

Arms race creates stress

by V. Lamont

A new approach to the nuclear arms controversy was presented last Wednesday in a talk given by Dr. Jan Von Stolk, psychiatrist and national president of the Canadian Physicians for the Prevention of Nuclear War.

Formerly called Physicians for Social Responsibility, this group has now narrowed their focus, concentrating all of their energy on the nuclear arms issue.

Speaking from a psychiatrist's perspective, Von Stolk outlined some of the psychological problems suffered by individuals as a result of what he called the "nuclear threat." As well, he offered possible psychological methods by which individuals can not only overcome these problems, but also influence world events, especially with regard to the nuclear arms race.

Von Stolk cited some recent research to illustrate the psychological effects of the nuclear threat on individuals. Of those U.S. military servicemen involved in the development of nuclear arms, 36 percent suffer from drug and alcohol abuse. Von Stolk linked these statistics to the anxiety felt by these individuals as a result of their occupation.

The effects on children are even more disturbing. World research has shown that 50 percent of all teenagers believe they will die in a nuclear war. According to Von Stolk, this outlook inhibits their "ability to plan, love and look ahead."

Because "the picture of nuclear war is horrendous," Von Stolk said, individuals tend to deny or repress their feelings toward it. This is a natural psychological mechanism with which people react to feelings they find too painful to face.

To illustrate this point, Von Stolk described his experiences during the second world war. In his town, 50,000 people were killed by German bombs. He described how people marched "calmly out of the city," devoid of emotion. In psychiatry, Von Stolk explained, such a response to catastrophe is known as "numbing." Von Stolk himself struggled with another form of numbing when he joined the "bandwagon of revenge against the Germans." He became "overjoyed" at the sight of over 900 allied planes en route to attack the Germans. His feelings of helplessness thus became transformed into those of aggression and hatred.

According to Von Stolk, a third

form of numbing is common to most people; we tend to become preoccupied with our own lives and problems, rather than face the more painful conditions existing in the world around us.

Von Stolk used two additional terms to designate the psychological reaction of individuals to the nuclear threat. "Projection" denotes our efforts to project our "evil side." Thus "we are innocent," while "communists are evil." In this way, we absolve ourselves of responsibility for the nuclear threat.

We also tend to employ "rationalization"—that is, we provide ourselves with "reasons to do what is unreasonable." Von Stolk said that the theory of mutual deterrence is a product of rationalization.

Based on historical data, he concluded that the arms race acts as a precipitant and not a deterrent to war. In the period between 1816 and 1965, 28 arms races took place, 23 of which resulted in war. Yet many people uphold the theory of

mutual deterrence. They do so, Von Stolk said, because they find it "comforting to believe in deterrence."

Although it is natural for individuals to "break off emotional content from a painful issue," Von Stolk advised that "we must reverse this process." He described his approach to the problem of the nuclear threat as one very similar to that used in psychotherapy. The patient must "get his power back... connect with himself and the world... and take responsibility." In the same way, Von Stolk explained, we must resist our tendency not to face the problem of the nuclear threat, in order that it may be solved. "We have created this problem. We must learn what to do about it," Von Stolk outlined some of the steps involved in the reversal process. "We need knowledge about this planet and our part in it," he said, "we need some expertise in conflict management."

Von Stolk ended his talk on an optimistic note. "In a crisis of disintegration, there is always the possibility for something new to happen... the atom bomb is going to save us—we have to learn how we are linked to our planet."

Arts building renewed

continued from p.1

Air is always recirculated and fresh air is always added," Adds Szyling, "it's up to the tenants if they want the building to be non-smoking," saying some areas have already been designated for smoking.

The new elevator is much wider than the one it replaced, facilitating access for handicapped people. However, more elevators could not be provided because of the many stairways in the building.

The renovation costs of approximately \$10 million includes other projects; trailers which had to be built to house tenants, language labs installed in Humanities, the art studios built in the basement of Cameron Library, and basic moving costs. A government grant paid \$2,210.74 million while the University paid the balance.

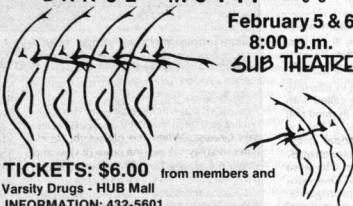
Although many would argue that the building is historical and there-

fore Alberta Culture should have contributed to the cost, Szyling states that "the University designation of historical buildings on campus does not apply, and under the Universities Act, the government does not have the right to designate buildings as historical."

An interesting new element that resulted from this project are satellite dishes which receive Soviet and West European TV, partially funded by the renovation budget.

Opinions from residents and students vary. Arts student Sharie Harcott thinks "it's OK... from what I see, it's not very impressive and I never know which door to enter from." Teacher's assistant Mrs. Seegal enthusiastically praised it, "it's terrific! like Buckingham Palace... I hope the students will take some personal pride in it" and a secretary called it "unique" and "beautifully restored."

University of Alberta Orchestras
presents
DANCE MOTIF '88
February 5 & 6
8:00 p.m.
SUB THEATRE



TICKETS: \$6.00 from members and
Varsity Drugs - HUB Mall
INFORMATION: 432-5601

We offer a university education and a career to make the most of it.

Ask about the Canadian Forces Regular Officer Training Plan.

You have initiative, leadership qualities and are determined to succeed! This may be the plan for you. Upon acceptance the Canadian Forces will subsidize your education at a Canadian military college or a mutually selected Canadian university. We offer you a good income, tuition, books and supplies, dental and health care and a month's vacation if your training schedule allows. On graduation you will be commissioned as an officer and begin work in your chosen field.

It's your choice, your future.

For more information on plans, entry requirements and opportunities, visit the recruiting centre nearest you or call collect — we're in the yellow pages under recruiting.



THE CANADIAN ARMED FORCES



Torne strymechki
professional photography ltd.

Introduces ...
GRADUATION
"PORTRAITS of DISTINCTION"
for the class of '88
(ALL FACULTIES)
\$10.00 Portrait Fee
10 - 15 formal/informal poses
CALL 439-5209
to Book your Appointment NOW

#300 7505 - 104 St. • Edmonton, AB.

OUR GRADS GET JOBS!

The Career College
Edmonton



- Convenient downtown location on main bus and LRT lines
- Job placement assistance
- Ongoing starting dates
- Financing available to qualified applicants

CALL NOW FOR AN APPOINTMENT
Edmonton 424-6650 or Toll Free 1-800-282-9917
#400, 10355 - Jasper Avenue, Edmonton
OUR COURSES WORK SO YOU CAN TOO!

SKI TUNE-UP SPECIAL
(until Feb. 20)

- BASE REPAIR
- SHARPEN
- HOT WAX

\$11.99 (with ad)

WHEN YOU NEED IT IN A HURRY

SPORTIN' POST
433-1502
8239 - 104 ST.
OLD STRATHCONA