor, school nurse, social worker, or doctor who is aware of what to look for, and who can explain the dangers to the individual, and encourage her to seek professional psychological treatment, will be playing a very important role in stopping the disordered eating early in its development, or preventing the cycle of anorexia or bulimia from beginning at all" says Rice. "Without that knowledge, the eating disorder can go undetected for years, or until the individual has compromised her physical and psychological well-being. The literature also shows the earlier the cycle of anorexia and/or bulimia can be arrested, the shorter and less difficult the treatment period" continued Rice.

Anorexia nervosa commonly begins during adolescence, however it is not exclusively so, and there are many individuals who have been struggling for years with the disorder and finally present for treatment when they are in their twenties, thirties and forties. The disorder is characterized by and intense fear of weight gain, and the relentless pursuit of thinness through restrictive dieting often accompanied by obsessive exercise.

Individuals with bulimia nervosa are caught in a cycle of binge eating followed by some form of purging, or getting rid of unwanted food and calories. Many individuals will induce vomiting, but the abuse of laxatives, fasting, and excessive exercise are also purging methods. As with anorexia, bulimia is characterized by the fear of weight gain and desire to be thin, however those with bulimia can be at any weight.

"We all internalize the larger social attitudes that in order to be happy and successful and loved in this world, we have to be thin. But it is absurd to think the size of somebody's body has anything to do with their personality, skills and abilities, but that's how we look at it, particularly for women" says Rice. "It has been shown that this over-emphasis on a thin figure is why the slogan of "Thinness isn't the answer...It's what's inside that counts" was chosen for the Eating Disorder Awareness Week. People are much more than their external selves. There is far too much emphasis in our society placed on appearance, particularly thinness. The reality is, in the long run, diets fail 95 per cent of the time. People may lose weight initially, but will gain the lost weight back, and often more. Self-esteem and self-acceptance need not be tied to unrealistic social expectations" Rice says.

For more information, contact Patricia Davidson, UNB Faculty of Nursing (453-4642) or Larry Finkelman, UNB Couselling Services (453-4820).

EATING DISORDER AWARENESS WEEK IN CANADA 1989

GOAL:

To reduce the incidence of eating disorders through a public education program on anorexia nervosa and bulimia nervosa, emphasizing why they develop.

SMT Increases Fares

"Even with the increase in rates that was granted, the company still projects to lose six hundred and seventeen thousand dollars." That was Mr. Douglas Sanders', Motor Carrier Board of N.B., response to the increase in SMT's Fares. Students have been talking about the increase in fares since university began this year.

According to Sanders, without the increase in fares, SMT would lose about eight hundred and seventy three thousand dollars on on-line run operations.

The Board's decision to accept SMT's proposal to increase their rates, which amounted to some 18%, was made in June. In addition, SMT wanted to phase out student discounts (20%). Because of opposition presented by a student by the name of David Burgess, and the Board's feeling that it would be too "big a jump" to phase out student discounts all at once it was decided that it would be phased out over a period of three years.

After being transferred to three different people, The Brunswickan finally got hold of Aubrey Morrell at SMT's operation centre in Moncton. Apart from directing The Brunswickan to the Motor Carrier Board of N.B., Morrell could only say that he did not want to be quoted in the paper as a spokesperson for SMT.

Through the Divisonal Manager of St. John, Gilbert Jeffrey, and a ticket salesman of the same department, the following new rates were obtained:

Fredericton to Newcastle-

$18.00 one way
$29.00 return*
$36.00 return

Fredericton to Campbellton-

$38.25 one way
$61.25 return*
$76.50 return

Fredericton to Saint John-

$11.75 one way
$19.00 return*
$23.50 return

* with student discount

Sexual Harassment

by Wendy McLeod-MacKnight

For many students, sexual harassment is a real problem and the harasser may be any member of the University community. Other students may never experience sexual harassment during their years at UNB. But whether you have or have not been a victim of sexual harassment, or know of someone else who has, a number of students will soon get the chance to air their views on this important topic.

During the next few weeks, the University of New Brunswick will be conducting a survey of its students, faculty and staff on the topic of sexual harassment. The survey will be conducted on both the Saint John and Fredericton campuses. It will provide members of the University community the opportunity to express their views and experiences of sexual harassment on campus.

UNB is currently in the process of developing and implementing a new policy and procedure on sexual harassment. Part of this process includes the recognition of the importance of research to assist in the development and implementation of policy and procedure. The information collected in the survey will serve the following purposes: (1) it will provide baseline data which can be used for future evaluation and monitoring of new policy and procedure; (2) it will provide information about awareness of the problem of sexual harassment, which can then guide the development of educational programs related to the new policy and procedure. The survey at UNB is designed to collect data on: (1) the incidence of sexual harassment at the University; (2) beliefs about what behaviors constitutes sexual harassment; and (3) knowledge and use of current policy and procedure.

The survey at UNB will be administered to a random sample of faculty, staff and students by regular mail, for off-campus students and graduate students, and by campus mail for faculty, staff and residence students. First year students will not be included in the survey.

Reports on this research will refer to the data in summary form only and no individual's response will be identifiable. Reports will be made to the University community and to other organizations.

Similar surveys on sexual harassment have been conducted successfully at other universities across Canada, including the University of Manitoba, Lakehead University, Carleton University and the University of Calgary. In fact, the survey at UNB is based in part upon the surveys conducted at the University of Manitoba and Lakehead University, and as such will provide a valuable point of comparison.

The opportunity to express your beliefs of the incidence of sexual harassment on campus and knowledge and use of the current sexual harassment policy (as well as its effectiveness) in a confidential manner should not be taken lightly. As well, the importance of participation by students at the University of New Brunswick Community cannot be overstated. The number of students to be surveyed is small. As it is often students who are most often the victims of sexual harassment, your input will be essential. Only by voicing your opinions can the University develop new policy and procedures that will truly represent the attitudes of members of the University community.