

## Slouch By Jim Earle

### WANT A CHRISTMAS GIFT TIP! GIVE A SUBSCRIPTION TO THE BATTALION!



## Jogging junkies require help to kick the habit

By DICK WEST

WASHINGTON — Some researchers now believe "runner's high," heretofore considered a psychological lift, may be the body having a sort of drug abuse reaction to jogging.

The theory is that long distance running causes the body to release "natural opiates," such as the chemicals enkephalins and beta-endorphin, that have much the same effect as morphine or heroin.

According to one account, it is even possible for a jogger to get hooked on his own body's chemistry.

I swear I'm not making this up. I read about it in a publication that has a good reputation for veracity.

I do a bit of jogging myself occasionally, but have never run far enough to "trip out." Tripping over a few dogs and curbs has been about it for me.

At the pace I jog, the body releases as yet unidentified chemicals whose effect is known to those of us on the slow track as "runner's drag."

The sensation is difficult to describe to a non-jogger, but is something like a giant hand grabbing the back of your Adidas running togs and pulling in the opposite direction.

Under no circumstances, however, does "runner's drag" become addictive.

The possibility of addiction is to me the most foreboding part of the new explanation of "runner's high." The omen comes

over loud and clear.

When evidence about the body's production of "natural opiates" is substantial enough to stand up in court, we will begin to see narcotics agents out on the jogging trails.

Joggers suspected of having a "runner's high" will be arrested and booked on drug charges.

But what of the poor addicts who crave another hit of enkephalin?

What I envision is a network of regional detoxification centers where jogging junkies can go for help in breaking the habit.

These rehabilitation clinics would be authorized to administer a synthetic physical fitness program, much as methadone is given as a substitute for heroin. Here's how it would work:

A jogger suffering withdrawal symptoms would be put on a treadmill the speed of which could be carefully controlled. When the junkie reached the stage where euphoria was setting in, giving him a general sense of being in overdrive, the treadmill would be slowed down, allowing the patient to "taper off."

Jogging addiction can't be wiped out overnight, of course. Like the poet Ernest Dowson calling for "madder music and stronger wine," a typical jogging junkie is driven to evergreater lengths to gratify his compulsions, finally getting to the point of entering marathons.

But now that we know what's causing it, a cure can't be far behind.

## Potential to love: don't waste it

All you beautiful people:

You won't read very many letters like the one you are about to read. It is written about people and our happiness, subjects usually not encountered or treated very directly by us. The author is someone whose efforts are prompted by the beauty he sees in people. So whether you agree or disagree with what he has to say, at least know that he feels he's acting "because he cares."

One of the most basic feelings we have is the need for feeling wanted. To the extent that man is a social creature, we need to feel from others that we're living a good life. As an example, around a crowd isn't there a sort of deep pull to be a part of the fun and excitement? And how do we respond to those feelings? Although we don't ever totally get rid of our insecurities, I believe that true happiness comes from realizing from where and how security is obtained.

Our environment is our American, capitalistic society. In presenting American business, and how consumer oriented businesses make their money, I'd like to talk about advertising propaganda and television.

People working in the advertising departments of our big consumer corporations are smart guys. They realize of course that in order to sell something they must create and appeal to a need. What better need for them to appeal to than this same very basic human need, to feel like we're living a good, happy life? Take a minute and think about television commercials. "After all, life is worth living, so buy a Buick." "Live in Britannia." "Coke is the real thing," and "Have and Coke and a smile!" (Wouldn't it be more realistic to say, "Have a Coke and a burp?")

And another big key is sex appeal. This need is surely a human need of great im-

## Reader's Forum

portance. So what about the new guy at the office who comes in scratching his head, and none of the secretaries will look at him because HE HAS DANDRUFF. Of course, he uses the right shampoo and the next day is immediately approached by the beautiful secretary.

And soap operas. Plots charged with emotionalism — portraying adultery, incest, and hate, and why? For good ratings, to sell more products!

Here are we insecure, searching people trying to live happy lives, and we are constantly being bombarded with these kinds of advertising propaganda and this other fine, exemplary programming. "Buy this and be happy," "buy that and be sexually fulfilled," and "So and so's pregnant with John's baby!"

The concern which prompts me to write is this: people are wonderful, wonderful creatures. But I think that many people in this country are caught up in believing that much or most of their happiness, and sense of fulfillment and security, is to be obtained from driving their beautiful cars, from wearing nice clothes and making themselves up, from acting macho or "cool." What these people try to do is to obtain happiness from exterior things. From their material possessions, and from their outward mannerisms. Can we achieve happiness only from our standing with other people?

