

Under stress: Doctors link everyday pressures to hypertension, alcoholism

By PATRICIA McCORMACK
UPI Health Editor

Stress makes gastic juices squirt in the stomach when they're supposed to be dormant. They harm the fragile stomach lining and set the stage for ulcers.

Stress boosts blood pressure, leading to strokes and heart attacks.

Stress pushes many persons to the whiskey bottle and alcoholism.

Stress capsize marriages, friendships and jobs.

Stress leads to fist fights and acci-

idents.

Stress makes lives unpleasant and then cuts them short.

To help men and women manage stress psychologists Robert L. Woolfolk and Frank C. Richardson wrote "Stress, Sanity, and Survival" (Monarch, \$8.95). Woolfolk is on the faculty at Rutgers University in New Brunswick, N.J. Richardson teaches at the University of Texas in Austin.

There is no need to be victimized or enslaved by stress, Woolfolk said in an interview.

You can survive, as he and Richardson see it, by managing stress rather than having it manage you.

Their survival plan includes the following:

—Learn to plan. "Disorganization can breed stress. Having too many projects going simultaneously often leads to confusion, forgetfulness and the sense that uncompleted projects are hanging over your head. When possible, take on projects one at a time and work on them until com-

pleted."

—Recognize and accept limits. "Most of us set unreasonable and perfectionistic goals for ourselves. We can never be perfect, so we often have a sense of failure or inadequacy no matter how well we perform. Set achievable goals for yourself."

—Have fun. "You need occasionally to escape from the pressures of life and have fun. Find pastimes which are absorbing and enjoyable to you, no matter what your level of ability."

—Be a positive person. "Avoid criticizing others. Learn to praise the things you like in others. Focus upon the good qualities those around you possess."

—Learn to tolerate and forgive. "Intolerance of others leads to frustration and anger." You can become more accepting of other people by trying to really understand the way they feel.

—Avoid unnecessary competition. "There are many competitive situations in life that we cannot avoid. Too much concern with winning in too many areas of life can create excessive tension and anxiety and make one unnecessarily aggressive."

—Get regular physical exercise. "Check with your physician before beginning any exercise program. You will be more likely to stay with

an exercise program if you choose one that you really enjoy rather than that is hard work and drudgery."

—Learn a systematic, drug-free method of relaxing. "Meditation, yoga, autogenic training or progres-

sive relaxation can be learned by various accredited teachers and licensed psychotherapists."

—Talk out your troubles. "Find a friend, member of the clergy, counselor or psychotherapist you can open with. Expressing your bottled-up tension to a sympathetic ear can be incredibly helpful."

The two psychologists also stress down what they described as misconceptions about stress.

The number one myth, as they see it: "We always know when we're under stress."

"Not so," they said. "Often we become so accustomed to stress that they become unaware of it. Many of us suffer the debilitating effects of stress even though we don't tense."

Psychologists test for significant stress

United Press International

This stress test was prepared by Drs. Robert L. Woolfolk and Frank C. Richardson, psychologists and co-authors of "Stress, Sanity and Survival" (Monarch Press, \$8.95):

1. Do you worry about the future?
 2. Do you sometimes have trouble falling asleep?
 3. Do you often reach for a cigarette, a drink, or a tranquilizer to reduce tension?
 4. Do you become irritated over basically insignificant matters?
 5. Do you have less energy than you seem to need or would like to have?
 6. Do you have too many things to do and not enough time to do them?
 7. Do you have headaches or stomach problems?
 8. Do you feel pressure to accomplish or to get things done?
 9. Are you very concerned about being either well-liked or successful?
 10. Do you perform well enough in life to satisfy yourself?
 11. Do you get satisfaction from the small joys or simple pleasures of life?
 12. Are you able to really relax and have fun?
- Score one point for each yes answer, questions one to nine; and one point for each no answer, questions 10 to 12.
- The psychologists say a score of four or more suggests you may be under significant stress.

Other myths:

—Stress is something that only those with high-pressure jobs experience. "Many ordinary individuals experience the constant stress of leading unfulfilled lives or of being what they would like to be."

—Stress is caused by events that happen to us. "It is not the events themselves that cause distress, rather the views we take of events."

—Emotions have a will of their own and cannot be controlled. "We can change our feelings by changing our behavior or by changing our thinking."

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Official battles for 'working women'

United Press International

WASHINGTON — If you walk into the big corner office of Alexis Herman in the Labor Department — with a glorious view of the Capitol from its windows — be prepared to hear some statistics.

