

## Dal places ninth

OTTAWA (CUP) — Students at McGill University can preen themselves, but undergraduates at the University College of Cape Breton might as well start downing Drain-o, if the results of a *Maclean's* report are to be believed.

According to the Oct. 21 issue of the weekly magazine, McGill is ranked first out of 46 Canadian universities, while UCCB finishes last. Queen's is second, Mount Allison is third, the University of Toronto, the self-professed Harvard of the north, is fourth and Dalhousie is ninth.

The magazine rated schools based on financial resources, reputation, faculty and the "quality of the student body."

*Maclean's* limited the study to arts and science undergraduate programs, based on information provided by the universities.

Administrators at UCCB, seemingly the big loser of the report, are taking it all in stride.

"There's some consternation here," said university president Peter Hill. "[But] I would be far more upset to be St. Mary's [University] ranked 40th."

## Diet aids vs. our culture

TORONTO (CUP) — Counsellors for women with eating disorders are angry about the sale of Slim-Fast weight-loss aid samples in campus bookstores.

Slim-Fast samples are included in Campus Kits, a collection of health and hygiene products sold at 110 campus bookstores and high schools across Canada.

Counsellors say diet aids are an integral part of societal pressure on women to be obsessed with their weight, and shouldn't be distributed on campus.

"The fact of the matter is that women are already coming on to campuses with big insecurities about their appearance," said Jan Yung, an eating disorders counsellor at the McMaster University Health Service.

"It wouldn't necessarily be anything that would start someone on the path to destruction. But it would be another thing that says, 'Dieting is something you can do and should do.' It's presented in a package of things that people ordinarily use, like deodorant."

About 20 per cent of university and college-age women exhibit anorexic or bulimic behaviour, according to Carla Rice, co-ordinator of the National Eating Disorder Information Centre.

Forty per cent of all Canadian women are dieting, and 75 per cent are weight-obsessed.

## Men creating rights group

TORONTO (CUP) — As if sexism wasn't enough, campuses are now being graced with so-called men's rights groups.

The men's rights group In Search of Justice (ISJ) has recently begun a recruiting campaign at the University of Toronto and plans to set up a branch there.

"We intend to be an activist group operating at U of T," said Will Steeves, the unofficial U of T coordinator for In Search of Justice.

"We feel that there are many issues of importance to men and men should be made aware of them whether they're in university or working full-time. All the better that they start to learn in university."

ISJ posters plastered across campus list child custody, paternity suits, affirmative action and rape cases as areas in which men are discriminated against.

Women's groups aren't thrilled by the prospect of a men's rights group on campus.

## CFS fights again

OTTAWA (CUP) — Students gathered on Parliament Hill last week to slam their heads against a brick wall, a ritual known more formally as National Student Day.

Rallies protesting federal cuts to education and the Tories' three per cent tax on student loans dotted the country Oct. 17. Student lobby groups hold the same event year after year, and student politicians admit it is becoming increasingly difficult to point to quantifiable victories.

CFS, representing over 400,000 members, claims to have stopped the GST from being levied on tuition and incidental fees, and improved regulations governing visa students.

# Orchard slams free trade

BY DOROTHY NEWCOMB

Although Saskatchewan farmer David Orchard, chairperson of Citizens Concerned About Free Trade, has no specific alternatives to the free trade deal, he does have plenty of examples of why free trade deal does not work.

On a Canada-wide Anti-Free Trade Tour, Orchard uses Canadian Sovereignty and the loss of it through the free trade deal, as the torch to re-ignite fears Canadians have always had about their identity vis-a-vis the United States.

"As a result of free trade we're losing control of our nation to the United States, and we're going to go the same way as Hawaii and Puerto Rico did both accepting assimilation and eventually U.S. currency as their own," said Orchard, adding "all of Prime Minister Brian Mulroney's promises of jobs, jobs, jobs, lower prices on goods and services, increased markets for grain exports and secure access to the largest, richest market in the world have been exactly the opposite. Since the free trade agreement was signed in 1989, 500,000 Canadian manufacturing

jobs have disappeared as the majority of these factories are moving south of the border to take advantage of a lower tax brought in to replace the manufacturer's sales tax which was dropped to make Canadian manufacturers competitive with American firms. The results of that is cross border shopping."

Orchard's determination to end the free trade deal rests solely on two factors. Because of a clause on the last page of the free trade deal which stipulates either country can pull out of the deal given six months notice, Orchard wants both the Liberals and the New Democrats

to form a temporary coalition against free trade in the next election against Mulroney. Since both the Liberals and the NDP have been hesitant to embrace such an idea, Orchard strongly urges the public to get involved by writing to the Liberal and NDP leaders encouraging them to have the free trade completely rescinded not just "adjusted" or "renegotiated."

Orchard insists Canada can function independently under the current General Agreement on Tariffs and Trade (GATT) which simply put Canada in control of her resources and thus her destiny.



## Student volunteers helping out

BY NATASHA RYAN

Most students upon reaching the upper echelons of higher education begin wondering what they are going to do with all their acquired knowledge.

A place that can help you answer these, and other, questions is the Career Information Centre on the fourth floor of the SUB.

Perhaps this all sounds simple so far, but without help it's not an easy place to adapt to quickly. Not that there's anything foreboding about it but, nevertheless, aid is available and these people genuinely are of assistance. Now, who do you usually go to when you have problems? Most likely your peers. The Career Information Centre is one step ahead of you in that they've supplied the peers already.

These are in the form of Dalhousie students, specially chosen as being the ones best suited to aid you. "We look for the natural helpers on campus. The students whom friends talk to when they have problems because they're really good listeners," said Jeanette Hung, Coordinator of Career Counselling Services.

These volunteers range in all forms of degrees, experience and previous years at Dalhousie. Presently there are 17 students on staff, 12 of which are just beginning at the centre this year. When first starting, volunteers go through a training program that takes about

four hours a week. Hung says this is to "enhance the very good communication skills."

The training program covers such aspects as communication roadblocks, empathetic responding, feedback skills, ethics, confidentiality, and using the Lawson Career Information Centre. The volunteers which started at the centre in September will probably be able to go out on their own by about January.

The training doesn't stop there. They hold meetings for one hour every week and spend about four hours a week working in the centre.

**"career choices are personal problems"**

There is also room for advancement. Tracey Mason, a psychology student, has worked at the centre during her past three years at Dalhousie. She is now into level 2 peer counselling where she receives the opportunity to train incoming volunteers. This is a "more intense course. It begins to teach you different degrees of empathy."

The program stresses role playing in all levels of training as they believe it is the best way to prepare

for the challenges ahead. The training these individuals receive is not only good for their work in the centre, but "it teaches you lots about what it's really like out there. How everyone's attitudes are different. It's also really good for helping out your friends. You have the knowledge now to be able to help in future decisions," said Mason.

The volunteers don't just work at the centre. They've learnt to put it to use for themselves as well. It opens up a whole new set of options for the future. It is great for research and often volunteer's career goals change due to their new wisdom.

It gives the volunteers an opportunity to find out what the labour markets are really like, and what jobs are best suited to the individuals. All this isn't just open to these fortunate workers though, they'd be happy to facilitate any queries you might have.

"One frustration of the centre is the underfunding," says Mason. Although the resources they own are adequate, Mason says they'd like to have more.

Hung says the volunteers are really making a difference. They are helping students make decisions, and that is what the centre is for.

"People really trust you and open up to you when you're a volunteer," says Mason. "Career choices are personal problems. And we are trained to help."