

Forecast gives 'spring' to diets

By PATTY RHULE
Collegian Staff Writer

Dieters weathering the storm of a weight problem will be relieved to know that the forecast for spring is statistically good for losing weight.

Anthropologists have found seasonal variations in weight for all ages, possibly corresponding to differences in temperature.

An investigation of seasonal variations in weight by Reynolds and Sontag, appearing in the Journal of Pediatrics, found that the period of maximum weight gain for children from one to five years old was from October to December.

The minimum weight gain for children of that age was from April to June, according to Reynolds and Sontag. The variations were similar for both sexes, according to the investigation.

Although this study was done on children, similar patterns of weight fluctuations have been found in adults.

A study by W.F.F. Kemsley of adults aged 14 to 60 years found a "pronounced" seasonal variation in weight, with the peak in January and the low in July.

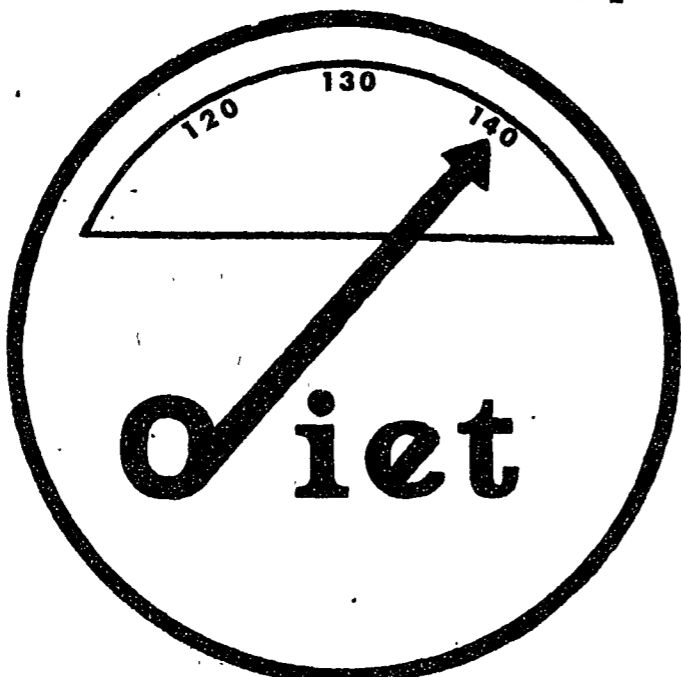
According to Kemsley, weight for both sexes was approximately one pound above the expected weight for January and one pound below in July.

Part, but not all, of this deviation could be attributed to the difference in weight between summer and winter clothing, Kemsley wrote, because the subjects were weighed with their clothes on.

However, according to Edward Hunt, professor of anthropology and health education, "My hypothesis would be that you're going to find a difference of five or six pounds, with the minimum weight in the spring and the maximum in November."

"This is a real phenomenon," Hunt said, although there is little data on the subject.

The causes for this variation in weight are unknown, but according to Hunt, they could be due to the seasonality of exercising or the body's response to temperature changes.



"We know very conclusively that when people stop exercising they gain weight," Hunt said, although he is not sure this is the complete reason behind the seasonal variations in weight.

If the weight fluctuation theory is correct, a more pronounced response could be expected this winter because of the extreme cold temperatures and decreased heat in homes, Hunt said.

Cheryl Sowers (10th-biological health) prepared this week's 1,200 calorie diet plan from the dining halls menu.

YOU MAY HAVE AT ANY

TIME: tossed salad with lemon or vinegar (no oil), coffee or tea (black or with lemon).

ANY BREAKFAST: ½ glass juice, choice of hot cereal with ½ tsp. sugar or unsweetened cold cereal, 1 glass skim milk.

TODAY'S LUNCH: hot turkey sandwich (no gravy), royal anne cherries, 1 glass skim milk.

TODAY'S DINNER: Salisbury steak (no gravy), 1 slice bread with ½ pat margarine, spinach with lemon wedge, sliced apricots.

