

# THE GAZETTE

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## Morgentaler visit causes controversy

By SAMANTHA BRENNAN

A DECISION BY THE Dalhousie Student Union to sponsor a lecture by Dr. Henry Morgentaler has outraged members of Nova Scotia's pro-life movement.

DSU president Alex Gigeroff and vice-president Rusty James say that despite any controversy, plans for the March 26 lecture are going ahead.

"It's our feeling that the university is probably a better place to discuss abortion than in a hospital, an abortion clinic or a church," James says. He says the DSU is trying to start discussion on the issue and is not necessarily saying they are pro-choice.

Monica Flinn, president of Nova Scotians United for Life, an umbrella association of groups opposed to abortion, says she isn't convinced the student union is just starting discussion by bringing Morgentaler to Halifax. She says they have a responsibility to present the "other side" as well.

"Since the public does support the university it seems they should be more responsible," Flinn says.

James says he sees no reason for the student union to bring in the "other side". Students will probably see lots of pro-life press on this issue, he says.

"How much publicity do they want?"

Nova Scotians United for Life is planning a peaceful protest the day of Morgentaler's lecture, where Flinn says they will try to show students a different perspective on abortion.

Others aren't as reasonable.

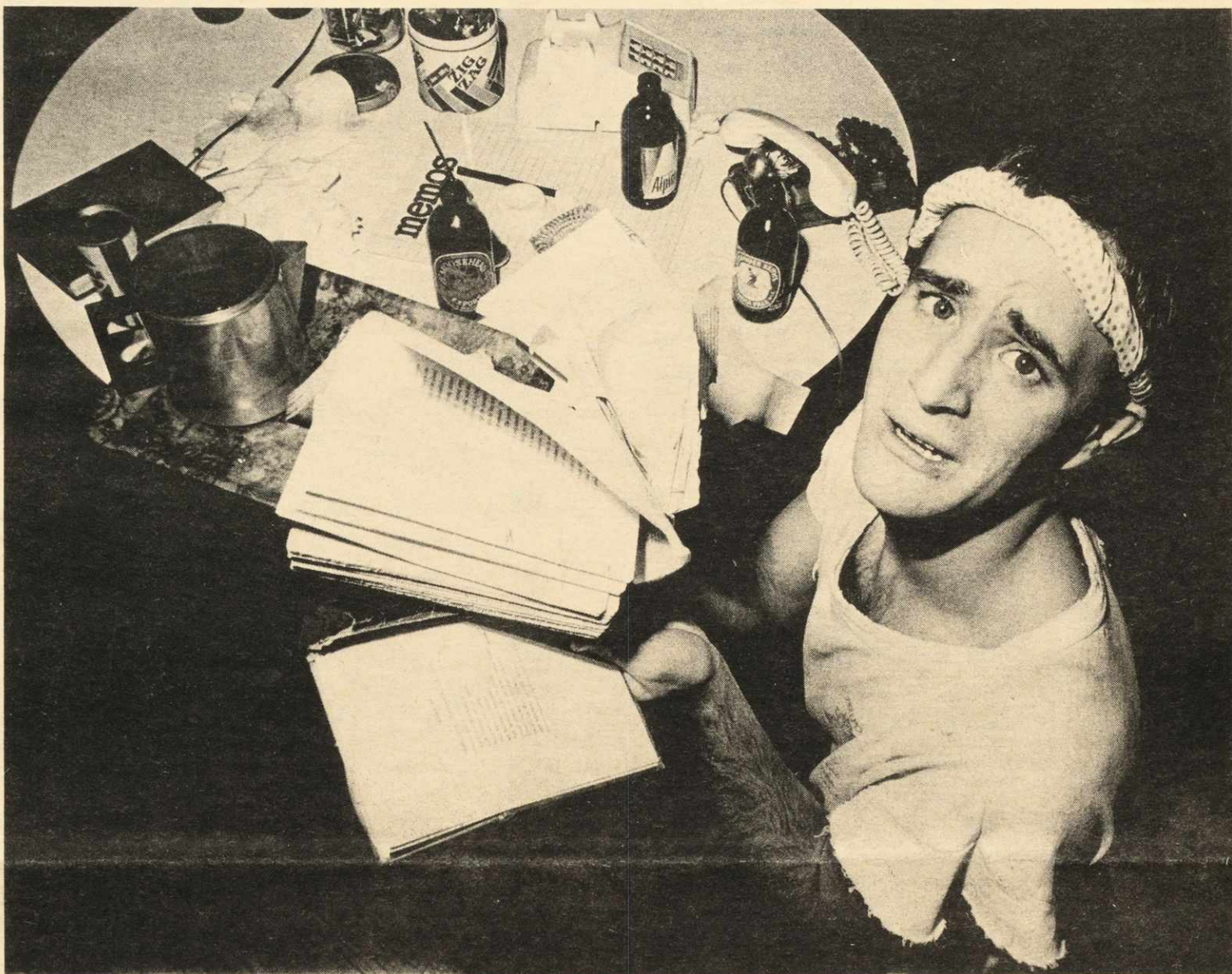
One anonymous caller to the DSU offices asked if they plan to bring in child murderer Clifford Olsen to speak as well.

