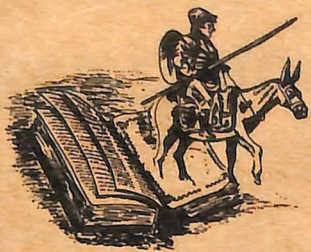


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That you'll show up!



The Picaro

Vol. 5, No. 7

MT. ST. VINCENT UNIVERSITY

HALIFAX, NOVA SCOTIA

February 6, 1970

DRUGS...



The Phenomenon of the Young

Police clear 300 students from P.E.I. Gov't building

CHARLOTTETOWN (CUP) - - Prince Edward Island education minister Gordon Bennett brandished the threat of police action over the heads of 300 university students Tuesday (January 27), forcing them to discontinue a sit-in provoked by fee increases and substandard education at the University of Prince Edward Island.

After a march through downtown Charlottetown, the students filled the corridors of two floors of the provincial government's administration building for two hours, also occupying Bennett's office and the outer chambers of PEI premier Alex Campbell.

The students were demanding higher operating grants for UPEI, guarantees that students would not be forced to pay for further increased in university expenses through tuition fee raises, and the institution of a grant scheme for student aid in the province.

The students also asked that premier Campbell live up to promises made in a government white paper issued in April, 1968, in which Campbell said the province "would have a university comparable to national standards."

An advance group which occupied education minister Bennett's office were given no responses to their demands for government action.

After two hours of discussion, Bennett called in eight members of the RCMP and local police force, and told students they would be liable to charges of obstructing a police officer, obstructing private property and obstruction of justice if they did not leave.

Eventually the students filed out of the building, after convincing a small number not to face arrest by staying.

Tuesday's protest climaxed two weeks of unrest at the one-year-old UPEI campus, which began January 15 when students discovered via a local television program that their board of governors had secretly approved a \$100 tuition fee increase and a \$100 residence increase for next year.

The board decision was made October 27, 1969: both administration president R. J. Baker and a single student union representative on the board justified their silence by saying "the students would find out about it anyway."

The increase would raise tuition to \$550 per student; and residence fees to \$775 per student. A poll conducted by the UPEI student council revealed that 68 per cent of those interviewed would find it "very

difficult" to return to university if the increases were implemented. One-quarter of the campus was sampled in the poll.

The average summer earnings of students polled by the council was \$718.

Currently, students at UPEI are eligible for up to \$1000 in loan-only financial assistance from the provincial government. Students had originally proposed that the system should be supplemented by the institution of a \$200 grant after the first \$200 in loans.

A government counter-proposal would "match" student loans over a minimum of \$600 with equivalent grants: the scheme would allow students a maximum grant of \$400 on financial assistance totalling \$1,400. Students oppose the scheme as they would have to go \$1000 into debt to get a \$400 grant.

Monday (January 26), 250 students watched as the UPEI board refused to rescind the fee increases. According to administration president Baker, the board could not go directly to the provincial government without "usurping the authority" of the PEI government's post-secondary education commission.

The three-man commission, set up as a "buffer" between UPEI and the provincial government," will not meet again until April 8, long after the provincial treasury board has completed estimates and proposals for university revenue and expenditure for the next year.

At a meeting January 19 between Bennett, Campbell and 400 university students, the provincial premier said the government was not "in a financial position or a bureaucratic position" to guarantee the implementation of a grant system for students in the province.

But, Campbell added, he was "optimistic" that the system might be in effect for the 1970-71 academic year.

The University of Prince Edward Island, less than a year old, is an amalgamation of St. Dunstan's University and Prince of Wales College, which the government implemented to raise educational standards in the province.

In the government white paper which announced the creation of the new university, Campbell promised the institution 18 million dollars in student aid and 69 million dollars for operating costs during a ten-year period ending in 1978.

So far, neither program has been implemented.

Council to attempt incorporation

Mount Saint Vincent Student Council passed a resolution on January 26 to incorporate the student union. The resolution will be presented as a Private Members Bill when the legislature opens February 19, pending the approval of Senate.

The resolution, drawn up by Barrister Joseph MacDonald, said the bill would provide for "the incorporation of the Student body of Mount Saint Vincent University under the name of Mount Saint Vincent Student Union, having the object of promoting religious or artistic, literary, educational, social, recreational and sporting activities for its members and others, to act as the official organization of the Students of Mount Saint Vincent Uni-

versity, Halifax, and subject to the rules and regulations of the University to co-ordinate, promote and direct the activities of the Students of the said Mount Saint Vincent University, and having all such powers as are necessary or incidental to the attainment of those objects."

With the growth in the numbers of students attending the Mount, and the resulting increase in business dealings, the Union felt it desirable to create a more permanent and definite organization. Ultimately, there would be definite benefits when making contracts, particularly long term arrangements.

Federation of Atlantic Councils calls it quits

CHARLOTTETOWN (CUP) - The third attempt at a regional student union among maritime universities - the Federation of Atlantic Student Councils - ended here Sunday (January 25).

The executive of the FASC decided to disband the organization in a weekend meeting after student councils at four campuses turned down membership in the regional federation.

"We just couldn't keep going if we didn't get support from the student councils," said FASC president Dennis MacKay. If we were going to carry out the programs outlined at the Fredericton conference, then we had to have the money."

The councils at Memorial University, Dalhousie University, the University of New Brunswick and St. Thomas University withdrew their support of the federation following a week-long directional conference in Fredericton over the Christmas holidays.

They cited dissatisfaction at the priorities system for fieldwork established at the conference - in which campuses would receive help based on their student population and the degree of organizational

development already in existence.

But experience with two other attempts in the last four years to establish regional student associations was also a factor. The UNB councillors said it would be inadvisable to put out UNB's \$600 membership fees while "the feasibility of FASC and its success were remote."

MacKay said it was personally disappointing that the federation didn't get a chance to implement its programs.

"I think we had a program and a method of implementation that could have worked," he said.

Other executive members felt the same, and spent most of the weekend trying to work out ways to keep the organization going. In the end, they decided to keep FASC field workers employed until the end of January, working at the Nova Scotia Agricultural College and St. Anne's College.

Money remaining in FASC accounts at the beginning of February will be returned to fee-paying member campuses.

feed back

Dear Editor,

Thank you for having recommended me to the Minister of Education as the student on the Nova Scotia-Canada Student Loan Committee. I trust that your

expectations in this area of student participation will be fulfilled.

To better carry out my functions it is very important that your views and those of your

constituents are funnelled to the committee. To do this I am asking that, first, you and your newspaper collect the problems and views that individuals and

—Please turn to Page 3—

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A case for legalizing Grass

The penalty for getting busted for smoking grass can run up to seven years. Back in the twenties when alcohol became prohibited, a prohibition was put on marijuana at the same time. When the

prohibition was finally lifted from liquor, marijuana was not legalized - almost as an oversight.

