

# Practice makes perfect when it comes to healthy living



PHIL  
HEAD

**“While many students wish to gain knowledge of foreign cultures, few wish to do so in a microbiological sense, so make sure you handle your food safely. After all, who knows what might have germinated in your leftover strudel, so be prepared to keep your food cooked and stored properly.”**

Many students, and indeed young people in general, neglect their health due to feelings of invincibility. However, as any Lister resident can attest, there are a number of health issues that particularly pertain to the student population.

I can't stress enough the effect of exam anxiety on student health. When people start feeling testy around mid-term time, their immune systems become less effective. For instance, the constant anticipation can often lead to bowel problems. This stress can be relieved by exercising, getting lots of rest, or even just playing with pets, so get out of the lab, stop reading your dog-eared textbooks and relax.

Speaking of feeling a little testy, the most common form of cancer among young men is testicular, so male students should practice self-exams monthly (as if we needed an excuse). You should also get a physical, as an annual exam is covered by Alberta Health Care and regular exams can help detect—and hopefully rectify—diseases like prostate cancer if analyzed early enough.

On a more topical subject, stress can also exacerbate a rash of skin conditions. Skin care ultimately boils down to good hygiene, so don't skip showers to extend study time. Furthermore, since skin conditions

often run in families, your dermatologist can help not only you—he or she may also be able to give some advice relative to the sore eyes on your sis.

Furthermore, if you've been traveling outside the country during reading week and happened to drink the water where they tell you not to, you may have swallowed worms other than the one in that tequila bottle. Your intestines and muscle tissues are just a pair of sites where worms can wiggle their way in and cause a host of problems. Unfortunately it's often difficult to treat parasites and make the symptoms desist, so avoidance is key.

While many students wish to gain knowledge of foreign cultures, few wish to do so in a microbiological sense, so make sure you handle your food safely. After all, who knows what might have germinated in your leftover strudel, so be prepared to keep your food cooked and stored properly. If you follow these two steps, you will hopefully never encounter a case of staff-o-caucus—outside of a parliamentary setting, of course.

While drinking plenty of fluids can be beneficial for your health, drowning your sorrows can result in a sorrowful state of affairs. Besides the risk of excessive drinking causing you to lose voluntary control of your

sphincter and turning you into the ultimate party pooper, the diarrhetic effects, combined with the delivery of toxins to your organs, can make you feel pretty crappy. Plus, if you consume enough to get alcohol poisoning you can go into a coma, and then you're toast. While upstanding citizens understandably wish to avoid such situations, those who get tipsy stand a greater chance of engaging in things like questionable one-night stands.

Relationships from one night stands often mean here today, gonorrhoea tomorrow, so wear a condom at the minimum to aid in disease prevention. After all, you don't have to be a banker to practice safe sex (and who wouldn't like an excuse to practice?).

Also, don't wait until you're pissing blood before you get checked, because that usually means you're in trouble. After all, only soldiers should be getting dishonourable discharges. People also tend to get crabby when dealing with genital lice, causing friends to flee those who are ticked off.

Remember that here at the U of A there's nothing to prevent students from engaging in some preventative health maintenance, so work out an exercise plan, take the time to brush up on your oral hygiene, and remember: if you don't see your optometrist you definitely should.

# The end is in sight

November can be a hectic time for students, but there's no better time to get your act together



ELIZABETH  
MCMILLAN

A buildup of anxiety results in a slump that threatens to overshadow all future achievement. Dropping out of school becomes a shining opportunity to escape unfair expectations and impossible standards. The stress isn't imagined. Colds run rampant, muscles fall idle, and formerly alert students act neurotic, unfocused, and recite obscure phrases aloud.

Little wonder the majority of break-ups occur around exam time. Just when everyone needs special attention the most, it's hardest to give. Starting to hate your roommate? Not surprising. They *did* take too long in the shower. But god forbid anyone realize they're not alone. Patience is at a premium and the individualist drive is paramount. Tempers flare and an unreasonable state of mind is inevitably the by-product.

Romantic or roommate entanglements aren't the only abused bonds. The last thing you want the night before an assignment is due is a friend with personal problems or a neighbour who refuses to shut up. All in all, it's amazing anyone makes it out alive.

Only after it's over is it possible to look back with detached wisdom—too bad that's still weeks away. In this haze of exhaustion and achievement, plans are made to take better notes, read before class and go to the library more often. Every student sincerely intends never to allow such a hellish month to happen again. Maybe this time, we say, a genuine effort will be made. But like that January gym membership, resolutions only last so long. Just don't complain the next time you're gouging your eyes out before an morning final, because I for one know that it'll all get done in the end.

