

Referendum Results By Poll

	Poll 1 A & A	Poll 2 Dent	Poll 3 Dunn	Poll 4 SUB	Poll 5 Tupper	Poll 6 Weldon	Poll 7 Barbidge	Poll 8 Library	Poll 9 Life Sci	Poll 10 Shirreff	Poll 11 Howe	Poll 12 Fenwick	Totals	
A	38	9	32	128	21	45	17	38	105	53	33	17	536	26.8%
B	37	12	28	139	13	25	12	36	89	27	33	23	474	23.7%
C	22	12	18	110	13	23	13	29	35	11	12	16	314	15.7%
D	26	18	15	101	47	89	21	39	79	185	38	18	676	33.8%
A	38	10	32	130	31	45	18	39	105	53	34	17	542	27.1%
B	44	16	36	200	14	40	22	52	104	34	43	34	639	32.0%
D	22	18	15	101	48	90	21	40	79	185	39	18	679	34.0%
B	51	20	43	235	15	59	30	66	132	47	60	39	797	39.9%
D	35	20	24	125	52	111	22	51	95	201	52	21	809	40.5%

Frustration Breeds Violence

by Fred Poland

Inflation, strikes and continuing wars cause stress and distress from people of all ages all over the world.

A distinguished Canadian researcher is trying to help people meet stress in their lives, without experiencing distress. He is Dr. Hans Selye, founder-director of the University of Montreal's Institute of Experimental Medicine and Surgery and known internationally as "Dr. Stress" for his many years of laboratory study of the effects of strain on animals. Among other things, he has found that our reactions to stress are regulated by certain adaptive hormones, for example, those produced by the adrenal cortex, which he called "corticoids". (Cortisone is a well-known member of this group).

Dr. Selye feels that one's life should be based on an understanding of man's responses to stress and to constant change. He sees this as the only way out of the twentieth century jungle of conflicting judgments about right and wrong, justice and injustice; a jungle in which our sense of values has become entangled and obscured. He says in his latest book, *Stress Without Distress*, that "the many technological innovations and the social changes in family structure, in the respective rights and duties of men and women, and in the type of work now in demand because of urbanization which I have witnessed during my own lifetime have faced society with unprecedented requirements for constant adaptability. Those of us who have experienced all these transitions cannot stand by idly, watching the gradual displacement in the young of a sense of purpose by a sense of despair".

He argues that "to overcome the present wave of unnering frustration that can express itself only in violence and brutality, young people must be convinced that they cannot succeed in quenching their normal thirst for achievements by the compulsive hunt for more and

more amorous victories or by trying to attract attention through bizarre behavior. There is no way to escape the reality they cannot face, least of all by blunting their vision of it with the shortlived

pleasure offered by drugs. "They need help to learn from their elders what techniques of adaptation and readaptation are helpful or harmful. These general laws can be taught, at least



through apprenticeship, by giving an example, or through the very human technique of talking things over and trying to bridge the generation gap with warmth and mutual trust", Dr. Selye explains.

"I think", he says, "that we have to begin by clearly recognizing that work is a biological necessity. Just as our muscles become flabby and degenerate if not used, so our brain slips into chaos and confusion unless we constantly use it for some work that seems worthwhile to us. The best way to avoid harmful distress is to select an environment (spouse, boss, friends) which is in line with your innate preferences and to find an activity which you like and respect. Only thus can you eliminate the need for frustrating constant readaptation that is the major cause of distress". He adds, that since stress is associated with all types of activity, we could avoid most of it by never doing anything, but who would enjoy such a life? The

continuous leisure of enforced retirement or of solitary confinement (even if the food and lodging were the best in the world) is certainly not an attractive way of life.

The Vienna-born scientist predicts that with the progress of science and automation, most of the tedious, unpleasant activities in our society will no longer be necessary, and more people will have to worry about what to do with their leisure time. Work deprivation will become a major problem. We will have to invent new occupations.

As an antidote to distress, Dr. Selye himself likes bicycling on the McGill University campus, taking leisurely winter walks through a cemetery on Mount Royal, where the snow deadens the roar of the city and relaxing at home with his wife Gabrielle, their daughter and three sons.

HBAg to the Rescue

by: Carl R. Makarewicz

Friday at four on November 1st, and of interest to the medically knowledgeable hypochondriacs on campus, was a lecture given on the topic of "viral hepatitis" at the Sir Charles Tupper Medical Building.

Presently there are two types of viral hepatitis recognized. Viral hepatitis type "A", has previously been called "infectious" because of its fecal-oral mode of spread. It has a short incubation period of 15-20 days, and is the one frequently associated with outbreaks in families or other small aggregations of people. Viral hepatitis type "B" has a longer incubation period, up to 150 days and is more common as a result of parental exposure; i.e. blood transfusions, septic syringes, or a surgeon nicking himself accidentally during operation procedure on an infected individual. Of most importance academically and

clinically is the presence of an antigen, "HBAg" which is an only found in hepatitis type B.

What is an antigen? Simplified, it is an identification card that human cells, bacterial cells and viruses carry. By this i.d. card the human body is able to recognize foreign substance, particles, and/or cells to which it hopefully can make an adequate defence.

The adjective "viral" has been prefixed to hepatitis although no virus has ever been isolated from those patients with the disease. However three types of small particles similar in chemical composition to viruses have been identified which carry the HBAg, or hepatitis antigen.

These particles were isolated from the blood of individuals with the disease and then heated for one minute at 98°C. This procedure destroyed the infecti-

osity of the particles but not their antigenicity or identification properties. The attenuated or weakened particles were then administered to individuals who had no previous history of the disease or other medical-laboratorial indications of such. These subjects were then exposed to viral hepatitis, types A and B and none became infected with the disease. This was due to the fact that the body's defences were able to recognize the HBAg as foreign and subsequently produce antibodies sufficient in number which would attack any infecting agent of the hepatitis type.

Hopefully, within two years the above mentioned vaccine consisting of HBAg will be available through medical facilities thus protecting a substantial percentage of the population from the disease who otherwise might have become infected.

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