The parallel with prohibition of alcohol is particularly ger-

mane at this point in time as it is becoming increasingly clear that the police will never be able to prevent either the sale or the smoking of marijuana, just as the police of the twenties could

not prevent people from making bath-tub gin. Just as people died of poisoning because they did not know how to make alcohol properly, today people are becoming hooked on hard drugs pushed by many of the same people who push grass for a living.

What the law succeeds in doing is drawing the sale of marijuana underground where unscrupulous operators can take advantage of their buyers to sell them the more addictive harder drugs. And from the pushers' point of view, why not? The harder penalties for pushing heroin are no greater than they are for pushing marijuana and there is a lot more profit to be had in pushing heroin. In addition, once they're hooked, heroin addicts become much more regular customers than users of grass.

Marijuana is classed as a narcotic under the Federal Narcotics Act; but what exactly is a narcotic? Webster's dictionary and the medical profession in general define it as a substance which reduces pain and induces sleep. Users of the drug usually experience heightened perceptions rather than drowsiness.

In addition, many doctors say that a narcotic implies addiction. Virtually every scientific or medical study done on the drug has said that it is not addictive in the physical sense and is no more addictive mentally than is doing anything one finds pleasurable.

Many critics argue that not enough research has been done on the drug yet and until more is done, it should remain illegal. Although there have been many studies done on marijuana in the past, they have been mysteriously suppressed and given little play by that bastion of the public conscience - the press.

The LaGuardia Report done in 1944, which arrived at the conclusion that marijuana is harmless, is so rare that it cannot even be found in public libraries.

And how many of you have heard about the Freeman-Rockwood Report, which recently tested 310 users with an average of seven years use and reported no harmful effects?

A report recently done by the Motor Vehicle Department of the State of Washington and the University of Washington tested people's reaction times while under the influence of alcohol, marijuana, and with no drugs in their systems at all. The results showed that those under the influence of alcohol showed considerable impairment in their driving abilities, while those under the influence of marijuana showed no impairment in their driving abilities at all.

Despite the fact that marijuana should never have become an indictable offence in the beginning, it still remains on the Canadian law books; and the RCMP are out to enforce the law and bust people.

How many of us are willing to

risk a jail term; hundreds of dollars in legal fees; a criminal record which certainly doesn't do anything for a job application; and finally the mental anguish involved in such an offence. You'd have to be a nut to risk all this.

In my opinion, a mother of a busted teenage son put it quite lucidly to the Commission investigating the non-medical use of drugs, last Friday at the Lord Nelson Hotel. As she said, all she has heard from social workers, clergymen, counsellors, and members of the legal and medical profession, is the necessity for a closer rapport between parents and children. Yet, she said, how is it possible to communicate with our children about something the older generation knows nothing about. Perhaps our children do know where it's at, she said, but because of the way our laws exist, parents are denied the opportunity of finding out.

In her own subtle way this lady unveiled the crux of the greater social problem that permeates our society - that is, a society built on middle-class myths, enforced by man-made laws as a means of maintaining the status quo. Perhaps the drug-issue is one area where we can see the whitewash wearing off.

FEEDBACK

-Continued from Page 2-

groups on your campus have with regards to the present loan-bursary scheme and money problems in general. When this is done, I should like to visit your campus (if possible with other members of the Committee (I'm not optimistic)). If you would add on an item to the agenda (re student loans-bursaries) at a Council meeting within the next month or two and notify me giving a few days' notice, I should like to audit the meeting. (If you have another possible way of getting views, please write.)

I hope that the loan-bursary committee will recommend institution of complete financing of higher education within the next few years (Newfie Style); for the immediate future (next year). I hope that greater expenditure, abolition of the "dependent student" category (that is, removal of the requirement for family contributions according to an established table), and greater administrative efficiency can be recommended to the Government.

Please reply by letter or phone as soon as possible as to dates for a possible meeting, or pass on to your successor if you're leaving office. My address is 2375 Hunter Street, Halifax, Nova Scotia, phone 423-5421 (home) or the Sir James Dunn Law Library, Dalhousie University, phone 424-2124.

With regards,
Greg M. Warner

The Picaro

The Picaro is the bi-monthly student publication of Mount Saint Vincent University. The opinions expressed are not necessarily those of the students' union or the administration.

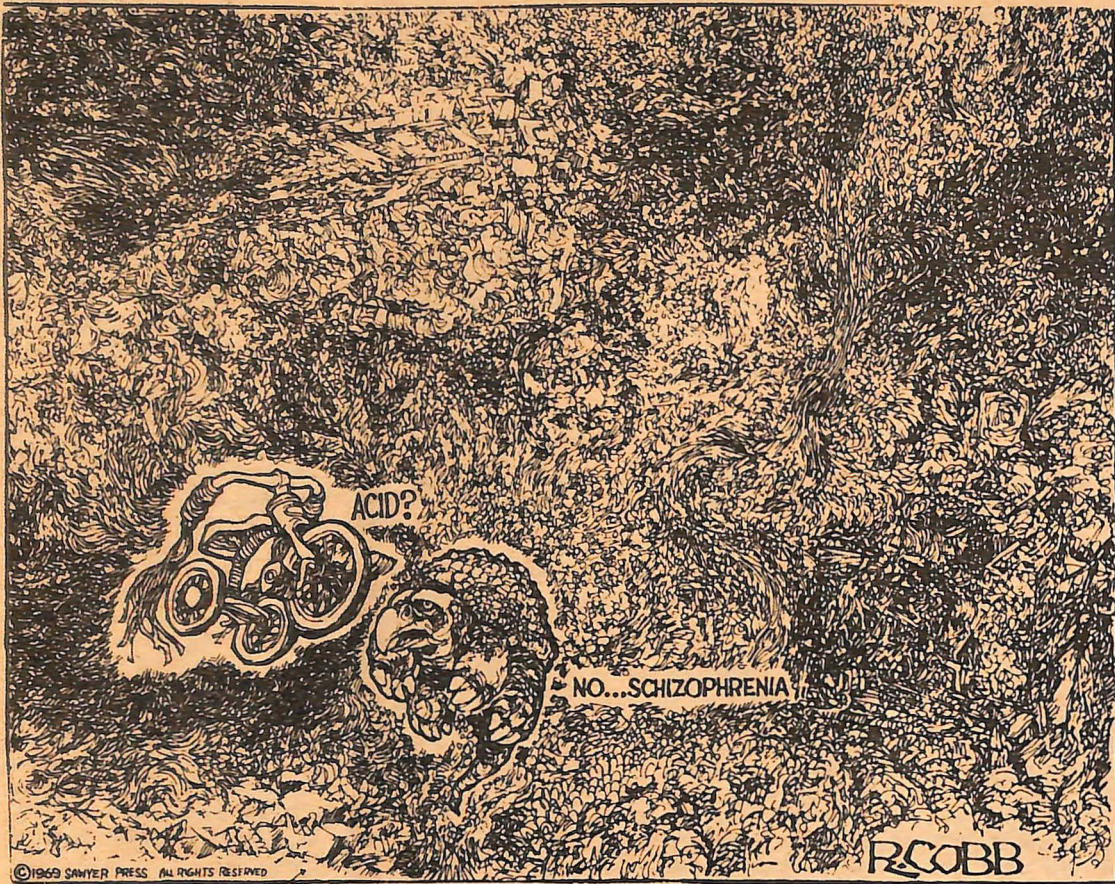
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And so we put another issue to press. With a few minor distractions during production night (namely the LBR and the question of staff democracy) VOILA - - your official bi-monthly student publication. Now that the Free Press is unable to print single sheets, we'll have to start making the issues either 4 or 8 pages. So, it's going to be a toss up between quality or quantity. Either one, we still would like to hear from you every Monday at 6:30 in the office.



