



Eating disorders

(continued from page 7)

dollar business for many entrepreneurs.

This trend has also caused an increase in the number of cases of eating disorders, such as anorexia and bulimia. It is actually no wonder. Today, every magazine cover features an underweight model in a revealing outfit. It's enough to make anyone want to drop 10 pounds whether they need to or not. Both of these disorders are life-threatening.

Anorexia involves self-starvation. The average anorexic consumes anywhere from 300 to 600 calories a day. The lowest calorie diet, used only in a hospital setting under strict

Develop eating habits that do not exceed your daily requirement of calories, but are not drastically reduced. Most experts recommend a person lose no more than two pounds a week.

Also, develop an exercise program that you will be able to stick to. This is the only way to lose weight and keep it off.

anorexics, but experience many of the same problems. A bulimic will consume up to 10,000 calories a day and purge it back up between 6 to 12 times throughout the day. If this practice is continued for an extended period of time, the person suffering from bulimia will at some point rupture the esophagus and may bleed to death. People suffering from

The average anorexic consumes anywhere from 300 to 600 calories a day

supervision of a physician and accompanied by nutritional supplements, is 800 calories. Anorexics become obsessed with losing weight. An anorexic may seem to be just a physically fit person for a while, but may eventually lose up to 40% of their body weight.

Bulimics are the opposite of

eating disorders usually take such things as diet pills, laxatives, and diuretics.

The pressure placed upon individuals by society to be slim, has caused many to have close brushes with death. Losing weight is not a bad thing to do, but it should just be done in moderation.

PENN STATE-BEHREND COURSE OFFERINGS SUMMER 1990

**SESSION I
(3 Week)**
Begins May 11, 1990
Ends June 1, 1990
Finals June 4

| | |
|-------|-------|
| ACCTG | 101 |
| ART | 120 |
| BI SC | 004 |
| ECON | 004 |
| ECON | 302 |
| ENGL | 202C |
| HIST | 021 |
| MGMT | 497A* |
| PE | 342 |
| PHIL | 012 |
| PSY | 002 |
| PSYCH | 130 |
| SPAN | 003 |
| SPCOM | 100A |
| SPCOM | 220 |

**SESSION II
(8 Weeks)**
Begins June 11, 1990
Ends August 1, 1990
Finals August 3-4

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|-------|-------|
| ACCTG | 104 |
| CHEM | 001 |
| CMPBD | 100 |
| CMPSC | 101** |
| CMPSC | 201 |
| ECNS | 410 |
| ECON | 002 |
| ENGL | 004 |
| ENGL | 015 |
| ENGL | 202A |
| ENGL | 202D |
| EXSCI | 170 |
| FIN | 301 |
| GEOSC | 020 |
| HUMAN | 021 |
| HUMAN | 101 |
| KEYBD | 100J |
| MATH | 004 |
| MATH | 005 |
| MATH | 040 |
| MATH | 110 |
| MATH | 140 |

| | |
|-------|------|
| MATH | 141 |
| MATH | 251 |
| MGMT | 301 |
| MGMT | 341 |
| MGMT | 471 |
| MKTG | 301 |
| MUSIC | 005 |
| PE | 138 |
| PE | 342 |
| PHIL | 103 |
| PHYS | 151 |
| PHYS | 201 |
| PL SC | 001 |
| PSY | 002 |
| QBA | 101 |
| QBA | 102 |
| RCLD | 005 |
| RUS | 100 |
| SPCOM | 100A |
| SPCOM | 100B |
| STAT | 200 |
| THEA | 100 |
| THEA | 102 |

**SESSION III
(10 Weeks)**
Begins May 19, 1990
Ends August 1, 1990
Finals July 30--Aug. 4

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|-------------|---------|
| COMMU | 501 |
| ECNS | 501 |
| FNC | 501 |
| FNC | 597A*** |
| MANGT | 501 |
| MANGT | 543 |
| MANGT | 571 |
| MISBD | 437 |
| INTERNSHIPS | |



Summer housing is available in the student apartments. Contact the Office of Housing and Food at 898-6161 for information. A complete Summer Session Schedule of Classes will be available from the Registrar's Office in January. (Course offerings may be subject to change.)

*Business Research Methods

**Pascal

***International Finance