

# 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.

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.



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

# Smatterings

Randal Smathers

## Dinosaurs didn't use seatbelts either

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 seatbelt. At least make anyone who has been so injured pay higher costs

than the rest of us for coverage.

In other words, the Alberta 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.

**A SOUTHERN THING HAS NO PLACE HERE.**

Yukon Jack never said much but, when he did, he had something to say. He was, in his way, very particular on matters of taste.

"Southern things have their place" he would say "and that place is not here."

I guess what he meant was that light and airy and sweet things are fine and good, if that's what you like, but that here in the North a thing must be more substantial. Finely crafted, smooth and sturdy. It must be something you can put your hands around.

Yukon Jack did not believe in comfort for comfort's sake, he saw no point to it. But he did appreciate the finer things. Another paradox.

**THE BLACK SHEEP OF CANADIAN LIQUORS.**

For Yukon Jack recipes write: YUKON JACK RECIPES, Box 2710, Postal Station 'U', Toronto, Ontario M8Z 5P1

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