Whistle Me That Again

by Mary Clancy

Wake up chickens! The council is at work again. This time it's the constitution that is being worked on. But it was just revised two years ago I hear you sob. Well that's true but the faculty system that was going to solve all our problems is not working. Therefore our hard-working councillors are out there pitching to keep us well represented. It also seems that they're trying to protect our interests unbeknownst to us but never mind we'll find out the story after everything has been decided.

The main points in this revision have to do with the executive. And believe it or not the ideas are actually quite good. But don't get carried away; there are a few wrenches in the works.

First of all the executive is going to be changed, from its present structure of President, Executive V.P., Secretary, Treasurer, and External V.P. The new set up is a president, and four V.P.'s, Executive, Academic, Internal, and External. The secretary and treasurer will be appointed and remunerated but will have no vote.

O.K., so far so good; but my friend there is a catch. Actually, it's more like a trap than a catch. Our new executive, if approved (by Senate and students) will run on a ticket system. What that boils down to is this. A presidential candidate will pick her four V.P.'s then will appoint her secretary and treasurer. Now

I may be a trouble borrower but that looks to me to be a rather top-heavy power structure. Far be it from me to accuse anyone running for office as power hungry but one never knows.

I am all for the politicizing of student elections but let's keep them open to the whole student body. We all know that there is hardly a tearing rush of people running for the offices of our student union. I have been reminded by the advocates of this system that there probably won't be more than five people running for executive places under either system. That's pretty bad but just supposing we take on the new mode; and elections roll around; and we have our slate; and then we have an independent running for Academic V.P. What happens if she gets elected and can't work with the rest of the ticket. Or will we have to vote straight ticket and possibly get a dud for one of the offices (That Idea Is Far Fetched I Know But as I Say Anything Is Possible.)

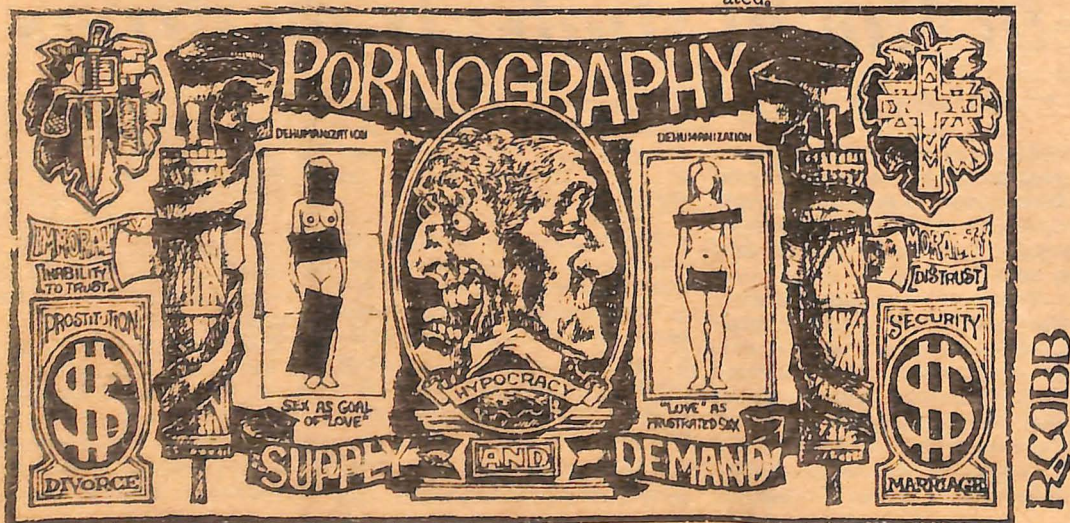
Change the executive, appoint the secretary and the treasurer, get rid of the faculty if that will facilitate council activity (if it is possible to resurrect the dead). But come on!

Let's not hand autocracy to someone on a silver platter. Nobody loves a totalitarian regime even on this level. The president has been screaming all year about representivity (Miss Gaskin I mean). She has accused the stu-

dent senators of being yes women and cop outs, to cover her own swift change of action. Miss Gaskin has already shown an abysmal lack of comprehension of the way both student's and administration work and think. It's time the students stood up for something (other than dance tickets) and gave an opinion. If not, then bring on the ticket system. It is all that the apathetic deserve.

OOPS! Well it looks as though the all knowing one has finally made a mistake. The all knowing one is this writer and her mistake was dumping on the ticket system when a reliable source has just informed her that the idea of a ticket system has been deleted from the constitutional revisions. At least one hopes that the president of the student's council is a reliable source.

O.K. exit ticket system. That's one grievance cleared away but there is still the question of why the student body is being kept mostly in the dark about all this change and revision. Aren't we able to comprehend the workings of those great ones who lead us. It's supposed to be better to be late than never but after all council elections are due within two weeks and it would be nice to know just what kind of a council we are going to have. Then again that may not be a good idea perhaps if we had known in the past just what we were electing the student body would have evaporated.



Understanding Drug Abuse

by F. A. Potter

(Ortho Pharmaceutical Canada Ltd.)

To understand the present-day abuse of drugs — in fact, to understand drug abuse at all — we should know something about the history of drugs.

To begin with, drug abuse is not new. Early man discovered that certain plants and vegetables were nutritious, some were poisonous and a few produced special effects on his senses. Wrapped in a bear skin, shivering in a cold cave, the sensation was probably initially pleasant; and they needed pleasant things to dull the sharp edges of their lives. Even today certain Indians of South America still chew coca leaves (a source of cocaine) to reduce the discomforts of cold and hunger.

Little was known about drugs and their harmful effects until the turn of the present century. By then the whole cultures of people had adopted drugs with no awareness of their undesirable properties.

One of the oldest drugs in use is derived from Indian hemp, Cannabis Sativa. The flowering tops of female plants are cut, chopped up, dried and smoked. We call this drug Marihuana.

