## Love: the drug

**BURNABY (CUP)** — Love is the biggest addiction among students at Simon Fraser University, according to psychology professor Bruce Alexander.

In a recent study conducted with graduate student Anton Schweighofer, Alexander found 62 of 134 students, or 46 per cent, reported being addicted to love at some time, with addiction defined as "an overwhelming involvement which pervades total life activity and controls behavior in a wide range of circumstances."

The next most frequent addictions were to "other activities" such as self-reflection, followed by sports, work, sex, reading and socializing.

Even when limited to "aversive" addiction, when subjects feel the experience is harmful and report not liking themselves as a result, love still ranks first at 11 per cent, followed by "other activities", food nicotine, work, and sex.

nicotine, work, and sex.
As for illegal drugs, Alexander said in a recent interview that students are not particularly heavy users, with dependence on sub-

stances like cocaine a rare phenomenon.

"About five per cent of students are addicted to a drug and it is almost always a legal drug, such as nicotine, or caffeine," he said.

An earlier study of 107 students indicated that at some time, 5.6 per cent had been aversively addicted to nicotine, 2.8 per cent to caffeine, 2.8 per cent to cannabis and 1.9 per cent to alcohol.

But Alexander said students should not underestimate the significance of any aversive addiction, whether to an activity like love, a legal drug like caffeine or an illegal drug like heroin.

"Imagine what it is like to be involved with something you find harmful and don't like yourself for doing," he said.

Nor should people downplay the harmful physical effects of nicotine addiction, which can lead to emphysema or cancer. And "caffeinism" can result in severe chronic anxiety, insomnia, headaches, and, in the extreme case, death from overdose.



## **Smatterings**

**Randal Smathers** 

## Dinosaurs didn't use seatbelts either

On Friday, a petition was passed around the *Gateway* office. It was designed to pressure the province for mandatory seatbelt legislation.

This idea is supported by the Alberta Medical Association, whose members support the government intervening and thereby keeping us safe from our own self-destructive instincts. It is rather ironic that our doctors should promote government regulation in this, as they claim to be staunch promoters

of individual freedom when it comes time to bill us for their services.

The problem with benevolent legislation such as this, is that it assumes that government knows what is best for us, better than we do. It is this kind of thinking that leads to over-reliance on Big Brother. Individuals should bear responsibility for their own actions.

We shouldn't have our police try to enforce seat belt laws. We also shouldn't have to pay higher medical costs to put together the morons who get hurt because they didn't buckle up. Instead, every medicare card should state that it is invalid for injuries sustained while in an automobile without a seat-belt. At least make anyone who has been so injured pay higher costs

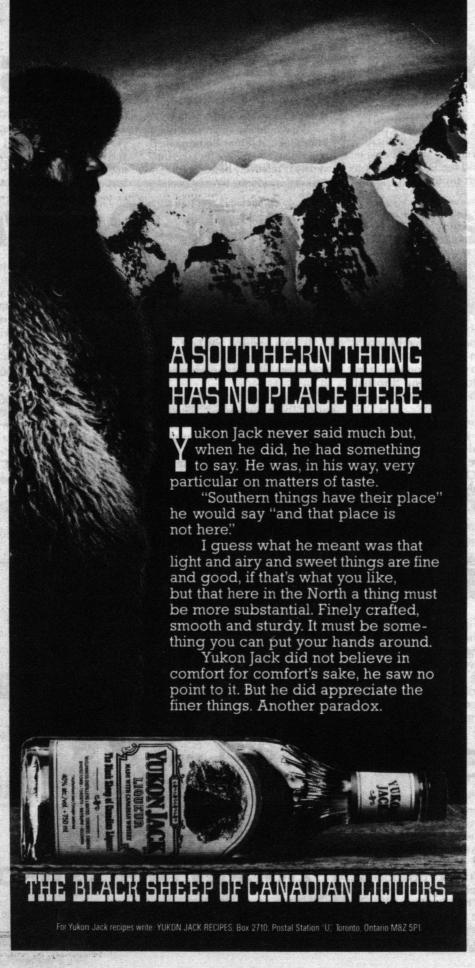
than the rest of us for coverage.

Health Care Insurance Plan should work more like real insurance. People who have been in an accident while not wearing a seatbelt have identified themselves as very high risks, so they should have to pay higher costs.

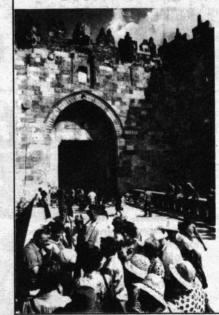
"Okay," said a friend, "why not the same for smokers?" Why not indeed? When I smoked, my life insurance cost me more than it does now that I have quit for three years. There is no reason public insurance should be any different.

If people see the costs directly, they will be more aware of the risks. And after all that, if they still want to smoke, or drive without a seatbelt, let 'em. They'll only die.

It's called evolution in action.



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