

Soap opera suicides prompt viewers' actions

By JANE FOY
DTH Staff Writer

The portrayed suicide of an actress on your favorite soap opera may lead to an increase in the population's suicide rate, said San Diego professor of sociology David Phillips this week.

Phillips spoke to about 50 people Wednesday afternoon in Hamilton Hall on "Violence in the Mass Media: New Evidence on the Effect of Soap Operas."

In his study, Phillips examined all the suicide plots on soap operas in 1977.

Phillips said suicide rates increased the week after a suicide on a soap opera, and they only increased after — not before — the show's suicide.

Single-car automobile fatalities, often disguised suicides, also increase after a soap opera suicide is depicted, he said. Most of the viewers of soap operas are female and the increase in suicide rates is also mainly among females, he added.

"The effected increase in suicides and automobile accidents after the suicide on the soap opera is concentrated in urban areas," Phillips said. Perhaps this is because urban residents are less likely to know their real neighbors, and so they use the characters as a reference group, he said.

Many people identify so strongly with the characters on these programs that they send them birthday cards and advice. The letters come not to the actors, but to

the characters, Phillips said.

Around 40 million people out of a population of 225 million watch soap operas at least once a week, Phillips said.

In another study, Phillips said he wanted to answer the question: "Do highly publicized suicides trigger imitative suicides?"

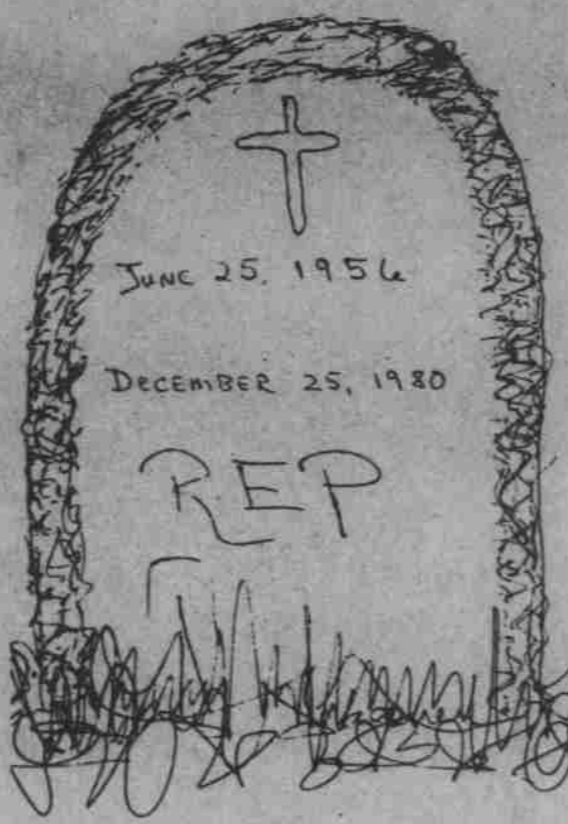
For this study he used stories on suicides taken from the front page of the *New York Times* during the years 1948-1969.

"It does appear that the suicide rate is abnormally high just after a highly publicized story," Phillips said. The increase comes only after the suicide story and not before, and "the more publicity given to the story as measured by column inches (in a news story), the greater the increase."

An alternate theory could be that the ordinary person commits suicide out of grief for the public figure, Phillips said. But most of the front-page suicides were not of admirable or well-known people. They were usually on the front page because of the unusual manner in which they committed suicide.

In one case a man killed his wife while she was on the phone long-distance to her mother and then killed himself. In another instance, the man rehearsed his suicide a year before the actual act using movie-extras, Phillips said.

A third study dealt with single-car automobile accidents and the theory that they really may be disguised suicides. Phillips studied the years 1966-1973 in



California and the years 1972-1976 in Detroit.

Daily auto accident fatalities go up after well-publicized suicide stories, and the more publicity in column inches the greater the increase in these single-car incidents, he said.

"The driver of the car is also significantly similar in age to the person described in the story," Phillips said.