Medical students opposed to Morgentaler organized a screening of the film "Silent Scream", which shows ultra sound images of an embryo being aborted.

The decision to invite Morgentaler to Dalhousie has also angered a former member of the student union executive. Dave McCann says he is upset with a system that allows people to invite speakers without giving students an opportunity to raise objections.

James and Gigeroff say the decision to invite Morgentaler was made no differently than any other decisions to invite speakers.

"And you didn't hear anyone complaining about process when the student union brought in, say, Gene Roddenberry," James says.



## Students and stress

By ERIN STEUTER

**KIM IS DESPERATE. SHE'S** got too much to do and too little time to do it. A third-year english student at Dalhousie, she's struggling to get through the next three weeks of term so she can graduate. She's got six term papers, two assignments and five exams. She's taking a course overload because she dropped a class in her first year and she's got a part time job at the library. She spends time playing big sister to the little girl next door, and she considers seeing her boyfriend somewhat of a priority.

Her normally cheery face has become wan and tired. She finds herself laughing hysterically and crying uncontrollably. Her head aches, her menstrual cycle wavers, and her fingernails have been gnawed to the point of bleeding. In the last two weeks she has threatened to quit, suggested shaving her head, and has taken to wearing a perpetual look of crazed obsession.

"If I don't eat or sleep for the next three weeks," she declares, "I might have enough time to do it all."

Kim is suffering from stress. A phenomenon that has recently been given legitimization by the medical and psychological community, stress occurs when people are faced with demands from their environment that they are unable to cope with. Its manifestations span the emotional and physiological spectrum and it's a perennial concern of university students.

"The stress associated with university is unique," says Judith Hayashi, director of counselling services at Dalhousie. "At this time of year students have to cope with a great deal—term papers, deadlines and exams. They are under considerable pressure to perform," she says, "and this causes a great deal of anxiety."

She adds that for a number of students this is the first time they are under academic pressures of this kind and they are not equipped to cope.

"A lot of students at university were at the top of their class in high school," she says, "then they come to university and find that the puddle is much bigger and that they are not as big a frog."

While director of student

health, Dr. Joe Johnston agrees that students always suffer from stress at this time of year, he says that because of current economic restraints students are now under more pressure to do well than five or ten years ago.

"Ten years ago if a student failed a year it wasn't so difficult to make arrangements to make up the courses in the summer, or take another year," he says.

"Back then there was nothing like the competition for jobs that there is now. If you got your degree you could usually be assured of getting a job. You can't say that anymore," he says.

"That's why students have such enormous expectations put on them at this time of year," he says. "Society, parents and even the students themselves are putting on so much pressure that it is no wonder they complain of stress."

Anxiety and stress can only build up to a certain point before the body has to give way in some manner," he says.

"We each have our own way of breaking down. Apart from the emotional symptoms like crying or laughing more easily, the stu-

dents find it hard to concentrate and to meet deadlines," he says.

"They tend to eat more or less than usual and they complain of headaches. Women may not menstruate, and a lot of students have trouble sleeping," he says.

Not eating and sleeping properly only adds to the problem notes Hayashi.

"The students get themselves so worked up that they can only focus on their anxiety instead of their work. If they could calm down they could probably do a reasonable job, but they get themselves so worked up that it snowballs and they find themselves incapacitated," she says.

Psychologist Richard Brown is familiar with this scenario.

"It is easy to see how it happens," he says. "A lot of students piss around all term. They don't get started on their papers and they don't read their texts. Then all of a sudden it's exam time. If they blow it now it's an F and so they panic. They write their papers in two days and they cram for their exams the night before. They don't eat, they smoke more, and they take drugs to stay awake. They push, push, push until they've gone beyond their limit and then they freak out. They go, 'to hell with this' and they get drunk or cry."

But the Dean of Student Services, Ted Marriott, says that it doesn't have to get to that point.

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