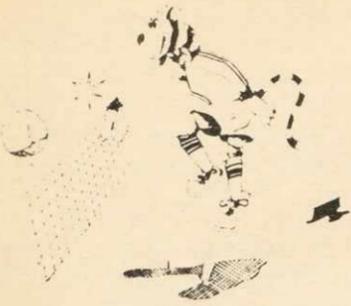


Caffeine: ups and downs



Tigers shut out Moncton club

Nobody could touch the Dalhousie women's volleyball Tigers at the UDM Invitational in Moncton over the weekend as they recorded shutouts both Friday and Saturday to capture the tourney.

On Friday, the Tigers topped the Fredericton Club team 15-6, 15-5, 15-3.

On Saturday, the squad swept Brock, Mount Allison, the Moncton Club and Mount Allison again in the final. Scores were 15-9, 15-4, 15-3 against Brock, 15-11, 15-6, 15-3 against Mount A in preliminary action, 15-7, 15-10, 15-3 against the Moncton Club team, and, in the championships match against the Mounties, 15-10, 15-6, 15-2.

Colleen Doyle led the Tigers with 16 kills, four blocks and two aces. Sandra Rice had a strong final match, recording 14 kills. Laura Lee Josey of the Tigers was named Tournament MVP and Doyle was chosen to the All Star Squad.

The Tigers' final match before Christmas will be on Friday, December 4 when they host Moncton at 8:00 p.m. in Studley Gym.

by Heather Reynolds

With exams right around the corner, many students are spending sleepless night in a final attempt to catch up. For many, coffee, tea, colas, chocolate and even wake-up pills are the fuel keeping the fires burning.

All of these contain caffeine, which is a nervous system stimulant. When in the bloodstream, caffeine produces responses similar to those of exercise and/or stress. Caffeine is absorbed and working as soon as 15 minutes after consumption and is effective for up to 2 hours, increasing the respiration rate, heart rate, blood pressure, and muscular stimulation. The state of wakefulness is created by caffeine's inhibiting effect on adenosin, which plays a role in bodily energy.

There are many benefits of caffeine, such as its positive effect on stamina during physical activity, where it enables the body to process fats in the blood as fuel for muscle energy, and its ability to decrease muscular fatigue.

Interestingly, caffeine is one of the many substances tested for in the drug testing of athletes.

As a pain reliever, caffeine is also found in such medications as aspirin, Anacin, and Midol, to name a few. Another form of caffeine that can be purchased as an over-the-counter drug is the wake-up pill, designed to keep you awake. Unfortunately, the many reported side-effects include nausea, headaches, and dizziness. Many people have

trouble sleeping afterwards: the body won't move, but the mind is racing off in all directions.

Although there are benefits to caffeine, there are also drawbacks, particularly if the drug is overused. Because people are affected directly by caffeine, it is difficult to say how much is too much for everyone. This, however, you can judge for yourself by monitoring intake and symptoms resulting from caffeine. Monitoring intake means counting every source, from coffee, colas, aspirin or Midol.

Intestinal discomfort, headaches, nervousness, heart irregularities and insomnia are all evidence of overuse. These are reactions similar to anxiety attacks, and the two have been confused. Unfortunately, when the body is responding in such a way, the chances of heart disease and birth defects become greater.

Although more research is needed, studies have drawn relationships between caffeine and heart disease, ulcer irritation, birth defects, and benign breast lumps. There is no conclusive evidence that caffeine causes these problems; however, there are statistics which show indirect relationships between these conditions and excessive caffeine consumption. For these reasons, the U.S. Food and Drug Administration (FDA) recommends minimum intake of caffeine in all forms.

Other aspects of one's lifestyle may also affect the response to caffeine. For example, smokers dispose of caffeine more quickly than non-smokers because of the increased production of a caffeine-flushing enzyme. The reverse is true of women who are on the Pill or pregnant, where the increased hormones in the blood inhibit the enzyme.

So, what's the point? High caffeine consumption can have negative effects, the most obvious being headaches, nervousness, and upset stomach. It may also lead to more life-threatening conditions. What should you do? To maintain health, the best answer is to cut back on consumption.

Although caffeine is not addictive, some people do suffer withdrawal when they stop intake of it. The best way to avoid this is to slowly and in moderation switch to drinking decaffeinated coffees, teas and juices. These will still warm you up and the juice will provide an energy boost.

At this time of year, when exams prohibit early nights, staying awake is not impossible without caffeine.

By eating a few ounces of proteins with less coffee, the results will be as positive as if you had those extra cups. Another solution: regular exercise — again, it will perk you up, if you don't overdo it!



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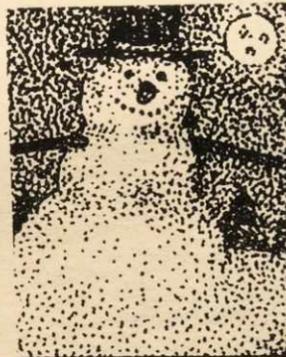
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SEASON'S GREETINGS

THE staff and students of the Dalhousie Student Union would like to extend their best wishes to all students during this holiday season. Good luck to all on their upcoming exams. Have a Joyful and Happy Holiday. We look forward to seeing you in the New Year. We have a fantastic Winter Carnival planned which we know you will enjoy. Remember to drive carefully.



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