A special form of the pure resin from the flowering tops is referred to as hashish. This drug, hashish, has been used medically and for pleasure for about 3,000 years.

Across the Far East it has been smoked for centuries. The production of Cannabis became illegal in most countries about 40 years ago through the League of Nations.

The hashish smoker first passes into a dream-like, semi-conscious state in which the judgment is lost. Dreams assume the vividness of visions and are of boundless extravagance. Measurement of space and time is distorted and ideas flash through the mind with no continuity.

The second drug which has relieved man's ills and added to his misery, is opium. Opium is derived from the dried extract of certain poppy heads which are grown in the Far East. The use of opium was known to the early Egyptians, the Romans and the Greeks. From opium we derive the much more potent morphine, which, like alcohol, marijuana etc., acts on the central nervous system but has a special effect on sensory cells making it invaluable as a painkiller, the most effective in existence.

The American Civil War was the first instance in which large number of military casualties were treated with morphine for pain. It must have come as a shock to military doctors to discover that patients treated with morphine, over long periods for pain, could not function normally when it was discontinued. Americans remained unaware of the addicting qualities of opium and/or morphine until nearly the end of the last century — at that time there were some 100,000 people in the U.S. who could not function without them. At the turn of the century in the U.S., morphine users cut right across the middle and upper classes. Many prominent people used it in complete ignorance of the consequences.

Gradually it became apparent that certain drugs, taken in large doses over long periods, not only affected some people detrimentally, but once given the drug on a continuing basis, a man or woman suffered physical and mental reactions if the drug was suddenly discontinued. In modern terminology they had become addicted or were suffering from drug dependence. Recently, the World Health Organization recommended that the term "Drug Dependence" be used to describe "a state arising from repeated administration of a drug on a periodic or continual basis." To qualify the type of drug dependence, it is then defined as "drug dependence of the morphine type, narcotic type," etc.

Today we divide the substances that cause drug abuse into five categories: narcotics, sedatives, tranquilizers, stimulants and hallucinogens.

Medically, NARCOTICS are drugs that produce insensibility and stupor due to their depressant effect on the central nervous system. Included in this classification are opium and its derivative — morphine, codeine, heroin and certain synthetic opiates.

The person suffering from dependence on narcotic drugs becomes lethargic and indifferent to the world around him. The drug dulls fear, tension and anxiety. The abuser needs more and more of the narcotic

drug to give him satisfaction. The constant use of the narcotic creates chemical changes in his body and if once deprived of a supply of the drug the body reacts violently. Medically he suffers from "withdrawal symptoms."

The second group of drugs, SEDATIVES or depressant drugs, include a group of both old and new drugs that, as with narcotics, have a depressant effect on the central nervous system. In this group the most commonly abused products are the barbiturates. The word "good-ball" is the best known slang term for barbiturates. Used under medical supervision, barbiturates are safe and effective and are prescribed for epilepsy, high blood pressure, insomnia and in treatment and diagnosis of mental disorders. Today about thirty synthesized barbiturates are used medically.

The barbiturate abuser exhibits slurred speech and a staggered gait, his reactions are sluggish. Emotionally he is erratic, irritable and antagonistic. Because of his staggered gait he frequently stumbles and bruises himself. Here it may be worth pointing out that certain drugs, taken together, have a more potent or synergistic effect than when taken separately. Alcohol and barbiturates also potentiate each other in this way.

Many people do not fully understand the dangers of abusing barbiturates. The withdrawal symptoms can be especially serious and for this, as well as other reasons, people who do not regard barbiturate habituation seriously are making a big mistake.

TRANQUILIZERS, first introduced in the early 1950's, make up the third group of substances that cause drug dependence. Because they counteract tension and anxiety without producing a sedative effect, they are used extensively as therapy for mental disorders. At one point, everybody wanted to try tranquilizers, treating them as if they were headache pills. Symptoms during misuse and following abrupt withdrawal of certain tranquilizers closely resembles those seen with barbiturates.

The fourth group, STIMULANT DRUGS, includes cocaine, which was once widely used as an anesthetic. Cocaine produces excitability, talkativeness and a state of euphoria (euphoria may loosely be described as a synthetic feeling of being on top of the world). Excessive stimulation is followed by depression. In overdosage, cocaine can cause depression of the function of the respiratory system and heart, resulting in death. Today, cocaine is strictly controlled internationally — it has been outlawed and is no longer used medically in North America. Also in the stimulant category are drugs called amphetamines. Available since the 1930's, amphetamines were first used medically for treatment of colds and hay fever. It was soon recognized that their greatest benefit was as an appetite depressant and mood elevator, and of course this is where the abuse began. Most medical authorities agree that amphetamines do not produce physical dependence.

In the fifth and final drug group, HALLUCINOGENS, are two drugs which we hear so much about today, marihuana and LSD. LSD or Lysergic Acid Diethylamide was synthesized in 1938 but it wasn't until 1943 that its hallucinogenic property was discovered. It is now well known that use of LSD can be attributed by serious complications unless administered under strict medical control. Risk of physical addiction is considered non-existent. But modern research points to possible inherent chromosome changes in the offspring of LSD users. Persons already unstable may undergo serious mental or emotional disturbances if allowed to take LSD indiscriminately. In fact, so little is known about LSD and its effects that it could be described as a "depth charge in the mind."

Another abuse which is frequently written about today is Glue Sniffing, or to be more accurate, Solvent Sniffing. Dr. Andrew I. Malcolm, a staff psychiatrist with the Addiction Research Foundation of Ontario, says that today instead of isolated or accidental cases of solvent intoxication, we see whole social groups using these drugs. The other remarkable change is that these "glue sniffers" tend to be youngsters from 8 - 16 years of age. These children use the volatile solvent toluene, found in polystyrene model cement.

The most commonly used material is still model cement. Nail polish remover, lacquer thinners, lighter and cleaning fluids, gasoline and some anesthetics all contain similar chemicals that lead to intoxication.

To a certain degree everyone suffers some drug dependence without harmful results. The caffeine in tea and coffee, and the alcohol in liquor can be taken, in moderation, by a large number of people without any harmful consequence. People who have carried out research into the misuse of drugs point out that there is a relationship between drug use and the society in which the abuser lives. The modern concept is that research must be broad enough to include the effects of cultural background and environment.

In the United States two drug-abusing cultural groups have been recognized: the urban slum-dweller — products of broken homes and marital strife — and the hippie movement. The latter are not socially deprived but have a strong feeling to protest. The majority of U.S. abusers belong to this group.

In Canada, there is no national cultural pattern in drug abuse. British Columbia has nearly 75% of the known drug addicts (persons who have been on record as drug abusers for ten years). Not all these people are criminals. Not all of them have been charged with a narcotic offense.

Canada has little more than 3,000 known drug addicts. Among these, heroin is the most commonly used drug. In 1965 we had a rate of 180 known narcotic addicts per million population. This compares to 290 known narcotic addicts per million in the U.S. and only 25 known narcotic addicts per million in Great Britain.

