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U. of A. New Party To Host Interprovincial Seminar

New Party members will host the first Western University New Party Seminar in SUB this weekend. Over 100 delegates from the four Western Universities will represent their campus New Party Clubs.

Opening with an address by Giles Endicott, President of the National Young CCF, the two day seminar will be composed of panels discussing the various aspects of the University New Party Clubs.

Papers, approximately ten minutes in length will begin the discussion. These will be presented by the various representatives of the four Universities. Thirteen panels, several guest speakers and a banquet have been scheduled for the seminar.

On Saturday a seminar concerned with operating a campus party will be followed by a panel composed of Prof. A. M. Mardiros, Prof. G. R. Davy, Prof. E. Guttman, and Rev. Wishart who will discuss "The Dangers in a Socialistic Society."

Mr. William Irvine, former Progressive and CCF member of Parliament will give an address in the afternoon. "Canada and its relations with other countries and the

UN" will be the subject of three panels following the speech.

During the Sunday program, Ivor Dent, chairman of the Alberta committee for the New Party and Mr. Neil Reimer, Canadian director, Oil, Chemical, and Atomic Workers Union and Vice-President of the Canadian Labor Congress will speak to the delegates.

A general discussion on winning model parliament elections will conclude the seminar.

Color Night

Invitations to Color Night, to be held Friday, March 17 at the Macdonald Hotel, are presently being sent out to award winners.

The annual affair will feature the awarding of pins, rings and trophies to students who have contributed to student life through participation in student activities and athletics.

A limited number of tickets for Color Night will be sold to the general student body in the Students' Union office on March 15 and 16. The cost of the tickets will be \$8.

Information of Color Night can be obtained from Bob Rose, Martha Munz, Lionel Jones and Owen Ricker.

How To Avoid Palpitation, Agitation, Dizziness, Delirium

If you get desperate during final exams, don't take a chance on drugs. An announcement cautioning students about the use of sleeping pills and "wake-up" pills was made this week by Infirmary physician Dr. R. W. Sherbaniuk on behalf of the Student Medical Services Committee.

"Fortunately, most students are too intelligent to use these drugs," said Dr. Sherbaniuk, "but each year these are enough cases coming to the Infirmary that we feel an announcement of this sort may save someone's health and perhaps academic year."

One problem situation is exemplified by the student who has been studying day and night and finds about 3 a.m. that he is too jittery to sleep. He takes a sleeping pill at this late hour and predictably slumbers through his exam.

But the sleeping pill problem is not great because the student gets his rest. More dangerous is the menace of the "wake-up" pills, particularly the amphetamines (Benzedrine-Dexedrine group). These drugs are generally taken in one of two circumstances: either by a student who gets desperate the night before an exam and apparently feels that one of these pills will miraculously cause him to absorb vast quantities of knowledge immediately, experience headache, palpitation,

or by a student who takes these drugs for days or weeks, flogging his body and his brain to continuous maximum effort.

While these drugs result in wakefulness and lessen the sense of fatigue, they do not improve the performance of mental effort. They alter the personality by elevating the mood, enhancing confidence, even producing elation, but they tend to aggravate undue restlessness, anxiety, excitement—all of which may occur with examinations.

In addition, many patients risk

dizziness, agitation, confusion, delirium, depression or fatigue. Large doses are nearly always followed by fatigue and mental depression, and collapse may occur.

"There are another dozen paragraphs on the precautions and dangers concerning the use of these drugs in the pharmacology books in the library," said Dr. Sherbaniuk. "We urge students not to use drugs. But if someone feels he needs to, I suggest he go to the library to read about them, and be aware of the risks he's taking."

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