

RECIPES

SKINNY FRENCH FRIES

The taste and texture of
french fries
- *without the fat!*

4 medium potatoes, cut in strips
or lengthwise, about 1/2" thick.

1 tablespoon oil

Paprika

1/2 teaspoon Lite salt or less.

Preheat oven to 450°. While cutting potatoes, keep strips in bowl of ice water to crisp. Drain and pat dry with paper towels. Return to bowl and sprinkle with oil. Mix with hands to distribute oil evenly over potatoes. Bake on a jelly-roll pan until golden brown and tender, about 30-40 minutes, turning frequently. Sprinkle generously with Paprika, and sparingly with Lite Salt.

Makes 4 servings.

CALCIUM:

Related to high Blood Pressure

What does calcium have to do with high blood pressure? Well, according to some specialists, it has a lot to do with high blood pressure.

Past research has centered on the sodium chloride connection in high blood pressure because of the tendency for sodium to create water retention, hence causing the heart to work harder to move a larger blood volume.

However, according to Dr. David McCarron, a hypertension authority at the Oregon Health Science University in Portland, blood pressure is dependent on calcium. When a person has a low calcium diet, the arterial muscle cells, in effect, store it, and contract, raising blood pressure. On the contrary, a high calcium diet causes these muscle cells to limit their calcium intake, and the arteries remain relatively dilated, causing blood pressure to decrease.

Recently, Dr. McCarron and others have conducted animal, clinical, and epidemiological studies that support a lack of calcium, not an excess of sodium, that is a likely con-

tributor to hypertension (a chronic state of high blood pressure). Studies of calcium supplemented animals consistently suggest that a calcium-rich diet helps control high blood pressure.

Dr. McCarron's study with hypertension patients showed that 44% reduced their blood pressure by calcium-rich diet. However, calcium had little effect on the subjects with normal blood pressure. Although many studies seem to support the link between high blood pressure. Although many studies seem to support the link between high blood pressure and low calcium intake, it is far from conclusive.

The average North American consumes only about one half the recommended daily allowance (RDA) of calcium--800mg. Adequate calcium intake is not only important to help prevent a risk of osteoporosis, it could reduce high blood pressure as well. Also, regular blood pressure checks are recommended for all adults.

By Eric Kim

Stress Without Distress:

Hans Selye's Guide to a Happy Stressful Life

BOOK REVIEW

Hans Selye, world renowned scientist and author, has again made a significant contribution to the ever-growing body of theory concerning that dreaded thing in life: stress. Perhaps more than any other, Selye has provided valuable insight into that daily experience which has suffered so much "bad press" for so long. Instead of giving in to the popular belief among us "lay people" that stress is something to be avoided, Selye emphasizes, in *Stress Without Distress*, not only the impossibility of its avoidance, but the crucial role it plays in the quality of our lives. Although I personally object to some of Selye's assumptions (though I haven't the space here to expand upon this) he provides both some fascinating analysis of stress itself and interesting insight into some of the most pressing philosophical questions, such as meaning in life, facing the western world today.

Selye begins his book with a lengthy discourse concerning the physiological nature of stress in all humans. Although a bit tedious (as is most scientific research), Selye's discussion focuses on the importance of differentiating between positive stress and negative stress, as well as understanding the General Adaptation Syndrome (G.A.S.) inherent in us all. Selye then makes a transition into the area of defense reactions in living beings. In it, Selye maintains that all life, including humans, are governed by basic biological laws. Of the laws which pertain specifically to stress in humans, current biological theory presumes that during the course of evolution, living beings have learned to defend themselves against all kinds of assaults (whether arising in the body or coming from their environment)

through two basic mechanisms which help us put up with aggressors (syntoxic) or destroy them (catatonic). In addition, if the conflict for us is environmental, then of course we can simply flee from it, provided that the extenuating circumstances permit such a response.

Moreover, Selye insists that there is inherent in all humans a fundamental internal conflict which precipitates all potential clashes: selfish interests (egotism) vs. selfless pursuits (altruism). It is the marriage of these two conflicting elements within us, in what Selye calls "altruistic egotism", which leads to, as Selye puts it: "mutually satisfactory peaceful cooperation between competitive cells, organs, people and even entire societies." Through the understanding of the biological roots of altruistic egotism, Selye points out, we better comprehend the basic objective of life, which is: "to achieve internal peace within man and external peace among men, as well as between Man and Nature".

