

## Stress mess study

Intense anxiety amongst students due to overcrowded classrooms, entry quota and financial stress can often lead to breakdowns, says a counsellor at the University of British Columbia.

Statistics from the Student Counselling and Resource Centre show only about half of first-year students can maintain a full load and still pass all their courses.

Dorothy Goresky, a physician at UBC student health services, said,

"Instead of being in an atmosphere where students can relax and learn their stuff, they are forced into a competitive atmosphere not conducive to studying."

UBC psychiatric unit member Robert Hewko said, "Problems began when students hit exam periods and they discover to their horror that they can't put it together anymore. The hardest hit are those whose self esteem is based on their academic performances and have few outside interests."

Hewko added that more emotionally distressed students appear around Christmas and the end of the school year. He recommends students reduce their course load, go

out and do some free reading. "The more isolated students become the harder it is for them to cope," said Hewko.

—Canadian University Press

## A tale of bombs, gunpowder, a knife

After two bombs exploded Jan. 31, 1986 at the University of Toronto's Scarborough College, three youths, two of them members of the Canadian Armed Forces Reserves, have been arrested.

One of the suspects was stopped by student Jim Bowman. The suspect was then handed over to the police.

The suspect was carrying a canister of gunpowder and a knife. This led to the arrival of Toronto Police Department's Emergency Task Force bomb disposal unit. The unit was utilized to remove the explosives.

After questioning the one suspect, two others were later rounded up. Upon checking their homes, police found various forms of weaponry: a homemade gun, bullets, homemade explosive devices and bomb-building manuals.

Changes of possession of explosive substances have been laid but city and military police are still investigating the incident. None of the suspects are students.

—The Gateway

## Food bank for Dalhousie students

Halifax's Dalhousie University student council is organizing a food bank in order to raise money to feed students who can't feed themselves.

Dalhousie student council vice-president Reza Rizvi said, "We've already received some distress calls since we announced the food bank would be starting."

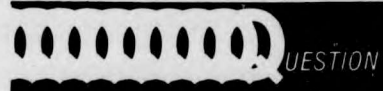
According to Rizvi, the student aid department computerized this year has been several months behind all year. In addition, many students are broke since the Nova Scotia student department still hasn't processed all the loan applications.

Rizvi added, "If we can have a real outpouring of generosity to people in Ethiopia, why can't we care about those who sit next to us in class?"

Meanwhile, Simon Fraser University's two Catholic campus groups have organized a food bank that has been in operation since December 1984. Boxes for tinned food have been placed on all campus retail food outlets and money tins can be found in all pubs and restaurants.

Terry Fowler, a member of the student society said those who seem to need food the most are married students with families, single parents and international students.

—The Cord Weekly



By LISA OLSEN

"(a) What do you think of the Katimavik program and (b) do you support Jacques Hebert's hunger strike against its cancellation?"



**Warren Hales, History II**  
"I'm for the program, because Katimavik is good in that it builds confidence rather than just a social program. (b) Hebert going on a hunger strike is a touch radical and embarrassing."



**Victor Tolgyessy, Geography Grad.**  
"It's good but perhaps the age limit could be lowered perhaps to 15. (b) I agree with Hebert's stance provided there is more support from students all over Canada, but I wouldn't suggest they go on a hunger strike themselves, but I'm not denying that it helps."



**Elaine Gardiner, English II**  
"I think it's wonderful and they're crazy for cancelling. I would have loved to try it myself. (b) Yes, but there are other ways to protest."



**Frances Hunt, Visual Arts I**  
"It's good because it helps young people in an 'in-between' stage, helps direct their future and gives them experience. (b) I don't know if it's suitable, but at least there is an effort."



**George Mathewson, English III**  
"Katimavik is an excellent program—I know graduates of it and I've seen some of the work they've done. (b) Yes, because I like to see conscience overcome partisan loyalty."



## ASIA

DEPARTURES FROM TORONTO

TO	ONEWAY	RETURN	TO	ONEWAY	RETURN
Hong Kong	700	1280	Singapore	700	1290
Kuala Lumpur	700	1290	Manila	700	1300