Herman, 31, is the director of the 58-year-old Women's Bureau and the numbers she spouts are designed to make one big point:

Working women, she says, aren't getting an even break.

She says that's because Americans don't know how many women work "for the same reason men work, for economic survival."

She is the only person in the government whose full-time job is upgrading the status of the working

woman.

Americans, she says, still think of women in the stereotypes of television commercials: Mom kisses dad goodbye, stays home, looks after kids, dog and house.

But these days that situation exists in only about one household in six, she says — her first statistic.

Other statistics come quickly:

—Forty-nine percent of the women in America — 41 million women — are working or looking for work.

—Four out of every 10 jobs are held by women.

—Since 1965, some 14 million women — but only 9 million men — have joined the work force.

—But the average woman earns 60 percent of what the average man makes — a smaller share than 20 years ago, when the woman's paycheck was 63 percent of the average man's.

"Some women work out of economic necessity, some to improve their families' living standards, some for self-fulfillment," she says.

"Unfortunately, most people as-

sume that the increased participation in the labor force is by women who don't need work. If they'd just go back home, we wouldn't have this unemployment problem," she says.

"But that's not so. Cinderella doesn't live here any more. We need to know that today nine out of 10 women will work at some point of their lives. We don't have just a casual flirtation with the job market."

And what jobs do women hold?

Most are secretaries, sales clerks, bookkeepers, elementary school teachers and waitresses — the same jobs they held 30 years ago. The Census Bureau lists 441 occupations — but almost all working women are concentrated into 20 of them.

"Seventy-nine percent of women are in clerical work," she says. "Women account for 96 percent of all typists, but only 1 percent of the repairers of typewriters. Most electricians — 99.7 percent of them — are men and most stenographers are women; electricians earn an average of \$330 a week and stenographers, \$159. Sure, lots of men are locked

into dead-end jobs, but they at least pay more."

Because of "occupational segregation," she says, laws mandating equal pay for equal work have made much difference in women's earnings.

So she is championing a new concept — equal pay for work of equal value. If the maid's work is equal value to the janitor's, she argues, the maid should be paid as much, she argues.

Herman sees her job as upgrading the country with one overwhelming fact — "that we're here to stay."

Herman was born in Mobile, Ala. Her mother was a schoolteacher and her father, Alex, owned an insurance company. He had once been a catcher in the old Negro baseball leagues and helped Satchel P. break into baseball.

She landed her job by catching the eye of Ray Marshall, the secretary of labor, when he was a University of Texas economics professor and she was a high school counselor preparing young black high school girls for apprenticeship for jobs that had never entered their minds — as carpenters, machinists and welders in the shipyard at Pascagoula, Miss.

Later, she orchestrated a program in Atlanta which landed 60 black women in professional jobs never before held by women.

She placed the first woman in Telephone management training in Atlanta and the first Delta Air Lines woman accountant, and has placed women in professional slots in banking, insurance, retailing and transportation.

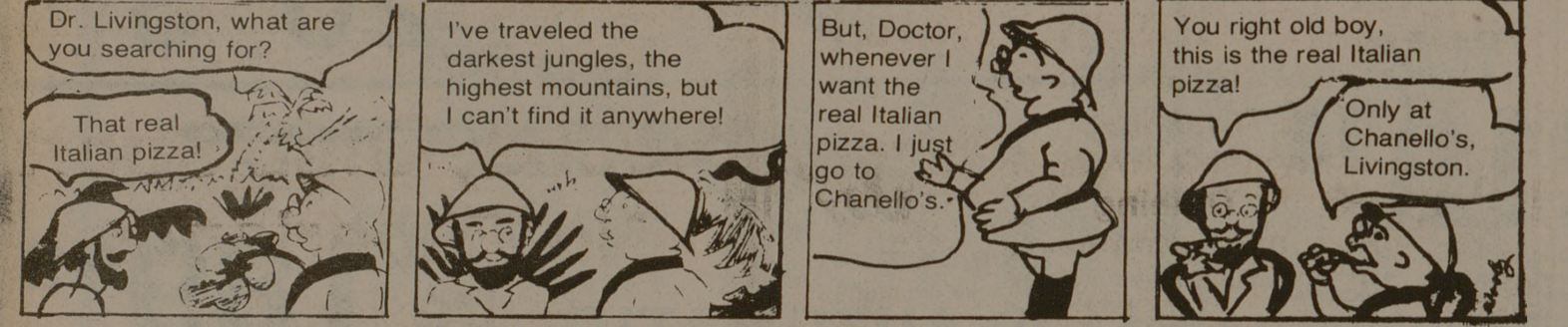
Then Herman ran a similar effort covering 10 cities — and placed 1,000 women in good jobs.