The more our young people know about drugs the more they will be able to ignore them. Drug abuse is something we should discuss at the dinner table. In order to do so, we must learn all we can about the subject.

Marihuana is a problem in its own right and one, perhaps that we have made in our own anxiety to protect ourselves. A statement from the office of David Archibald, Executive Director of the Addiction Research Foundation of Ontario has this to say: "Most of the problems associated with the occasional use of marihuana arise NOT from its pharmacological actions, but from the fact that possession of the drug is illegal."

Whether or not marihuana leads to dependence is the subject of international controversy. A report on Drug Addiction prepared by the British Office of Health Economics, states: "The concept of drug abuse is a dynamic one, but it necessarily involves a detrimental effect on society and/or the individual. The harm to society comes from a serious disruption to its social, economic or political structure. Harm comes to the individual from physical deterioration or by allowing the drug to become the primary need, replacing other drives. This in turn leads the individual to become a-social."

The modern concept of drug dependence is that drug abusers are sick people. Criminality and drug abuse may stem from a single source. Of course, when a needed drug — needed in the sense that a person is dependent — can be obtained only illegally at high prices, it is obvious that many users must turn to crime to pay for their habit.

History has shown that fashions in drugs change and it is doubtful that drug abuse will ever completely disappear. There will, unfortunately, always be inadequate people who turn to drugs for support and who then become dependent. What is upsetting in our modern society is the sight of so many people trying drugs "just for kicks".

It's important our young people know the facts. To discuss drug abuse with them WE must know the facts. One experiment on their part may result in a criminal conviction that cannot be erased, ruining their chance of reaching educational goals and shadowing their adulthood. By understanding they will be able to avoid that crucial first involvement.

All Canadians should be aware that drug abuse has a hooker in it. Like a fish hook, it is so much easier to get on than to get off.

Whitehead speaks to Mount students on drugs

"More people than just astronauts got high in 1969," stated Dr. Paul Whitehead, Assistant Professor of Sociology at Dalhousie University, at a January 27 lecture at Mount Saint Vincent University. "It's come to the point that when a mother asks her son to fetch a pot from the kitchen, she has to specify which 'pot'," he said.

Dr. Whitehead conducted a survey of 1600 students to discover the amount of drug use among students of the Halifax area. The study, ranging from grades 7-12, included 64 classes

in 26 schools.

As could be expected, tobacco and alcohol were the most-commonly-tried drugs.

50% had tried TOBACCO at least once

40% had tried ALCOHOL at least once

6.6% had tried MARIJUANA at least once

6.0% had tried TRANQUILIZERS at least once

3.0% had tried GLUE at least once

2.0% had tried LSD OR OTHER HALLUCINATORY DRUGS at least once

1.6% had tried OPIATES at least once

As a general pattern, the percentage of drug users increased from grade 7 through to grade 9, and from grade 9 through to grade 11, with a drop-off between grades 11 and 12.

There were two exceptions to the general pattern: the number of glue-sniffers was highest in grade 9, glue was considered "kid-stuff" to the older students; the use of marijuana increased right through to grade 12.

Generally, boys experimented with drugs more so than did

girls, perhaps, he said, because society expects them to be vanguarders in everything. As opposed to 5% of the boys, 6.6% of the girls took tranquilizers.

The decrease at the grade 11 level, may be attributed, Dr. Whitehead said, to the number of drop-outs at this level. There seems to be some incompatibility between drug use and good academic performance. With increased drug use, academic performance decreases.

Looking at drugs in relation to frequency, Dr. Whitehead said

that of those who had tried drugs, 50% had tried them only once. He considered this an indication of experimentation and a sense of adventure. He said that perhaps the biggest mistake we can make is to exaggerate the importance of this one time when perhaps only youthful temptation is at fault.

"There is much misinformation and lack of information about drugs," concluded Dr. Whitehead. "We need to learn much more about the social, psychological, and medical problems of drugs."

Smoking gives you more than bad breath

"Caution, Cigarette smoking may be hazardous to your health." "Stop smoking and live longer." "Cancer kills." "A minute of life for a minute of smoking."

The anti-smoking campaign is in full swing. After years of ignoring or avoiding the facts, the American public is finally facing up to the potential danger of cigarettes. At the forefront of the campaign are the American Cancer Society and the Heart Association and much of the information below has been taken from published facts and figures of these two crusading groups.

Did you know . . .

*That each year over 200 million dollars are spent in advertising to get you to smoke?

*That in the past 50 years death from all causes decreased, but death from one disease connected with inhalation increased 600% in men - - 125% in women?

*That 4500 young people start smoking each day - - mostly for status?

* That smoking in women clearly damages unborn babies as evidenced by their lesser weight and premature birth?

This educational approach has succeeded in reaching the approximately one million adults who give up cigarette smoking each year. Dr. Norman C. Delarue, in THE CANADIAN FAMILY PHYSICIAN, December, 1969, said that "a change in the professional approach to this problem has been forced on the medical profession recently by the actions of the tobacco industry. In the past we have been sympathetic with their problems, since it was recognized that the industry had been developed before the risk of its product had been identified. 'No longer is such a charitable stand possible. The introduction of the 100 millimeter cigarette in APPARENT DISREGARD FOR PUBLIC SAFETY, focuses a clear light on the intention of the tobacco industry as a whole. '... There is simply no time left to wait for the appearance of a safe cigarette and then spend 20 years attempting to prove whether it is safe or not.'"

Certainly the threat to the manufacturers of cigarettes has caused certain repercussions from them. At the end of 1969 tobacco growers of Kentucky got

together to bring suit against the major television networks asking that they be prevented from running anti-smoking ads that suggest that cigarette smoking can kill you.

Also recently Advertising Age magazine challenged the American Cancer Society's slogan that heavy smokers lose about one minute of life for every minute they smoke as "untruthful and misleading." The ACS answered that the figures were based on a study of 447,000 men for six years of whom 39,178 died between July 1, 1960 and June 30, 1965. It was determined that a man of 25 who smoked two or more packages of cigarettes per day had 8.3 fewer years of life expectancy than those who had never smoked.

The figure of the loss of a minute of life for a minute of smoking was developed from the 8.3 figure, the Cancer Society explained. The average heavy smoker smokes about 3/4 of a million cigarettes during his lifetime. As a result of his smoking habit, he loses about 4.4 million minutes (8.3 years) of his life compared with nonsmokers. This amounts to a loss of almost six minutes of life per cigarette smoked - - thus, a minute of life for a minute of smoking.

The Boston GLOBE, in a recent anti-smoking campaign in that city, pointed out that although it is only lately that the public has been listening to warnings against smoking, scientists have had condemning facts since as far back as 1895 when a French doctor recorded that 68 out of 68 patients with cancer of the mouth, tongue or lips used tobacco in some form. By 1900, the increasing incidence of lung cancer was noted. By the 1930s both lung cancer in men and shortened life expectancy were associated with cigarette smoking.