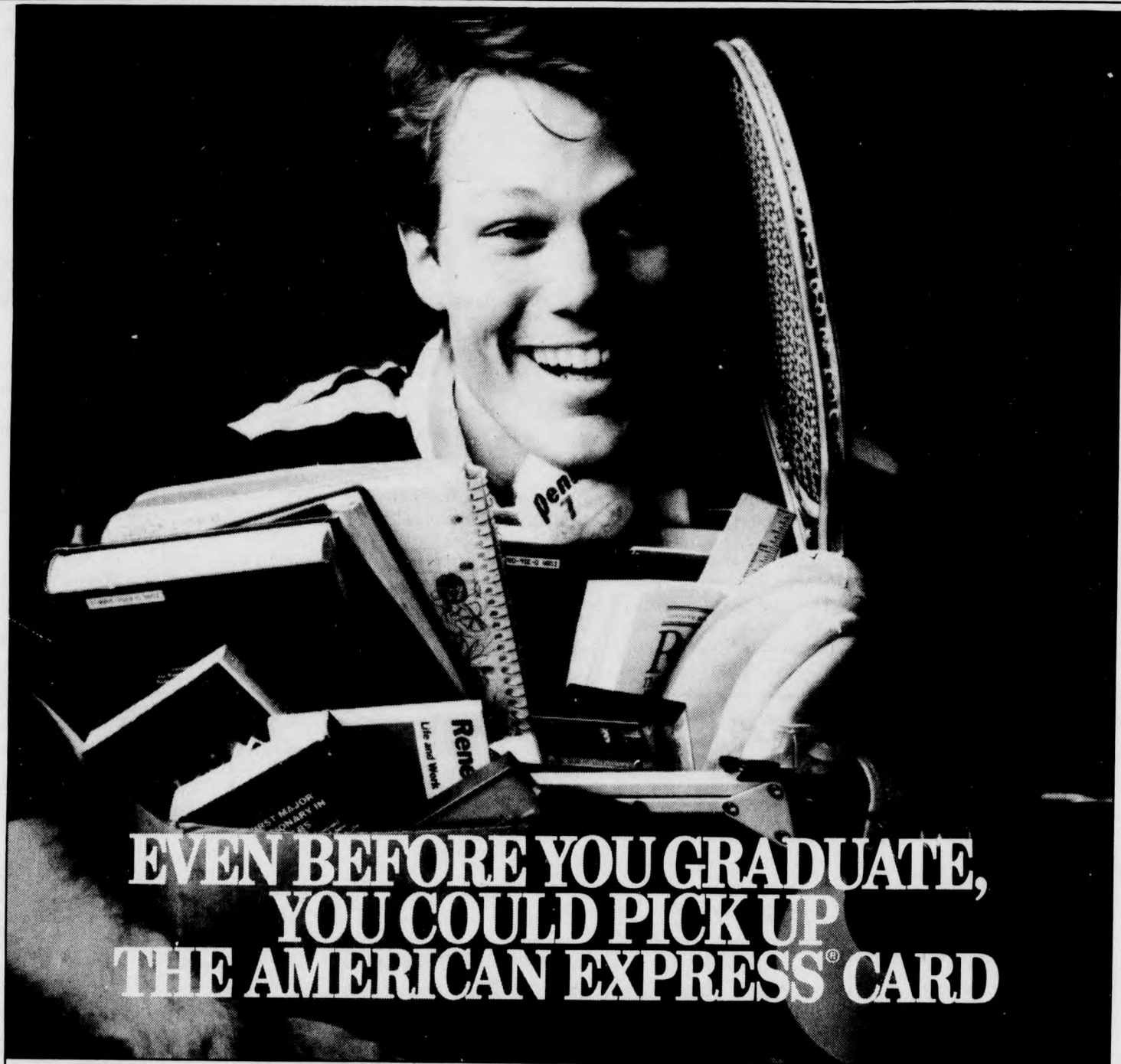
Many other destinations available. Ask about our exciting adventure packages throughout China, Asia and the Far East.

THE TRAVEL COMPANY OF CFS

**U of T**  
44 St. George Street  
Toronto, Ontario M5S 2E4  
416-979-2406  
TOLL FREE 800-268-9044

**RYERSON**  
96 Gerrard Street East  
Toronto, Ontario M5B 1G7  
416-977-0441

**TRAVEL CUTS**  
Going Your Way!



**EVEN BEFORE YOU GRADUATE,  
YOU COULD PICK UP  
THE AMERICAN EXPRESS® CARD**

If you're graduating this year and you've accepted career-oriented employment at an annual salary of \$10,000 or more and have a clean credit record, you can get the American Express Card.

That's it. No strings. No gimmicks. (And even if you don't have a job right now, don't worry. This offer is still good up to 12 months after you graduate.)

Why is American Express making it easier for you to get the Card right now? Well, simply stated, we recognize your achievement and we



believe in your future. And as you go up the ladder, we can help—in a lot of ways.

The Card can help you begin to establish a credit reference. And, for business, the Card is invaluable for travel and restaurants. As well as shopping for yourself.

Of course, the American Express Card is recognized around the world. So you are too.

So call 1-800-387-9666 and ask to have a Special Student Application sent to you. Or look for one on campus.

The American Express Card. Don't leave school without it™