Off the job, she enjoys tennis, bowling and cooking down-home food like red beans and rice gumbo.

In Washington, she heads a staff of 79 (almost all women) and has a million budget. She spent her first year cautiously learning the territory, but now she is becoming a forceful advocate for her constituency.

Within the government, she pushes for child-care centers for working mothers (no progress there — "too expensive," she's told) and raising issues of pension rights, Social Security reform, and restructuring work patterns to create part-time jobs, flexible hours and work sharing.

LORD BENSON by J. Wooley



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Antics prompt crackdown on alcoholic truckdrivers

United Press International

MEXICO CITY — The highway antics of Mexican drivers have sparked a government attack against alcoholic, color-blind and mentally ill drivers of trucks and buses.

It is not unusual to see colorfully painted buses and trucks barreling down Mexico's many swerving, narrow highways as they pass other vehicles on curves and nearly drive them off the road.

"One bus after another passed us while others were passing cars on the other side of the road," said one shaken American who recently drove from Acapulco to Mexico City along mountainous Route 95. "Some buses would pass two or three cars at a time, even on S-curves."

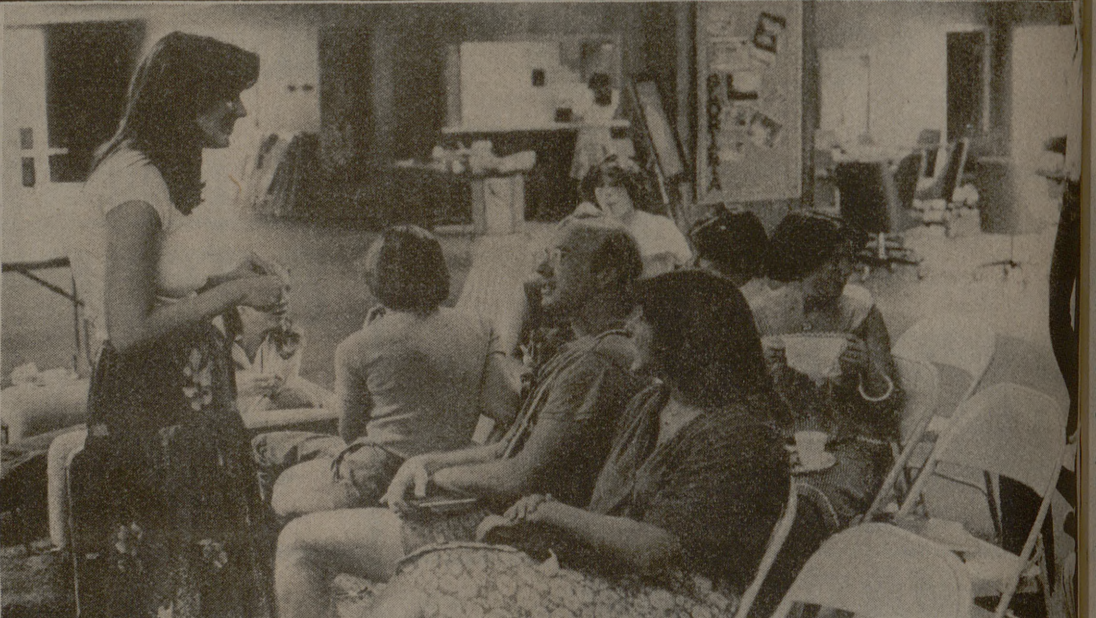
The Communications and Highway Ministry, in announcing the new crackdown on drivers, said buses and trucks were involved in 25,678 highway accidents in 1977 that resulted in 3,811 deaths, 18,678 injuries and more than \$20 million in property damage.

The most spectacular highway accident in recent memory occurred last July when a truck carrying butane gas overturned on the busy Queretero Highway and exploded into flames that engulfed 10 other vehicles, including three buses. Twenty people died in the accident and more than a hundred suffered serious burns.

To stem the tide of the costly collisions, the Ministry's Preventive Medicine Section last April began spot health examinations of truck and bus drivers at city transportation terminals.

Director Dr. Estela Ponce de Leon reported that out of some 490,000 health checks 965 drivers were found unfit to drive and their licenses were revoked.

Of those, more than 70 percent suffered from color-blindness, nearly two-thirds from mental stress and fatigue and almost 30 percent from high blood pressure and other circulatory conditions. More than 10 percent were alcoholics.



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