TOMORROW'S LUNCH: vegetable soup, cottage

FRIDAY'S DINNER: meat lasagne, broccoli, sliced carrots.

SATURDAY'S LUNCH: hamburger on roll with ½ tsp. catsup, pear half, 1 glass skim milk.

SATURDAY'S DINNER: roast beef (no gravy), whipped squash, 1 slice bread with ½ pat margarine, fruit cup.

SUNDAY'S BRUNCH: 1 glass orange juice, scrambled eggs, sliced peaches, 2 slices toast with 1 pat margarine, 1 glass skim milk.

FINALS WEEK: MONDAY'S LUNCH: fish sandwich with lettuce on roll with

cheese, 1 slice rye bread with ½ pat margarine, apple, 1 glass skim milk.

TUESDAY'S DINNER: roast lamb, peas, whole wheat roll with ½ pat margarine, mandarin orange sections.

TUESDAY'S LUNCH: mostaccioli with ½ tsp. parmesan cheese, dessert cut pears, 1 glass skim milk.

TUESDAY'S DINNER: roast beef (no gravy), broccoli, poppyseed roll with ½ pat margarine, pineapple chunks.

WEDNESDAY'S LUNCH: chicken noodle soup, crackers, cottage cheese, banana.

WEDNESDAY'S DINNER: french fried flounder with ½ tsp. CaChili sauce, mixed vegetables, 1 slice bread with ½ pat margarine, plums.

Committee examines POW conduct code

WASHINGTON (UPI) — A Pentagon committee that reviewed the Code of Conduct for prisoners of war said yesterday charges of collaboration with the enemy in future wars should be investigated and punished under military law.

Documents released with the committee's report indicated that dismissal of charges against nine Vietnam POWs may have been prompted in part by concern about bad publicity — such as that received in connection with the My Lai massacre and Green Beret murder case.

The committee of four civilian Pentagon officials and seven military officers, including three former POWs, interviewed 50 persons last year, including two returnees who were charged with collaboration. The committee suggested only one

minor change in wording of the Code of Conduct, which is designed to give captured American servicemen guidelines for behavior. But the panel recommended that servicemen get better training.

"All servicemen should learn that their behavior in captivity or detention is fully accountable under U.S. law," the report said. "Further, the committee recommends misconduct in such status should be the subject of disciplinary proceedings upon the return of United States control of POWs who are believed to have violated the Uniform Code of Military Justice."

A summary of an interview with Rear Adm. H.B. Robertson, the Navy's chief legal officer, said the military services had consulted with each other under Defense Department guidance about what to do with accused collaborators.

THE ESTABLISHMENT
by STEPHEN E. SCHLARB
THE HISTORY BOOK FOR THE PEOPLE

A 6000-year horror story of Establishment domination, exploitation & even mass murder in the blind pursuit of power. Progress is an illusion. Political systems change, but the Establishment remains the same — our master.

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The Camera Club
will hold a meeting
Monday, Feb. 14 at 8:00 P.M.
in Room 67 Willard
All members please plan to attend!
Info: Gary, 234-1779

CINEMA 1 STARTS WEDNESDAY!
116 Heister St. 237-7657
ONE WEEK ONLY!

The Greatest Discovery of Our Time
In search of Noah's Ark

High atop a mountain in Eastern Turkey is a giant 5,000 year old wooden ship containing hundreds of stalls and cages.
IS IT NOAH'S ARK?

with DRAG GRANDALL
Technical Advisor/Historian DAVID DALSGER
and Thru...Sat. Feb. 17-19
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Directed by JAMES L. CONWAY
Produced by CHARLES E. SELBY, JR.

for beach bums going south

Even this little dude could score points on the beach in these life-guard swim trunks — heavy cotton twill, button fly, cinch strap with dee rings, curved-seam double seat. Add whistle, shades, and nose cream. Watch for groupies.