Heart disease as a risk of smoking entered the picture in 1940 with a Mayo Clinic report. In 1953, mice painted with cigarette tars developed cancer.

The evidence continued to mount with a warning from the U.S. Surgeon General in 1957 that there is an "increasing and consistent body of evidence that excessive cigarette smoking is one of the causative factors in lung cancer." But it was the 1964

report that confirmed the "coffin nail" theory about cigarettes. By July, 1965 the American Congress had passed a labelling and advertising act which forced cigarette manufacturers to put a warning on packages that smoking may be hazardous to health. By June, 1967 anti-smoking messages began to have equal time with paid cigarette advertising.

And the fight goes on. The government has been approached to set stricter regulations on manufacturers. These include maximum content limits of 15 milligrams of tar and 1.6 milligrams of nicotine per cigarette. The tar and nicotine content should be noted on each package and the 100 millimeter brands should be outlawed immediately.

In addition, manufacturers have been pressured to stress moderation in advertising and to work on a safe substitute for tobacco. Meanwhile, according to the American Cancer Society, about 59,000 people died of lung cancer alone in 1969.

For those who have been convinced by the smoking warnings, and desire to quit, the most important factor is attitude. According to the Boston GLOBE the degree of difficulty in stopping depends on the style of smoking. "There is the habitual smoker, who is hardly aware he has a cigarette in his mouth. When he started, it may have been for status or other reasons, but now it is automatic. For him, a stop smoking campaign must begin with knowledge of the pattern of his smoking.

"For the Positive Effect Smoker, cigarettes are a stimulant that excite pleasure, relax and heighten enjoyment. It is the person who truly enjoys a smoke after dinner, or smokes to defy parents, or who simply loves holding a cigarette and watching the smoke curl from his mouth. Those in this category often find it relatively easy to stop.

"Then there is the Negative Effect Smoker, who uses smoking as a sedative, who reaches for one when things get tight . . . they want the smoke for its quieting effect. This type can sometimes get off by leaning heavily on strong substitutes.

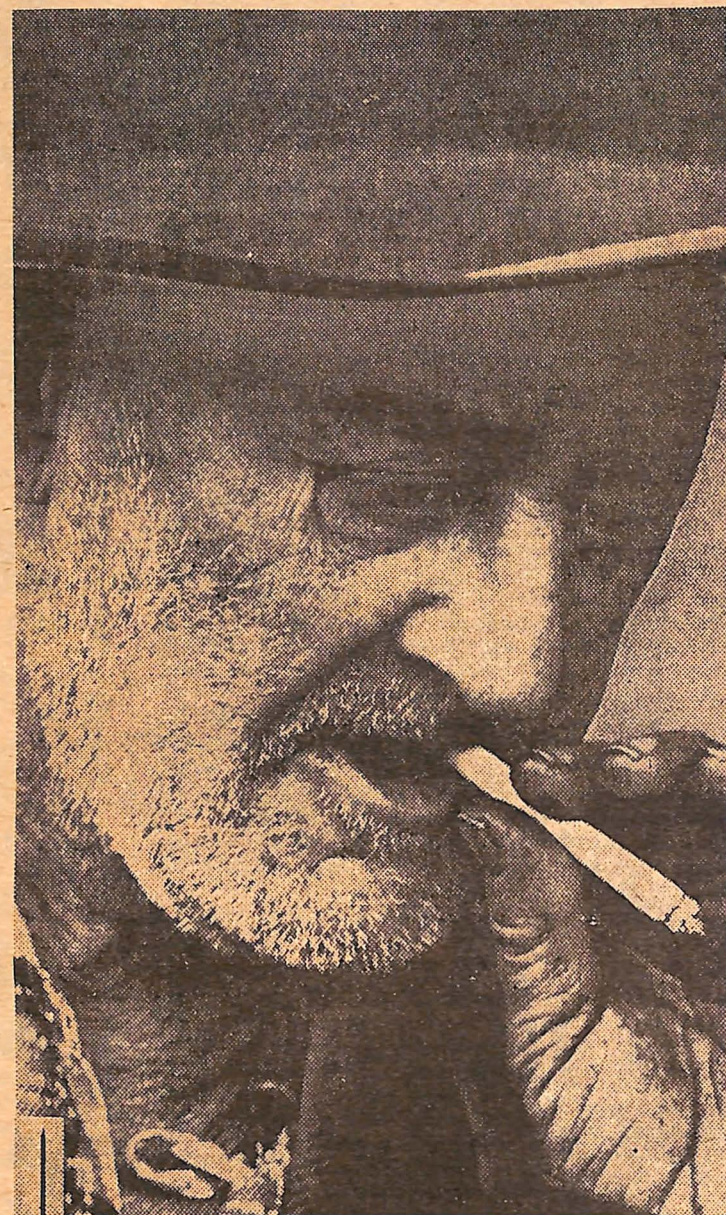
"Finally there is the Addictive Smoker who feels uncomfortable every moment he isn't smoking.

For this type there is no tapering off. He must quit cold and break the psychological addiction, which is a process that is quite uncomfortable. But once he beats it, he seldom goes back. He wouldn't want to go through it again."

Once the smoker has identified himself and has made up his mind to quit, there are several plans to follow. The Heart Association offers a five-week method which involves gradual withdrawal from the habit. The

Cancer Society suggests that the smoker decide on the time he will make the big try - Q day - and then build up to it for a while. There is a Five Day Plan which emphasizes will power and there are some psychiatrists who suggest hypnosis.

Whichever method the smoker chooses it is most important to keep reminding himself that he wishes to quit. And perhaps it may be some comfort to know that 20 million people have been able to make it!



SMOKING IS VERY SOPHISTICATED

AMERICAN CANCER SOCIETY

Women in politics in N.S.... A struggling minority

Friday, January 30, representatives from three political parties in Nova Scotia took part in a discussion here at the Mount on the role of women in politics in Nova Scotia. Those on the panel were Miss Mary Casey, Director of Public Relations for M.S.V.U., a second-year law student at Dalhousie and a strong supporter of the Liberal Party. Next was Mrs. Isabella Macauley, President of the PC Women's Association of Canada, and Mr. Devanney, NDP Candidate for Parliament from East Halifax-Hants, 1968.

As Mrs. Catherine Peaslee, Moderator of the discussion said, the representation on the panel indicated more graphically than words, two things first, the shortage of women in politics and second, women won't be able to get very far in politics without the help of the men.

Mrs. Macauley, the PC Representative, said the role of women in politics can be as small or as large a role as they wish to make it. She said that she has never felt any discrimination in politics and although she wasn't actively involved in politics until

the 1940's, she never had to seek her positions and that she was "asked" to serve by the men. Mrs. Macauley also made reference to Gladys Porter who had entered the political field in Nova Scotia as women's representative in 1960 and 1967. "Women can gain acceptance in politics," she said, "and this is a good example."