"The person really wants to die. He has his foot on the accelerator and he is steering right at the obstruction," Phillips said.

Phillips' research on the effect of the media on aggressive behavior is among the first conducted outside of the laboratory using control groups. In a lab, there are none of the real-life interruptions, Phillips said. "You don't have your usual visits to the refrigerator."

Health questions answered

Editor's Note: This column is sponsored by the health educators at Student Health Services and answers students' questions about any aspect of health and preventive medicine. Questions can be submitted to The Daily Tar Heel office or the Health Education Suite of SHS or be phoned in (966-2281, ext. 275).

health

Q. What is the best type of birth control?

A. The best type of birth control (or contraceptive) is that type that best suits you and your partner. The pill is the most effective one, but, as Lucie Minuto, health educator for Student Health Services, said, "While birth control pills have the highest effectiveness rate, you could be a poor pill-taker, thus reducing its effectiveness."

She said the pill had side effects, which must be realized. "In order to fully understand their options for birth control, students need to attend workshops like the Contraceptive Health Education Clinic (CHEC)," she said.

Students need not be sexually active to attend these workshops because, as Minuto said, "Contraception will come up later in life, so why not get the information now while it's free and readily available?"

CHEC workshops, sponsored by Student Health Services, are held at 7 p.m. Tuesday in Student Health Services or at 3:30 p.m. Thursday in Frank Porter Graham Lounge of the Carolina Union.

Q. If we were to accidentally forget to use a contraceptive during sexual inter-

course, is there any way my girlfriend can keep from getting pregnant?

A. Yes. Student Health Services offers a "morning after" pill (MAP), which has to be taken twice at 12-hour intervals within 72 hours of intercourse without any contraceptive. A follow-up exam is given at two weeks and one month.

How the MAP works is still unclear, but, according to a study in *Fertility and Sterility*, "this postcoital contraceptive acts either by 1) suppressing ovulation or 2) ... by interfering with appropriate endometrial responses to ovarian steroids." In other words, the MAP either prevents the egg from being released or prevents it from attaching and growing. But it works; it's very effective, having a 0.16 percent failure rate in another experimental study.

But there are drawbacks to this type of contraceptive. In the *Fertility and Sterility* study, 10 of the 12 women taking the MAP suffered side effects ranging from severe vomiting to leg cramps. Also, if the egg should become fertilized and develop, an abortion is advised, because the fetus has been exposed to a drug that may cause birth defects.

Q. As a freshman heading for my first Carolina midterms, do you have any hints for handling this inevitably stressful time?

A. The biggest help in coping with midterms is proper time management. If you make a chart that shows the hours in a week, you can better see the times available for studying, exam-taking and recovery. This is especially helpful during final exams. Budgeting your time eliminates half the stress.

The other half comes from you and your thoughts about the exams: "I must get an A," "How will my parents understand a C?," "But I did so much better in high school..." There are two things that lead to anxiety, depression and anger over exams: beliefs and actions. Actions, such as failing an exam or writing a poor paper, are hard to keep from giving you these feelings. But beliefs, like thoughts about failing an exam, can be kept from causing these feelings.

Only through constant effort to challenge these thoughts can one prevent them from causing anxiety. If you find yourself having a thought which causes fear about exams, question that thought; ask for proof of its validity.

Q. Sometimes when I drink beer and hard liquor together, I get sick. How come?

A. Contrary to popular belief, drinking two different types of alcohol will not make one sick because there is no difference in the type of alcohol, only in the concentration. The same amount of alcohol (ethanol) is found in 12 ounces of beer, 4 ounces of wine, or 1 ounce of hard liquor.

Any kind of nauseous feeling associated with alcohol consumption is due to stomach irritation. Excessive consumption of alcohol causes the stomach to secrete more acid, lose some of its lining and slow down emptying time. Besides affecting the stomach, alcohol can irritate the intestine, making food digestion difficult.

