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STOP AND LISTEN

Following is an article which was printed by the SGA in the interest of all students:

The National Safety Council had this to say about the "identity" of persons killed in long holiday weekend traffic accidents:

The driver is most likely to be under 25 years of age. Sixteen percent were under 18. His crash probably will occur after darkness during the period between 6 p.m. and midnight of the day preceding the first full day of the holiday, when the general exodus takes place en masse.

He will crash in a rural section, on a road very familiar to him and within 10 miles of his home. The chances are one in four that he will crash within five miles of it.

He will probably be exceeding either the posted speed limit or a safe speed under adverse conditions. The odds are at least one in three that he will have been drinking. They are 50-50 that he has previous convictions for traffic violations and these are principally for speeding. He will leave the road in a non-collision crash, involving no other vehicle.

Haploids & Diploids

One of the more gruesome statistics to be published this year, appeared in the Saturday Evening Post a few weeks ago. It was in an article dealing with emotional problems among students, and the writer happened to drop the fact that at Harvard, suicide is second only to accidents as the most common cause of student fatalities.

Emotional problems, particularly among students, have achieved a notorious prominence in the country. From simple frustration and depression to nervous collapse and the more virulent psychoses, these invisible illnesses have moved into the realm of the near-commonplace. Attention has turned to the problems of students, mainly because of the positions of prominence they will hold in the future, and what they experience now may be of significant importance later.

The emotional problems, as far as symptoms go, usually have strong general similarities. Feelings of inferiority and inadequacy to cope with life appear. Few believe they are going to starve to death, or end up living in a mud hut after they graduate, but there is a marked suspicion that they will not - if a cliché wouldn't be out of place here - amount to anything. No matter what kind of promise educators and teachers tell them they have, and no matter how much of a promising racket they generate at present, their only apparent hope for the future is a long, dark, and exceedingly empty stretch of years.

Simple depression can become a part of their lives. Perhaps a more correct term would be total discouragement, since it rarely arises from specific depressing incidents. Depression in terms of energy consumed, is a nasty and difficult thing to uproot. The victims carry it with them everywhere. It's just a simple unhappiness with the state of their past, present, and future.

Worry almost invariably accompanies depression. Its destructive effects are profound and well-known.

These conditions, in a static state, are unpleasant enough, but there is one aspect that makes them even more difficult. This is their self-generating quality. Anxiety and fear usually begin from a small seed and through the simple practice of continually experiencing them, they grow slowly larger and more ominous until they ultimately threaten to drive everything else out.