Presently, Mrs. Macauley said, there are forty-seven women involved in the PC Women's Organization. During elections, she said, one-half to three-quarters of the work force is made up of women who act as canvassers, phone chairmen, and those who participate on the speaker's panel.

One thing these women can strive for, she said, is organization within every constituency - to elect women candidates in the next election. "Wouldn't that jar the Establishment!" she commented.

"Now and in the future," she continued, "women want to work out their own destiny in the political field, particularly in the case of the media. Women in the past have been discrim-

inated against. You have these budding female reporters writing stories about women in politics which generally make it to the Lady's pages of our newspapers." Mrs. Macauley concluded that it was about time the media gave women a break and treated them as "individual people and not women."

Miss Mary Casey, the Liberal representative, said she both agreed and disagreed with Mrs. Macauley. On one hand, she said women got the vote in 1919 and planned great conquests in the political realm. Yet over the years, things haven't changed to any great extent.

Miss Casey said that the political role of women in N.S. was not much different from anywhere else in Canada and the United States. She said in European countries women take a much more active part in policy-making than in Canada or the United States. Most women involved in politics in this country, she said, only reach the level of "serving coffee and doughnuts." It is true, she said, that Gladys Porter was an excellent member of the N.S. Legislature but the fact

remains, she was the only woman who ever sat in the Legislature, and at present, there are no women in the Legislature.

On the Federal level, Miss Casey felt that Ellen Fairclough held office simply because Diefenbaker was patronizing. Then too, she said, Judy LaMarsh held a similar position because Pearson did not wish to have Diefenbaker outdo him.

Miss Casey said she disagreed with separate women's organization within a party since "they will not be taken seriously." She said there are many areas in politics where women can participate actively, particularly in Consumer affairs, where women tend to be more sensitive. The main thing to consider today, she said, is that more women of this generation have a better education. "If women take themselves seriously," she concluded, "then men will."

Mr. Devanney, the NDP representative, said one of the major problems facing the women of today is the poor economic conditions of this region. "Money buys freedom," he said, "and for a large percentage of the

women of N.S. this has been one of the greatest obstacles preventing them from taking part in politics." Then too, he said, by the time women have raised their families they are generally too insecure to step into a political career.

"Anti-discrimination laws are only words on paper until they are challenged," he said. "Women must therefore make the move since the job is there for the person most qualified, regardless of sex."

Mr. Devanney pointed out that Canada had its first female Senator appointed in 1930 and since that time, only nine others have held such a position in the Federal government. However, he said, women don't have to be in the Legislature or Parliament to make major political decisions. Women, he said, can even take part outside the caucuses in the party conventions as in the case of the New Democratic Party.

The most important thing, he concluded, was that women, regardless of the party they choose, should strive to ensure that it is as democratic as possible and thus make themselves heard.

The Theatre

by Mary Clancy

Medium Cool

Medium Cool wasn't! Actually it came to a slow simmer and then went out. The idea was great. The previews led one to believe that this was a hard hitting picture of the myriad problems and abuses that plague the United States today. This was a false idea. Starting out in documentary style it fell into a disjointed story involving a libidinous photographer, his mistress, and a poor but honest mountain woman and her son. The Chicago riots of 1968 were thrown in not in the form of social comment but merely as background. The cast of unknowns will in all likelihood remain unknown. The acting was uniformly terrible thus the characters were about as believable as an Al Capp cartoon. The film's saving grace was the music created and arranged by Mike Bloomfield and performed by "The Mother's

Of Invention."

The photography was superb in spots but also in spots it was atrocious. Considering that the main character was a photographer one could expect a better standard.

The whole theme of the picture was confusing. One was led to believe that this was to be an indictment of life in America. It came across as an indictment of the profession of photography. It was a disappointment. "Easy Rider" set out to do the same thing through different means. It succeeded. Sloppy thinking, sloppy acting, sloppy editing, and sloppy directing killed "Medium Cool." It's too bad. It might have been a great event in the history of motion pictures.

Irma La Douce

Dalhousie Glee and Dramatic Society is improving. The production of Irma La Douce shown at the MacInnis room last week was one of the best they have done. The singing was exceptionally good especially that rendered by Sharon Martin in the role of Irma. The small orchestra led by Barbara Shore was a great deal more appropriate to the musical than the single piano that the society has been using in the past.

The choreography particularly the dance of the Penguins in act two was both pleasing and professional.

The cast in general seemed to be having an uproarious time with the play and their attitudes were infectious. There were however several aspects of the production that lacked the polish that all amateur productions should be able to achieve.

The equipment in the MacInnis is superior to most university theatres but the lights in particular were not used to good advantage. Wandering spot lights eluded the performers on several occasions and the shadows on the flats were most distracting.

While all of the cast had powerful singing voices, their speaking voices in many cases dropped and many of the lines were lost.

In general however it was a gallant effort and the cast deserves to be congratulated. Perhaps in the future equal care will be given to the points of theatre as well as to those of musical comedy.

Alumnae Dinner

The Annual Alumnae Dinner will be held in the Dining Room of Rosaria Hall on Sunday, February 22, at 7 p.m. A reception at 6:30 in the Art Gallery will precede the dinner.

English Prizes for Composition in Poetry or Prose

- (1) Two prizes of \$100.00 and \$50.00 each are offered to registered students of Mount Saint Vincent University for original compositions either in prose or poetry.
- (2) (1) Entries in verse may consist either of one poem of not less than 100 lines; or of a collection of poems.
- (11) Entries of prose may take the form either of a short story of at least 2500 words, or of a once-act play; or of a script for film or T.V.
- (3) Three type-written copies of each composition must be submitted, and a pseudonym typed at the end of each copy.
- (4) These copies should be accompanied with a sealed envelope containing the candidate's pseudonym, name and address; and also a statement that the composition enclosed is the candidate's own original work.
- (5) The Editors of THE PICARO shall be offered the first option of publishing any composition submitted.
- (6) Entries must reach the Registrar's Office on or before March 31st, 1969.

Sport Shorts

At present muscle-bound Mounties are in the process of preparing for the football game between the St. Mary's heavies. The game, a part of the Winter Carnival festivities will take place Friday, February 6, at 11:00 a.m. at the St. Mary's Stadium.

Also, here's a reminder to Mount students that the gym may be used on Monday and Wednesday evenings from 7 p.m. to 9 p.m. The equipment room is located across from the gym. Students are permitted to use whatever they want but they are reminded to return

Sports Events

On Thursday January 22, the Mount Saint Vincent Volleyball and Basketball teams played host to the NS Teacher's College Volleyball and Basketball teams.