Forget New Year's resolutions—hopes of getting our lives together start with the screw-ups in November.

The fact is, no student's life is normal come exam and essay time. We survive on a diet of caffeine, anticipation and dread. Between pressing assignments and the threat of unfinished work, November is a never-ending guilt trip. Thoughtful scholars begin to rethink the nights spent celebrating and the mornings recovering. Going to class becomes relevant after the fact. We reconsider, evaluate and dismiss priorities. We vow to pull it together and pick up the pieces of the wreckage around us.

Students cut corners in logical places. Kraft Dinner is consumed at an alarming rate and our clothes become a rotation of what's comfortable and what happens to be clean. Real meals are substituted for the closest take-out joint. Then, the strangest thing happens: when faced with an inconceivable burden of schoolwork, students resort to the time-honoured tradition of putting off, avoiding the obvious and outright procrastination.

Energy is put towards the most arcane activities. Closets are reorganized; an unhealthy amount of TBS is watched. MSN becomes an inescapable evil. Anything is more interesting than that research topic you refuse to research.

## LETTERS • CONTINUED FROM PAGE 5

A lot of the team members here believe in ourselves to run well at Nationals. This team knows we don't want to get our asses kicked at Nationals.

As a team veteran I'd like to say we are confident in teammates and ourselves—and not in the next cross-country article in the *Gateway*. We have a lot of support to do well and are very thankful to the people that do support us. There's a lot of magic on this team to do something great.

IAN MANYFINGERS  
Native Studies III

## Defamation defined

As a clarification to Ryan Hansen's letter (7 November) stating, "I believe the degree of slandering you've just dealt out was uncalled for": the correct term instead of slander is libel. Slander is spoken and libel is for when defamation is printed (which the article was).

SHERMIE AU  
Law I

## Don't knock losing until you try it, Prusakowski

After reading your article "QB's football team's weakest Linke" (31 October), it is quite obvious why you are writing about the Bears football team and not suiting up for them, like Linke and Armstrong are. You clearly have no understanding as to the number of factors that go into playing a football game, nonetheless putting together an entire team. To put the blame of the past or the success of the future on the shoulders of two individual athletes is ludicrous, especially in a team sport like football (there's no "I" in team or in "football").

I agree that the quarterback is an important piece of the puzzle; however, it is by no means the only piece. And although these two quarterbacks may still have room for improvement, let's not forget that they are student-athletes, not professionals, and they are doing the best that they can. Your article seemed to be a personal attack rather than a reporting of fact, and I think that it was uncalled for.

So the next time you want to be a bully

and lay blame on an individual, do your homework first. Respectful journalism isn't about singling out a few people and ignoring the rest of the facts, especially in a team sport.

DANIELLE BOEHRES  
Physical Education V

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*Letters to the editor should be no longer than 350 words, and should include the author's name, program, year of study and student identification number to be considered for publication.*

*Furthermore, e-mails featuring excessive amounts of exclamation marks, all-caps, large font sizes, and emoticons, are liable to be ridiculed mercilessly by the editorial staff.*

## LETTERS FROM THE ARCHIVES

### More mingling need between gals, fellas

Permit me to discuss briefly a condition existing in residence and to offer a possible remedy for this condition.

There are many resident men who have not been introduced to more than three at most of the women students. Some of these men are in their second year.

If a man has been introduced and wishes to make an appointment, he must stand in the lounge in such a place that he may attract the attention of the women as they flock through the lounge on their way upstairs from the dining room.

Perchance some one of the ten members of his table group has dallied with his eating and the man finds that the women have already gone upstairs

when he gets out. He must then fall back on the telephone and in an open corridor at a time when the phone is usually busy and when even if it is not, the corridor is so crowded as to make conversation by phone very difficult he must do the best he can.

The lounge, which is the logical meeting place, is being sadly neglected. Three nights a week are given to the men and three to the women, and all of the opposite sex are barred each night. Why not allow two evenings each week for men and women in common?

The chief difficulty of the committee arranging for reception would be almost wiped out and indirectly this would have an important hearing on the proposed "Dutch treat" system for social functions.

WMF  
14 February, 1918

*From the Archives is a semi-regular feature where the Gateway runs historical letters that we feel are of particular importance—or are just really hilarious.*



## LAURIE BLAKEMAN MLA

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