Happiness can't come solely from Name withheld upon request

others, and other things. It comes from ME. From my inside, from the inside of my mind. How? I believe that a most fundamental human wisdom is this: we are on this earth to love. That's what makes human beings wonderfully human: we have the capacity to love. Now this all sounds a little bit and even a little more vague (but not "cool", damn it), so a more practical phrase is in order. Inner happiness is the people around us, in our minute interactions with them, and applies to our station in life whether doctors, teachers, ditch-diggers, or students. Fulfillment comes not from the job with the most status or pay, but from finding the vocation which permits us to use our talents and abilities to love others.

Where do we find happiness? By making others happy? It becomes a very vicious cycle. We love other people, and makes us feel better about ourselves, and show our love even more, which makes us feel even better about ourselves. Toward this kind of lifestyle means a lot of things, the most important of which are: Happiness, security, and strength. It may also mean changing one's ways. But, it's not simple. It's attempting to fulfill our urge for love and need for security in the ways that a capitalistic society can have us believe correct.

That people may not be as happy as we can be here is my concern. People are wonderful because we have the potential: if that potential is not being used so many cases it is to me the greatest human wastes. We here at Texas A&M are young, intelligent, and hard working. Let's not waste so much of this potential. Let's not waste it.



## the small society

by Brickman

IF THE MORAL MAJORITY SUCCEEDS IN GETTING SEX AND VIOLENCE OFF THE AIR, MENSCH...

WILL WE STILL HAVE A NIGHTLY NEWS PROGRAM?



9-1 Brickman

## It's your turn

# Surprise from telephone company

Editor:

Upon returning from a pleasant Thanksgiving break, I found a not so pleasant note in my mailbox. It was from the General Telephone Company. The letter stated that an extra deposit had to be submitted by a certain date or long distance services would be discontinued. There was a phone number to call if any questions arose from the letter.

I called the number and was put on hold several times. I finally found out that an additional security deposit was required of all on campus numbers. I was also told this deposit was mandatory whether or not credit had been established with another phone company or if bills had been paid on time.

I understand that GTE must take precautions against having bills left unpaid by students, but I do not understand why ALL students should have to carry the burden of such a large deposit when only a few do not pay their bills. Many students do not have the extra money to invest in a company, especially when the services rendered students as liabilities rather than assets. In College Station, students make up a large percentage of the population and help to support these companies. When companies such as GTE hold a monopoly on such a service, they also hold students over a bar-

rel with such unfair tactics as the one mentioned above.

There may not be much I can do about this situation except to voice my opinion, but I have had my long distance service discontinued like many students living near me. If more students who share this opinion with me would take direct action, maybe companies like GTE would listen.

Jennifer D. Bedgood  
Krueger Hall

Editor's note: This letter was accompanied by 24 other signatures.

## Disco library unreal

Editor:

This letter is directed to Dave Spence whose "Disco Library" letter appeared in Thursday's edition of the Battalion.

Spence, I do not know if you meant your letter to be funny or serious; but, if you meant it to be serious, I think you have an idealized image of what a library should be.

The definition of a library is "a place in which literary or reference material (as books, manuscripts, etc) are kept for use." Nowhere in this definition is it suggested

that a library should be a place for partying, sleeping or partying. I was told you should be QUIET in a library. You are like to go there to get a few books, studying done and do not want to be disturbed by people like you. Please find another place to do your socializing. Leave the library to the more serious students.

Lori Strickland  
Nebel

## MSC chimes ring

Editor:

A short note on the Christmas being played instead of the regular at the MSC. Fighting my way through terrible blizzards and waist-deep snow we get in these parts, and with what like nothing ahead but the impending of finals, it is sometimes all too easy to think it's really nice to have such a little reminder given to us by some thoughtful folks.

Michael Palmer

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talion are those of the editor or the author, and do not necessarily represent the opinions of Texas A&M University administrators or faculty members, or of the Board of Regents.

The Battalion also serves as a laboratory newspaper for students in reporting, editing and photography classes within the Department of Communications.

Questions or comments regarding any editorial matter should be directed to the editor.

## LETTERS POLICY

Letters to the Editor should not exceed 300 words in length, and are subject to being cut if they are longer. The editorial staff reserves the right to edit letters for style and length, but will make every effort to maintain the author's intent. Each letter must also be signed, show the address and phone number of the writer.

Columns and guest editorials are also welcome, and are not subject to the same length constraints as letters. Address all inquiries and correspondence to: Editor, The Battalion, 216 Reed McDonald, Texas A&M University, College Station, TX 77843.

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