

Spectacles: A Closer Look Spare Those Trees!

By Ada M. Fisher

In an age burdened with a stockpile of nuclear armaments which can already blow the world apart six times over, the anti-nuclear sentiment grows while a more immediate threat to our lives is being ignored. Though many fear that nuclear weaponry and nuclear power plants can destroy us all and do untold genetic damage to generations yet unborn, more pressing environmental problems may wipe us out before we get to that stage. Trees are one of our most vital resources and their impact upon the natural order of the world has yet to be appreciated.

The University of Wisconsin at Madison campus has signs posted "Keep Off of the Grass. This lawn provides the oxygen for two students for a semester." Do you know how many trees are required to produce enough oxygen for one person for a year? Two to five might be a reasonable guess, but the variables are numerous and the exact numbers hard to derive. One thing is certain, without trees, grass and other greenery producing oxygen, mankind would be eliminated. Why then are so few durable trees and shrubs planted in housing projects or areas of high population densities? What are these people to breathe? Will living in close quarters with numerous other people and few green plants decrease the oxygen supply and affect the thinking of these individuals?

Within the month, an entire island area of California was swallowed into the sea; Mount St. Helens keeps belching her dust enriching the soil; while the sand surrounding Cape Hatteras Lighthouse keep washing away. Trees form a break-front to prevent soil erosion. Trees also filter

the air and water, replenish the nutrients of the soil, provide shade thereby decreasing the need for air conditioners, bear fruit, and can be burned for heat. Trees are being taken for granted. As a result, our environment is being threatened by our overzealous destruction of select tree populations.

Some blame the recent peculiar weather on the space race, while others find the mysteries of the lunar cycle and the Farmer's Almanac as acceptable explanations. There is little doubt that the denuding of the land by uncontrolled tree cutting can alter the environment in ways we do not fully appreciate. Even controlled stripping of the land has resulted in unanticipated tragedies such as top soil erosion and changes in the levels of rivers and lakes with

flooding.

It may not be nuclear development which does us in. It may be the increasing lack of clean air and water — both of which require trees for their recycling. The earth is over 3/4's (two-thirds) water, yet less than 10% of that water is drinkable. As the number of chemicals dumped into the water increases; the sanitation and water systems between states become interdependent and interwoven; and the regulations regarding clean air and water up for review, it is critical that all of us ask what is happening to our water and our trees. Politicians looking for votes should have their backers and contributor's closely scrutinized to see if they are on the band wagon of industries and concerns which

are environmental polluters. It is too self-serving to look for our own ethnic or sexual interest in selecting political candidates without regarding the pressing concerns beyond civil rights and civil liberties which are those involving the environment.

Trees and the environment should not only be a concern of the environmentalists, the Sierra Club or Forest Rangers. Everyone needs a tree and we should all begin to plant and protect more of them. When building a house, ask the contractor to leave enough trees for shade, air and recreational purposes. Do not allow bulldozers to clear the land only to watch as landscapers come back to add new plants which may take years to reach maturity. Support and use the parks and recreational areas. Encourage our children to join Smokey the Bear, Ricky Raccoon the Ranger, and the wise Owl who notes "Give a hoot, don't pollute." If our children are to have a future of clean air and water, all of us need to be concerned with the environment and appreciate the admonishment of a poem which beckons, "Woodman spare that tree, touch not a single bough. In youth it protected me, and I will protect it now."

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Coping

Yes, You Are Normal



By Dr. Charles W. Faulkner

Do you become just a little nervous when you have to deliver a speech in front of a large group of people? Does taking an examination make you nervous? Are you slightly nervous when you meet a stranger? Does a job interview slightly upset you? Is there anything at all that makes you even a little tense?

If your answer to any of these questions is "yes", do not worry because you are quite normal. No person is completely calm in every situation. Even the President of the United States gets nervous sometimes. Television stars, actors, and actresses, contrary to popular belief, tend to be very shy in their personal lives. So, if you sometimes become nervous you are simply experiencing a very normal feeling that everyone has.

The nervousness, tension or stress may be referred to as insecurity or feelings of inadequacy. You simply do not feel that you are "good enough," you feel that you "just don't belong in this situation," you feel that you "will not do well," you feel that you "will fail," you feel that "others will not like" you. But everyone feels this way at some time in life.

This feeling of insecurity becomes abnormal when it interferes with your normal behavior or when you are unable to perform appropriately in an endeavor that is important to you. Such feelings are abnormal if they plague you long before and long after you participate in an activity, or if you feel nervous almost all of the time. In this case, you should consult a competent psychological counselor.

The feeling of insecurity should motivate you to be successful. It should motivate you to continue your efforts to do well and to achieve a goal that you want badly to achieve.

Abnormally insecure people become frustrated and disgusted if another person achieves success. They might even feel such overwhelming jealousy that they will verbally attack the successful person. Physical attacks are also the result of this jealousy.

Why does the insecure or inadequate person respond in this manner? If a person desires very greatly to achieve success in a particular endeavor but strongly feels incapable of doing so, such a person will be reminded of his/her incapability whenever someone else achieves success in that endeavor. When John wins the basketball contest, Joe is unhappily reminded of his lack of athletic ability and might dislike John for succeeding. If Jean wins the speaking contest, Martha will be reminded of her inability to deliver a good speech and might openly criticize Jean.

Some important points:

1. Our anxiety, and insecurity, is often caused by what we think we cannot do rather than what we know we cannot do. Many such people never try to do the very things for which they reject other people.
2. Our insecurity is based upon our negative self-image which began early in our lives.
3. It is normal to feel just a tinge of "jealousy" when someone succeeds at something at which we have failed.
4. Most feelings of stress or inadequacy happen almost automatically. We might feel nervous in certain situations without knowing the reason.
5. No one is perfect. Do what you can but do it well. Do not expect to do anything perfectly. You are only human.

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