

## Harbinger's column

# Fearful phobias can be fun

Psychiatrists and doctors are hard at work cataloging another area of human experience, fear. While in years past, it was sufficiently explanatory to call someone the "anxious type" or to note they got "scared silly" at strange times, today we can specify our fears to an almost fearful degree.

Phobias, the persistent, unreasonable, intense fear of some object or situation, are being listed as fast as they can be discovered. Personally familiar with some common phobias such as claustrophobia (the fear of enclosed spaces), xenophobia (the fear of strangers), and acrophobia (the fear of heights), I was intrigued to discover that the catalogued list of phobias is very long. People have exercised their right to be afraid of a growing variety of events and objects, rather than sticking to the same worn out, crowded phobias.

Psychiatrists have listed over 700 phobias which presumably have their origin in someone's experience. Linguistically speaking phobias can be fun. Newly uncovered fears are named by combining *phobia*, which comes from the Greek *phobos* (fear or flight), with a prefix, usually Latin or Greek, which specifies the type of fear. Try out your language skills on these. (Answers below)

Bathophobia, Entomophobia, Ballistophobia, Otophobia, Chromophobia.

Phobias affect thousands of people, most of them otherwise healthy individuals. In general, phobias are seen to be a sign of neurotic conflict in a person, rather than an indication of a severe mental disorder. Phobias are believed to develop a defense against high levels of anxiety. By specifying a concrete object of fear, general anxiety is channeled and lessened. Phobias can be seen as having adaptive value, since they often interfere less in a person's daily life than continued expression of generalized anxiety.

Phobias often interfere with daily life, however, as in the instance of people suffering from ergophobia (fear of work), decidophobia (fear of making decisions) or verbophobia (fear of words). The most successful way of ridding oneself of a phobia is through a behaviour modification desensitization process. Living with phobias is no fun and they are not the type of things that go away by themselves. Desensitization takes varied forms, using drugs, imagination or actual phobic situations to draw a person into their phobia. Substituting a pleasant feeling (as with drugs) or teaching an alternate response through fantasy or controlled situations are all quite successful in ridding people of the fear or modifying it enough so that it is not debilitating.

The behaviour therapy methods just listed, however, won't help much if you are really interested in trying to find out why you developed the specific phobia you did. For that, you'll have to turn to psychoanalysis.

And good luck! But don't tell me about it. I've just developed an acute case of story-phobia.

A jar of chunky peanut butter goes to the first person who can tell me the correct term for the fear of peanut butter sticking to the roof of your mouth. Send entries to Peanut phobia, Harbinger 214 Vanier Residence.

Answers: Bathophobia — fear of depth; Entomophobia — fear of insects; Ballistophobia — fear of bullets; Otophobia — fear of opening one's eyes; Cromphobia — fear of certain colours.

SUE KAISER

# Nuclear war next year?: NALP

By CHRISTINA LEGREE

Although some students did not attend school on October 14 to respect the day of protest, the North American Labor Party (NALP) rally, provided some excitement and controversy for students that did attend classes.

The NALP rally, held in the Bear Pit at 11:30, was addressed by Carolyn Parvin and Mississauga mayoral candidate, Fred Haight. They discussed the possibility of nuclear war next year "unless something is done to prevent this", said Haight.

The NALP is "a socialist movement designed to initiate a new world economic policy and to introduce nuclear fusion as an energy base for all countries. It is also sympathetic towards the third world and Russia", said Parvin.

According to Haight, nuclear fusion with its multi-purpose uses, is the only alternative to oil, and must be utilized by 1985 if the world is to sustain its present standard of living. But, said Parvin, "the

United States Energy Research and Development Association will not fund the development of nuclear fusion because it would threaten oil interests."

Haight said, "the Soviet Union has made some significant breakthroughs and is vigorously promoting nuclear fusion, but the US is concealing the Communist achievements from the public."

Parvin said after the rally, "All countries must ally to make nuclear fusion a reality and the third world, if given aid to develop themselves can provide the future scientists and engineers needed."

The first step to helping the third world according to Parvin is to "cancel the debt of approximately \$3 billion owed to the New York banks by the underdeveloped countries, to nationalize these banks, and establish a new monetary system backed-up by gold as opposed to nothing." Haight added, "wealth would also be backed-up by real production."

When asked what physical form

the new money system would take for the laborer, Haight said "it would be similar to a credit system."

"Ninety per cent of the capitalists favour giving aid to the underdeveloped countries, and 10 per cent are opposed," said Parvin.

Those that disapprove giving aid, said Haight, "include Jimmy Carter, Rockefeller and Kissinger who are plotting together to overthrow Gerald Ford and establish a Fascist regime. The reason the public is not aware of the conspiracy is because the CIA and Rockefeller are controlling the media."

When asked by a student, how the NALP are able to attain the knowledge of this plot, Parvin said they have their own sources but did not disclose how or where these sources get their information.

In addition, Haight said "Kissinger's meddling in Soviet and Middle East ties is provoking nuclear war," and that the "Soviets will fight against the USA to prevent the spread of fascism."

## Harbourfront

### CANADIAN FILMMAKERS DISTRIBUTION CENTRE

Thursday, October 21 - 8:30 p.m., York Quay  
Patchwork Quilts, by Kim Ondaatje;  
Serpent River Paddlers, by Anthony Hall;  
Spectrum in White, by Lois Siegel;  
A Round Feeling, by Kathleen Laughlen;  
Weather Building, by Ross McLaren;  
Novitiate, by Tony Bond.

### OPEN SING CLUB

Thursday, October 21 - 8:30 p.m., York Quay  
Amateur folk and blues musicians are invited to perform every Thursday. For details call Dave Stavert, 868-1056/366-2527.  
Guests: Sam Larkin, Tom Lash, Deborah Dunleavy, and George Axon.

### RIGHT TO RIDE

Saturday, October 23 - 2:00 - 4:30 p.m., York Quay  
The Coalition for Useable Transportation presents a forum on public transportation for the disabled.

### HARBOURFRONT COOL

Saturday, October 23 - 8 p.m. - 3 a.m., York Quay  
Disco dance with M.C. "J.C. McDee", of CHIN radio's J.C. McDonald show, broadcasting live from 11 p.m. to 3 a.m. Free admission; refreshments available.

### YOGA DEMONSTRATION

Sunday, October 24  
12:00 noon, York Quay

- Hatha Yoga
- Meditation
- Pranayama
- Deep relaxation

### LITERARY EVENING

Tuesday, October 26  
8:30 p.m., York Quay  
Guest novelist: Graeme Gibson, author of *Five Legs and Communion*.

### SKI CONDITIONING CLASSES

Tuesday, October 26 &  
Thursday, October 28  
6 p.m., York Quay

Improve your fitness, strength and flexibility before the ski season begins. \$8.00 for full session, \$1.00 per class. Bring gym shoes and towel.

HARBOURFRONT 235 QUEEN'S QUAY WEST  
Just west of the foot of York Street - For details call 369-4951  
(FREE PARKING)



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