If you know you're going to be in a situation where peer pressure will cause excessive alcohol consumption, eat a large meal to slow down the alcohol leaving the stomach and affecting the brain. If you find yourself in an intoxicated state, coffee will not do any good. Drink plenty of water which helps replace the fluids lost in the urine and dilutes the effect of alcohol on the brain.

Q. I've recently noticed restaurants and other public places with smoking and non-smoking sections. Obviously, smoking is annoying for a non-smoker, but is it really that bad?

A. The smoke inhaled by a nonsmoker is referred to as "second-hand smoke." According to the American Lung Association, even if a smoker inhales, two-thirds of the smoke from the burning cigarette goes into the environment.

The second-hand smoke a non-smoker is exposed to comes from either the burning end (sidestream smoke) or from the smoker's lungs (mainstream smoke). Sidestream smoke seems to be the biggest hazard to non-smokers, the Lung Association reports, because it "has higher concentrations of noxious compounds than the mainstream smoke inhaled by the smoker. Some studies show there is twice as much tar and nicotine in sidestream smoke as compared to mainstream. And three times as much of a compound called 3-4 benzopyrene, which is suspected as a cancer-causing agent. Five times as much carbon monoxide which robs blood of oxygen. And 50 times as much ammonia."

Sen. Vickery charged with drunk driving

The Associated Press

CHAPEL HILL — State Sen. Charles E. Vickery, D-Orange, whose driver's license was suspended in May, has been charged with drunken driving and driving without a license.

Vickery was arrested near his home in Chapel Hill Saturday night after he refused to take a breathalyzer test, according to Orange County court records.

He could lose his license for six months for failing to submit to the test.

Between September 1980 and Aug. 25, Vickery's license had been revoked five times for speed-related violations, but the state Highway Patrol failed to pick up the license until Aug. 31.

Most recently, Vickery's license was revoked May 18 for 60 days for accumulating 12 bad driving points.

That suspension expired July 17, but Vickery still could not drive legally because he failed to pay a \$25 fee to obtain a new license, according to a Department of Motor Vehicles spokesman.

Vickery could not be reached for comment Wednesday at his senate office, his law office or his home.

Wholistic health

Center teaches nutritional health

By RANDY WALKER
DTH Staff Writer

They do not teach Zen First Aid in the Preclinical Education building.

Nor does the University offer classes in Making Tofu, or Predictive Astrology or Self Hypnosis.

But there is a place in Chapel Hill that does offer those courses. It's the Community Wholistic Health Center on Roberson Road, and they're serious about feeling good.

"Our service is to deal with an individual as a unique person, recognizing that mind, body and spirit interact as a whole," Jill Bremyer, director of the center said.

"A lot of it is just common sense. If you feel better mentally, you'll feel better physically. If you are taking care of nutrition, you'll feel better physically and mentally," she said.

The wholistic movement will be coming to campus next semester, when the Student Health Service opens a Wellness Resources Center. The "New Well" will be staffed by peer health educators — mostly health education

students — and will distribute literature on being well, said Student Health educator Lucille Minuto.

Making Tofu and Self-Hypnosis are examples of classes taught by wholistic practitioners at the Center. ("Wholistic" comes from the word "whole.") Staff practitioners include psychotherapists, herbalists and masseuses. One staff member, Dwight Jessup, teaches Bates Natural Vision Improvement, which attempts to improve vision through eye exercises.

"They work out of here, but they're individual contractors," Bremyer said. "Several have been very active in the center as founders and on the board of directors."

Wholistic practitioners are not trying to put North Carolina Memorial Hospital out of business.

"We don't consider ourselves to be split off from Western medicine — we do not pretend to be an alternative to traditional medicine," Bremyer said. "It's a complementary health care service. If people are sick we have them go to a doctor."

The first Wholistic Health Center was

opened in a Springfield, Ohio church basement in 1970, according to Donald Tubesing's *Wholistic Health*. Although there are now Wholistic Health Centers across the United States, "there is no national clearing house I'm aware of," Bremyer said.