In essence, Selye insists that in order to avoid the stress of conflict, and instead to achieve peace and happiness, we should devote more attention to a better understanding of the natural basis of motivation and behaviour. Thus the best way for us to avoid harmful stress is to select an environment which is in line with our innate preferences. Selye pointedly emphasizes the importance of finding work which we can both like and respect. Only thus, he concludes, can we eliminate the frustrating readaptation that is the major cause of negative stress (distress) in our everyday lives.

By Scott Armstrong

Sooooooooo...

Are you feeling a tad bit overwhelmed by your 20-hour class schedule this term? Is that twelve page term paper due Monday at 9:30 starting to weigh heavily on your mind? Do you find it easier to stare at the picture tube than at the open textbook? If so, then you, like most of the rest of us, are suffering from the plague of stress.

Stress is a fact of life. All of us experience stress to some degree. However, stress need not be "The Enemy". Reasonable levels of stress actually spur us to be motivated and productive. The trick isn't to eliminate stress, but to control and use it, so that it won't control you.

There are many formal definitions of stress, but for our purposes, stress can be defined as any stimulus which produces a stress response in the body.

Our immediate reaction to a stressor is very physical. As our bodies evolved, the daily stressors in life came packaged as spear-wielding enemies and dangerous animals such as tigers and bears. Accordingly, our bodies developed a response which allowed us to react in appropriate fashion, to fight or run for our lives. A few of these "fight or flight"

responses include accelerated heart rate, sweaty palms, and "butterflies in the stomach". Sound familiar?

Today, however, our world is a bit more complex, socially speaking. Our minds have developed to a significant extent over those of our ancestors, yet our bodies still prepare us to fight or run. Unfortunately, running away from registration or beating up on your professors aren't considered appropriate coping techniques, not to mention that they'll probably get you into more trouble than you thought you had earlier. So, instead, we grit our teeth and "take it" with little physical exertion. Here's where modern humans run into problems, though: if we allow our fire to smoulder, unresolved, over an extended period of time, or with great frequency, it can lead to chronic stress-related conditions including ulcers, high blood pressure, and heart disease.

BUT... There is an alternative. You don't have to be a victim of stress. Instead, you can make it work for you. All you need to do is invest a little time and thought.

The first important step in controlling the stress in your life is to identify your sources of stress -- your stressors. After all, you've got

to know the source and size of the river before you can try to dam it up.

After you've identified your stressors, you then need to learn how to deal with them appropriately and effectively. Again, this doesn't always mean eliminating them. Our study habits provide a familiar example of this. Cramming the night before a midterm or final is a common way of preparing for an exam, but is it effective? Or appropriate, for that matter?

Recent psychological studies have shown that retention of subject matter is much lower for students who cram for a test than for students who study the material throughout the term. You say you don't care about long-term retention, you just want to pass the course? Well, the same studies indicated that the students who crammed scored lower on the exams than did the students who spent a few hours each night on the material. Not only that, they didn't experience the stress of staying up all night for a week trying to prep for a battery of finals. Granted, they spent one less hour or so partying each night, but they did better and probably enjoyed dead week a whole lot more.

Finally, knowing that a certain degree of stress is inevitable, we must develop individual techniques for coping well with the remaining stress, as well as for promoting relaxation.

Although there are many stress reduction techniques from which to choose, it is best, at

first, to adopt only one or two that you feel the most comfortable with.

Progressive relaxation is a popular method for eliminating tension from the body. It involves systematically relaxing the various muscle groups in the body until all muscle tension is eliminated and the body is totally relaxed.

Time management is a very practical way to avoid periods of extreme pressure in your schedule. It includes decision-making skills, prioritizing, and time blocking or mapping.

Meditation can help you stay in touch with your inner thoughts and feelings, and actually improve your self-esteem. By using the thought-stopping process, you can eradicate negative self-talk that can lead to frustration and self-doubt, and can also help control obsessive or phobic thought processes, in some cases.

If any of the above techniques appeal to you, or if you wish to further explore the sources of stress in your life, drop by the Health Education Center in the Student Health Center today. Between the hours of 10:00 and 3:00, Monday-Friday, Peer health Advisors can discuss your questions or concerns with you, and give you informational pamphlets and other reading materials relating to these and other health issues and topics. The HEC also has a library of books on various health-related topics which may be loaned out to students.

By Chris Ramko and Mary Ellen Bennett