EVEN SIZES 30-38. NAVY, WHITE, YELLOW, RED, O.D. GREEN, TAN. \$8.50

Jack Harper
Custom Shop for Men

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VALID AT BOTH ARBY'S
400 W. COLLEGE AVE.
111 SOWERS ST.
Valid Mon. & Tues. Feb. 14 & 15 and Thurs.-Sat. Feb. 17-19

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Oswald to visit USG

University President John W. Oswald will speak and answer questions at the USG Senate meeting 7:30 p.m. tonight at 225 HUB.

No general format is planned, but questions will come primarily from senators, according to Bernie Campbell, USG senator. Oswald's appearance is part of a program to hear and talk to University administrators, Campbell said.

HAVE LUNCH OR DINNER AT MUNCHIES

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Cheeseburger, french fries, and cole slaw . . . 99¢
Foot long Dog, french fries and ice cream . . . 99¢
Fish Sandwich, bowl of soup and cole slaw . . . 99¢

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CINEMA 2
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8th BIG WEEK!
7:00 & 9:30
No Passes
STREISAND KRISTOFFERSON
A STAR IS BORN

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MOVIES
114 S. Allen
237-0000
WEEKDAYS 7-15
Fri.-Sat.-Sun. 7:30 & 9:30

"THE SONG REMAINS THE SAME"
LED ZEPPELIN

LAST 2 DAYS
GARDEN
114 S. Allen
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DAILY AT 7:45

"SATAN WAS A LADY"
X

LAST 2 DAYS
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A kid with leukemia can die from a cold.

An infection that means a day in bed for a normal child is a threat to the life of a child with leukemia. Once, leukemia victims lived only a few months. Now, in some cases, we can prolong lives a few years.

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American Cancer Society

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Three piece vested suits are now on sale . . . just in time for interviews.

All remaining fall and winter suits reduced to at least one half of the regular price with alterations at no charge.

Suits starting at \$50 . . . Don't Miss It.

Open Mondays 11 until 8:30
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RIDE USG'S END OF WINTER TERM CHARTERED COACH EXPRESSES TO PITTSBURGH & PHILADELPHIA AND SAVE TIME AND MONEY!!

DEPARTURES: Monday, Tuesday, Wednesday & Thursday February 21, 22, 23 & 24, 1977
RETURNS: Sunday Evening, March 6, 1977

TO PHILADELPHIA:
Buses will begin loading each day at 6:30 p.m. in front of the HUB, and will depart promptly at 6:45 p.m. Stops at John Wanamaker in the King of Prussia Shopping Center, and downtown at the Trailways Terminal. Arrival in Phila. approx. 10:45 p.m.

BUS STATION PRICE: \$11.70
USG PRICE: \$ 9.00 **YOU SAVE \$2.70**

TO PITTSBURGH:
Buses will begin loading each day at 6:45 p.m. in front of the HUB, and will depart promptly at 7:00 p.m. Stops at David Weiss in the Miracle Mile Shopping Center in Monroeville, and downtown at the Trailways Terminal. Arrival approx. 10:00 p.m.

BUS STATION PRICE: \$10.10
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FROM PHILADELPHIA:
Return trip express buses will begin loading at the Continental Trailways Terminal in Philadelphia at 6:30 p.m. Sunday, March 6, 1977, and will depart promptly at 6:45 p.m. Arrival at PSU HUB approx. 10:45 p.m.

BUS STATION PRICE: \$11.70
USG PRICE: \$ 8.00 **YOU SAVE \$3.70**

FROM PITTSBURGH:
Return trip express buses will begin loading at the Continental Trailways Terminal in Pittsburgh at 6:30 p.m. Sunday, March 6, 1977, and will depart promptly at 6:45 p.m. Arrival at PSU HUB approx. 9:45 p.m.

BUS STATION PRICE: \$10.10
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SAVE TIME & MONEY . . . RIDE THE USG'S CHARTERED COACH EXPRESSES
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