"There wasn't a specific book or place that started it," said Leaf Diamant, chairperson of the board of directors. "The wholistic movement was a response to people's awareness of how disease was related to attitudes and lifestyles."

The Chapel Hill Center, a non-profit membership corporation, opened in 1978.

"It really is non-profit," Bremyer said. "I'm the only full-time employee. We have a very active volunteer force; volunteers get discounts on classes."

The Community Wholistic Health Center will sponsor a Healing Arts Festival at the Carolina Union on Saturday, Nov. 14. The all-day event will feature workshops, presentations and exhibits on traditional and wholistic health care.

Archives serve as source of historical information, provide documents, records and correspondences

The University archives, located on the ground floor of the Wilson Library, serve as an excellent source of historical information, University archivist Michael G. Martin said Monday.

"For University history this is the source," Martin said. "What we concern ourselves with is the public records of the campus."

This includes all administrative documents and correspondence, academic departmental records and the records and correspondence of the Student Government.

"Anybody who likes hard work would like archives work," said Martin who has been the archivist since 1972.

Each item that is transferred to the archives has to be read before a decision is made to file it or dispose of it. Martin

said that about 60 percent of the items transferred to the archives was thrown out while 40 percent was retained.

"As of June 1 of (this) year we had over 1.3 million single items," Martin said. An entire volume is counted as a single item.

"This year so far we've transferred into the archives over 200,000 items," he said. "We do right around a half-million items a year and that's about all we can handle."

The archives include mostly unpublished works. But, the workers there can usually direct a researcher to the location of a published work, he said.

The archives attendants can help a researcher to organize a plan of action in his research and sometimes the attendants

will do the research themselves, Martin said.

"They (the researchers) call us and in 15 minutes it (the information) is in their hands," Martin said.

The archives are open from 8 a.m.-5 p.m. Mondays-Fridays, and from 9 a.m.-1 p.m. on Saturdays.

— DAVE KRINSKY



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THE Daily Crossword

By Rose Santora

ACROSS

1 — 'n' roll

5 "Whatever — wants ..."

9 Shopping center

13 Balle —

14 Cloth (Dublin)

14 Mortify

16 Arab bigwig

17 Chinese piano music?

19 Shade of green

20 — doll

21 Chiang namesakes

23 Sugar source

24 Silphots

25 — Jongg

27 Ogden Nash's "— Lama"

30 Stickum

31 Latin "I love"

32 Change a dressing

37 Knock 'em dead

38 On the ice

40 Chinese sauce

41 — occasion (meet the challenge)

43 Caustic

45 Gaelic

48 Alliance letters

49 Certify

52 Lined up

54 Chinese tea

57 Practical

60 Dregs

61 Chinese name especially

63 In addition

64 Step

65 Juarez tidbit

66 The — of the dragon

67 Not home

68 Holy women: Fr.

18 China: comb. form

22 Famous Chinese

25 Bryn — College

28 To me, in Tours

28 QED word

29 Oblivion

33 Beverage in Bavaria

34 "On — To China"

35 Spanish painter

36 Orbs

38 Stow away

39 Salutes, Chinese style

42 A "college" person

46 Appetizing

47 Ireland

49 Test

50 Sheer question ...

51 Ollers' city

53 Owens

55 — chance (no way)

56 Nibble

58 Henry of publishing

59 Heroic poem

62 Aunt, in Tijuana

Yesterday's Puzzle Solved:

ADD	CRIC	OTTO
BAIR	PRICE	GRAN
ENBE	SAYINGFACE	
DISPLACE	TRICK	
SHANK	BEACHS	
PIRATIC	FORNE	
EDN	DEGAS	TRUST
ERBS	RUNIC	SPAN
PERBS	BIGAT	FILE
HEBTS	RAVING	
WALVES	ABRIA	
ENDER	STOPPER	
FARINGUPTO	LADE	
IVAN	ELIAN	ARIT
NEIN	SETS	SEE