In Volleyball, the Teacher's College team was victorious winning the best of seven, 4 to 0. Although it would seem the Teacher's College team outplayed the Mount, the battle was close.

In Basketball, the two teams, rivals for the past two years, fought a fast and hard game. At half-time, the Mount led by a score of 23-22. During the first few minutes of the second half, the Teacher's college team took the lead and for awhile led by 10 points. Then the Mount began to tighten up the score. With 12 seconds left to play, the score was 45-40 for the Teacher's College team. The Mount unable to catch up in the final seconds of play, the game ended with the above score.

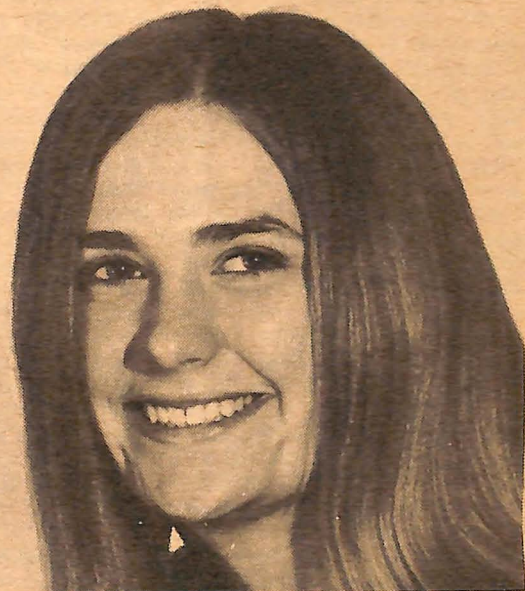
On behalf of the MSVU team, thanks to all the spectators who showed up to cheer their teams along. There's nothing like school spirit, so keep up the good work.

For those of you who haven't noticed, the MSVU Basketball team has been a bit chipper these days. The reason? Well, on Thursday, the team played an exhibition game against the Dalhousie Junior Varsity team and was victorious by a score of 53-24.

February 10, the MSVU Basketball team will face the Wrens and February 26, Bedford. So Mounties make it a point to get out and cheer for the home team!!!



Lyn Miller - Miss Education MSVU



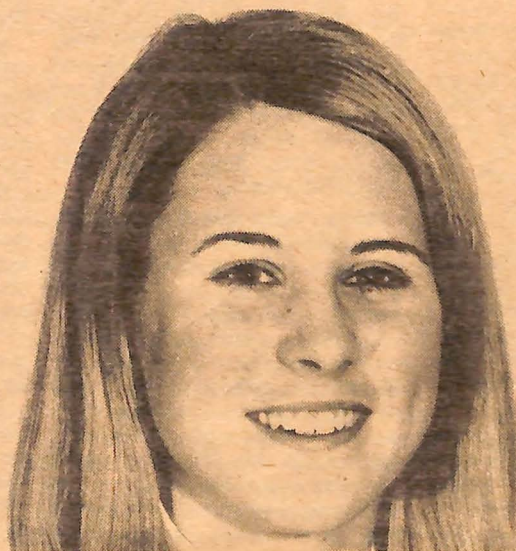
Elaine Simonton - Miss Campus Police SMU

CARNIVAL



Susan Prud'Homme - Miss Education SMU

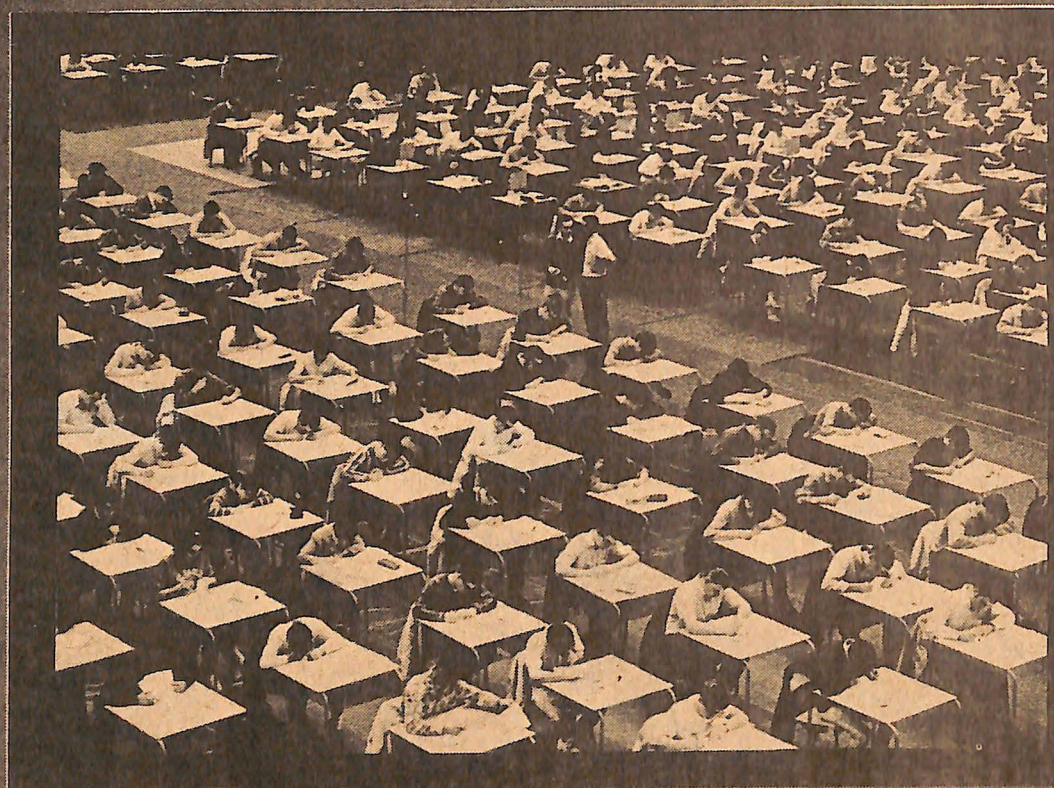
PRINCESSES '70



Kathy Cocks - Miss Day Hop MSVU



Carol Brady - Miss Engineering SMU



To be nobody
but yourself—in
a world which is
doing its best,
night and day,
to make you
everybody else
—means to
fight the hardest
battle which
any human
being can fight;
and never
stop fighting.
—ee. cummings



EATON'S



The Long, Lean and Beautiful

Nearly-to-the-knee tunic and classy pants in a super-bright shade of red - from Eaton's women's sportswear, mall level.
Price, pants 16.00. Price, tunic 20.00

Flower-power print blouse and mini scarf, both in navy and red - from Eaton's fashion accessories, mall level.

Colour - Go - Round

Vibrating with the pow-pow of multi-colour stripes, a great put-on for the gad-about. Just a mini-sample from the spring thing in Eaton's dress dept., mall level.
Price 24.00

Beaded bracelet - from Eaton's jewellery dept., mall level.