

Danieley sees change

by Teresa Warren

Stop! Don't pour that old medicine down the drain! If you do, you may have to deal with our new Campus Hazardous Waste Control officer, Dr. J. Earl Danieley, professor of chemistry.

As part of the federal government's attempt to make the disposal of chemical waste safe, such positions as Dr. Danieley's have been created to ease the way.

Dr. Danieley's duties will involve identifying the various chemicals used around Elon's campus and then checking to see they are stored, used, and disposed of according to the best information available. This means he will be inspecting the handling of paint and paint materials, photographic lab chemicals, and the left overs from biology and chemistry experiments.

Dr. Danieley sees a great deal of change in the chemical world, especially in the use of chemicals in the laboratory. Only a few years ago, scientists poured old chemicals down the drain, but now they are much more careful.

As our country has grown into a technological society, we have "developed an almost exclusive dependence on chemicals." We wear synthetic clothes; we eat food that has had chemical

fertilizers and pesticides on it, and the list goes on.

Dr. Danieley feels that better things can certainly be accomplished through chemistry, but still, "a chemical out of place is a hazard to everyone and to future generations."

Today there are several specialized companies that transport chemical waste to EPA (Environmental Protection Agency) approved sites. These companies are heavily regulated in the packaging and transporting of these potentially harmful chemicals. In fact, one of these firms, SCA, also processes the waste to remove useful material for later use.

North Carolina now needs to choose a site for its own chemical waste disposal. At the present time, other states dispose of our refuse, but Dr. Danieley feels there is a great need to change that.

EPA has an almost impossible task of regulating the use of various chemicals, because there are over five million known chemicals. However, we can help our environment in a small way by taking any old medicine to Dr. Danieley, instead of pouring it down the drain. He will see that it is taken care of properly.

Dr. Danieley adds to this by saying, "We certainly do not want to leave the legacy of a toxic-laden environment for future generations."

Health Hints

On keeping well

By Mildred B. Lynch

The diagnosis of "It's all in your head (or imagination)" is maddening and confusing when you know very well that it's your stomach that hurts.

Mid-term is rapidly approaching and students are beginning to wonder if they will be ready for exams and if there is enough time to do those four term papers that are due before Thanksgiving holidays.

Pressures of school work and social life can cause headaches, stomach aches, intestinal disturbances, lack of appetite (or a ravenous appetite), skin rashes, and even bleeding gums.

The best medicine for these ailments is prevention. It is important to protect both psychological health and physical health.

The perennial habit of staying up until 2, 3 or 4 a.m. the night before exams, skipping meals, and loading up on junk foods is a sure road to problems. Not only does it neglect the biological need for rest and nourishment, but it neglects the psycho-social need for recreation and companionship.

The time to begin a program of protection is now. If you have not already

begun to review for exams, start now by reviewing small amounts of material each day. Good daily preparation and brief reviews throughout the semester can remove the pressures of last minute cramming.

Don't expect to sail through exams without some feeling of anxiety even if you are well prepared. A minimal amount of anxiety if normal and will actually aid in better performance on exams.

If the research for term papers is not about half completed now, don't put it off any longer. Do a little

reading each day.

Learning is easier when combined with fun and relaxation. Even during exam periods it is important to take a break for recreation and social events. Time spent with friends doing something that you enjoy will help to clear your head so that you can return to the books with a fresh approach.

If you have specific questions related to health that you would like to have answered in this column, send them to the Pendulum [signed or unsigned] or call the Pendulum office.

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current trends in the field.

A major function of the chapter is fund-raising. Money goes to scholarship funds of each chapter. The Elon chapter has many projects besides the "Pops" and last year's efforts enabled them to donate more than \$2,000 for scholarships.

Any student wanting more information or to participate in M.E.N.C. should contact Avie Barilovits or Betty Brantley in Carlton Building or attend the next meeting on Friday, Oct. 17, after the student recital, in Carlton.

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