

Debaters get to the Hart of the matter

by Stephen George Atchison

Sodales served notice that it would once again be a contender on the debating circuit as the University of Toronto hosted the Annual Hart House Invitational Debating Tournament from October 16 to 18. Over fifty teams gathered from Canada and the Northeastern United States to participate on the first ever debating tournament with a theme of "Political Incorrectness."

The "law team" of Evan Tingley and John LeBlanc, debating together for the first time, advanced to the quarter final round. They were defeated in a debate about the merits of enforcing at least fifty per cent female representation in the Canadian Senate. The team of John Haffner and Laura Stewart used the quarter final round to debate a con-

siderably less sophisticated case concerning hockey helmets. The judges were impressed with their simplicity and the team advanced to the semi-final round. Much to everyone's surprise (especially their own), Haffner and Stewart's humorous approach won a unanimous decision from the judges over Bates college.

In true Hart House form, the final round proved to be even more bizarre, as the government (Concordia University) proposed the legalization of polygamy. Unfortunately, there was just one liberal too many in the audience, as Haffner and Stewart lost the finals by just one vote, 44-43.

John Haffner also placed fourth in the Public Speaking competition (literally stunning the audience with his sophisticated and complex comparative philosophical analysis) while Laura Stewart placed sixth individu-

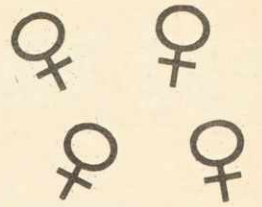
ally. Strong individual speaking placings were also turned in by Jennifer Harnum, John LeBlanc, and Evan Tingley.

University of Toronto's "Political Incorrectness" theme proved very successful in combating the recent trend in Canadian debating of addressing only safe and cautious topics. This trend was resulting in rounds that reminded people more of eating pabulum than debating. The theme of the tournament reminded audiences and debaters alike that there

are two sides to almost every issue and forced teams to debate new and challenging cases and ideas.

The Sodales debaters rose to the challenge and continued the tradition of performing well at Hart House, as this was the third final final round appearance at Hart House in the last four years.

Sodales meets every Tuesday evening at 6:30 pm in the Council Chambers of the Student Union Building. New members are always welcome.



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The human face of depression

by Jerry West

Everyone of us has felt left out at some point. Sometimes it gets so heavy you can't lift your head.

Richard, a member of the Canadian Mental Health Association (CMHA)'s *building bridges* program, has felt like that all his life.

"Every school has a nerd," says Richard, "and that was me. I wasn't the best looking, so the girls teased me. I wasn't a jock so the boys teased me."

Richard suffers from depression. Until recently he was so depressed that he often wouldn't leave his house. He spent much of his life sleeping.

"Making friends really stresses me out," says Richard, "because I can't deal with people. I love being around people, but I can't because of the stress factor. That's why I get depressed."

Building bridges pairs up people who are having difficulty socializing. Members go to things like sporting

events together. That helps them to learn that not everyone is judging them.

A CMHA study published this month says many lower-income Canadians suffer from depression similar to Richard's. Atlantic Canada has the second highest rate of depression, behind the prairies. The CMHA

Atlantic Canada has the second highest rate of depression

says this is because the local economies are so poor.

More than half don't hold much hope for recovery. Only 43 per cent of Atlantic Canadians - the lowest percentage in Canada - believe their situation will improve.

That means a lot of low-income

Atlantic Canadians are wrestling with depression worse than they've ever known. The main barriers to treating depression, the CMHA study says, are not recognizing the symptoms and fear of social stigma.

Richard now attends the CMHA's social club at Bloomfield school, and is enrolled in a six-week day program at the Abby J. Lane hospital. He finds that dealing with people has helped him to overcome his fears.

"The stresses are still there," he says, "but now they're manageable."

Richard says if he saw someone experiencing the same lack of self-esteem he had, he might be able to offer some advice.

"I'd get them to talk it out with someone, maybe a professional," he says. "Basically what a person needs is someone to tell them that it's OK to be a loner, but it's OK to be out in the world, too."



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