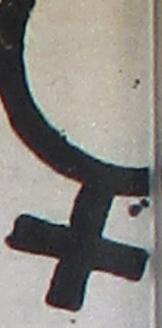




Campus Women



In the latter part of Grade Seven I had the chance to make a television commercial. I had been all excited and thought maybe I could become a model. I was always seeing the teenaged models in magazines and thought why not. I enjoyed the attention that was showered on me everytime the kids at school saw the commercial and the man who had gotten me the spot on the commercial said I would be able to do more. I remember reading somewhere that the camera adds ten pounds so I figured I would lose weight but I wasn't very good at sticking to diets so I just stopped eating, what was the sense of eating if I couldn't eat the things I wanted. Of course supper posed a problem because I was forced to eat I mean I couldn't very well say I was never hungry. My mother might suspect that I was fasting. As it turns out I found out somewhere that you could eat your cake and not have it too, so to speak. If I ate just a little bit of supper complain I was full I would then be allowed to leave the kitchen without eating all my supper. I would then go to the bathroom and stick my finger in my throat to throw up the little supper that I did eat. I got really good at this and after a while I could throw up by just thinking about it, maybe I was too good at it.

In Grade Eight I was eating nothing and throwing up if I ate as much as a potato chip. One night we had spaghetti for supper which incidently was my downfall (and still is). I ate everything on my plate, a friend was spending the night and she had no idea about my "weight loss program" and as it turned out I didn't get a chance to do my usual routine. The next morning very early I woke up getting sick to my stomach and I couldn't stop. When it subsided briefly I asked my friend to get me a drink of juice which sent my stomach in another fit. I couldn't hold anything in my stomach not even a glass of juice. I ended up in the hospital and was unconscious for most of my stay. I was there for a month and I almost died. I almost died to be thin. Ironically, just before I went into the hospital I had gotten my long hair cut short. The guy who got me the commercial said "he didn't like it, I looked like a boy." I only got one modelling job after that.

I have never stopped eating or purged again although even up until my first year at UPEI. I wore a lady's size 3. Then I went to a size 5. I am now at size 7 where I intend to stay. It was a hard decision to make

last fall when I had to buy new pants. I entertained the idea of going on a diet but decided against it. I'm not fat so why should I diet. Besides diets scare me and I have a good reason to be scared.

Being thin is not important, it took me eight years to learn that being satisfied with my own body is more important than someone else being satisfied by the look of my body. If they don't like the way I look, they can look away.

Anonymous

"I'm just a person trapped inside a woman's body."

Elaine Boosler

Eating Disorders strike many women

by Elaine Bellio

"The statistics on who is affected by eating disorder and weight preoccupation are appalling," says Ruth Pentinga, founder of the Women's Body Images Support Group at York. One of three per cent in North America have anorexia, 3 to 5 per cent have bulimia and another 10 to 20 per cent engage in some of the symptoms on an occasional basis. Anorexia is characterised by a fear of weight gain and the relentless pursuit of thinness through restrictive dieting. Bulimia involves a cycle of binge eating, followed by purging to get rid of unwanted calories. Vomiting, laxative abuse, fasting and excessive exercise are common purging methods. Both anorexia and bulimia can have severe physical and emotional effects. In 10 to 20 per cent of cases they can be fatal. "We live i