

University plans to ignore library report

by Paul Creelman

The Dalhousie University Administration does not play any action regarding a report which states that bad working conditions exist in the Killam Library, according to President MacKay.

"Well, I don't think the so-called survey was necessarily very accurate. I really don't know how the survey was done, but I understand that the person doing the survey was representing himself as doing work authorized by myself. That wasn't true at all," he said.

"We never authorized anything of the sort. Certainly we would have been happy to co-operate with a qualified and reputable person. However, from talking to the doctor who did the survey briefly on the phone, I gathered that he has absolutely no background in applied psychology. This doesn't mean that the results are in-

valid, but on the other hand it doesn't mean that they are valid either."

MacKay adds that the study does talk about working conditions, but doesn't give much idea of the specific problems that cause these conditions.

"Now whether or not the problem was with the Chief Negotiator Librarian, or the Professional Librarians, or whatever, the report doesn't say," said MacKay.

Dr. Norman Rosenblum, the Dalhousie graduate who performed the study, disagreed with MacKay's complaints that the survey may not have been valid, especially regarding accuracy of results as concerning the distinction between staff members and students who were asked to fill out the questionnaire.

"I feel that the survey was very well documented in that respect. The scales that were used were well known ones which have been used many

times in the past. Once such a scale has been set up it isn't necessary to have that much background in order to use it. Also, the study methodology was supported by others — I consulted in about the survey."

Dr. Rosenblum is presently an intern in the Dalhousie system.

Blanche Potter, the president of the Dalhousie Staff Association, stated that the DSA was very concerned about the report.

"The findings of the report were not a surprise to us by any means. It more or less confirmed what we already knew about working conditions in the library, that is that it is not a healthy place to work because of a great deal of stress."

Potter adds that the DSA had a meeting with President MacKay a month ago when the report came to the attention of the staff association.

"We made it clear to the president that our concerns were not just from this report. We've had a number of letters from the faculty members in the library as well as our members working in the library. They agree that basically the library is an area of stress to work in. Our hope is that improvements will be made."

Potter also disagrees with MacKay's reservations concerning the validity of the report.

"I question whether or not he could be seriously questioning the validity of the report. I'm sure that Dr. Edison will support the results — the Goldberg questionnaire is widely accepted as a measure of general health."

Two years ago, a letter was sent to the Gazette signed only K.D. The letter complained about the employer-employee relationships in the library, especially citing a high employee turn-over as indicative of this problem. Today, staff employees such as Nicole Shayer and Christine Ball-Mackeen who used to work in the Killam indicate agreement with the difficult working conditions brought up in the letter.

"I felt much better for leaving the library," said Ball-Mackeen.

Shayer, now working for the DFA office, says that she was often off the job sick at the Killam, but has only been off for 63 days in the 5 years since.

Don't blow it on cold remedies

by Cathy Plant

The countless cough/cold remedies available are a waste of money according to Dr. Johnson, director of Dalhousie Student Health.

Dr. Johnson said there is no significant research which proves vitamin C will prevent the common cold. Nor will antibiotics cure it. He also warns that trying to work off a cold through vigorous exercise can be dangerous.

So what do you do for a cold? Dr. Johnson recommends rest, liquids and aspirin (A.S.A.). The rest gives your body's natural defenses a chance to handle the disease. Liquids replace fluids lost by the body.

Humidity is also important according to Johnson and he suggests either boiling a kettle, opening your window at night or investing in a humidifier. Humidity helps loosen congestion. The aspirin

is for your aches and pains.

Dr. Johnson said a decongestant might be helpful and recommends only those taken by mouth. He warns never to use nasal sprays without a doctor's supervision, emphasizing they should never be used for longer than five days. Nasal sprays can cause a rebound effect virtually creating the condition they are supposed to relieve. Do not buy cough lozenges or syrups. Sucking on any hard candy can relieve a tickle in the throat says Dr. Johnson. Medications containing antihistamines are not recommended.

The common cold is an infection of the upper respiratory tract (sinuses) caused by a multitude of viruses. Dr. Johnson explained that antibiotics are not useful against viral infection and may only be helpful if a secondary bacterial infection develops.

How can you recognize the "uncommon" cold? Dr. Johnson said a cold usually lasts three to five days. If the cough, sore throat or congestion persists or worsens or should you experience ear pains or a fever which lasts longer than 48 hours, see a physician.

Dr. Johnson said the cold viruses are most commonly spread directly by cough and sneeze droplets which are loaded with viral particles, or indirectly by objects, specially plastic surfaces. Prevention involves simple hygiene practices such as to cover your mouth and nose when you cough or sneeze and to avoid fingering the nasal area and the eyes. It also helps to keep up your resistance by eating nutritionally, getting proper sleep and exercise.

There is no effective cold vaccine because of the numbers of viruses which cause the common cold.

continued from Page eight

Hope-Simpson took a more direct tack on the subject. Hope-Simpson was more directly concerned with the roles that we should be playing in disarmament. "I'd like to talk about the problems that we have," said Hope-Simpson. "Not something that only governments should be concerned with, but something that you and I have to get involved in." During the course of her speech, Simpson made several pleas for involvement of the ordinary people of the country in the process of disarmament.

"The problem is at a basic level — it is a society wide problem," said Hope-Simpson.

"There is already a number of great coalitions of people working to in many, many areas to help solve the trouble."

"Canada is our country, and that's where we start. Our food

and transportation system is something that we can't adequately provide in Nova Scotia. We are instead spending billions of dollars on goods that are of no use to us.

"Frugality of living is beautiful. Luxurious living is vulgar. We all have to consider that we're living on Planet Earth."

"Everyday we are building more and more nuclear weapons of even greater destructive capacity. Also, chemical and biological weapons are being developed with the capabilities for ever-increasing destruction. Millions of dollars are being spent on this insane arms race, and our economies are geared to be dependent on this industry."

Hope-Simpson also attacked the defense sharing agreements that Canada has with the U.S.

"Due to the number of

defense sharing agreements we have with the United States, we are obliged to help the U.S. with their armament. For instance, Litton Industries, who have a plant near Truro, manufacture the launcher for the MX missile system. The U.S. makes the missile, and Canada makes the electronics for the launcher."

One pointed question by Paul Segunera, panelist from Sodales, concerned the position of the Russian government concerning disarmament.

"The USSR lost 20 million people in the last world war," replied Hope-Simpson.

"This impression must be indelible in their memory. There is a genuine wish for a less dangerous world on the part of the Soviet people. I say this even in view of Afghanistan and the situation in Poland."

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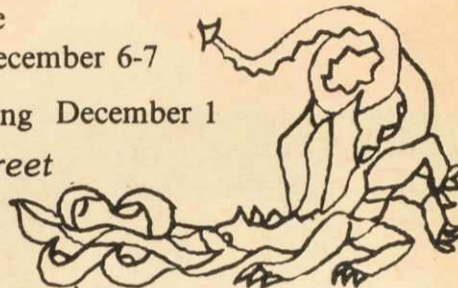
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