

Opinion

Oh, what to do about those nagging hormones

I want out. I want out of this school, out of this town, even out of this country. I've been trapped by a meaningless routine of school and work, school and work, mediocre weekend, school and work, school and work...



Tracy Staton

Divorce rates show that restlessness and boredom run rampant in marriages. And some new research has found biological contributors to "wandering eyes."

Because the human bond originally evolved to last only long enough to raise a child through infancy, marriages are most likely to unravel after three or four years, an anthropologist recently found.

Helen E. Fisher of the American Museum of Natural History says this phenomenon could explain our nagging restlessness during long relationships. And she found that although divorce rates vary from culture to culture, there is always a "divorce peak" between the third and fourth year.

Studies of brain chemistry have attributed this restlessness to nagging hormones. These nasty culprits cause intense emotional bonding that lasts for one to three years. But the brain becomes numb to this hormonal influence, and WHAMMO! Restlessness strikes again.

Hormones also are the villains that

bring us spring fever. When the sun starts to linger above the horizon, testosterone levels in both men and women increase. This hormone controls sexual desire, so guess what comes next? Rampant crushes and spring flings. And you thought the reason you wanted to go out into the sunshine was to get a tan. Wrong. Your hormones took you to the beach, not your desire for relaxation.

But restlessness goes beyond relationships. It can invade every aspect of life. When you least expect it, boredom numbs your motivation. Tomorrow's test becomes insignificant; going to class seems pointless. And that research paper due next week? Write it the night before—there's better things to do now.

Instead of being responsible and sticking to the routine you so faithfully adhered to a month ago, you stare out the window and daydream. Your capacity to concentrate is practically nil. In the shower, you wash your hair twice because you didn't remember you shampooed it the first time.

So what's a formerly serious student

to do? Escape to the lake and throw what's left of ambition into the water? Or drown the dregs of motivation in a pitcher of beer?

I've tried both of these — Neither of them work. My new plan is to escape College Station for the weekend. But I don't think that will be effective either. What I really need is a vacation in another country. I need to be somewhere — by myself — where no one speaks English. Then maybe I'd appreciate listening to my professors in class. At least I can understand what they're saying.

This yen to escape scares me. I graduate in May, and I hope to have a full-time job soon afterwards. What will I do when I have to work EVERY DAY? When I can't leave town for the weekend because I have a project due on Monday? Will I get bored with my job after six months? And if I do, what's the alternative?

I've read several articles lately that outline techniques for "job-hopping," and I've studied these recommendations carefully. It seems that there's an epidemic of job boredom. Women have changed from teachers to advertising

executives, from bankers to rug-weavers. And the restlessness virus isn't age-specific. Thirty-year-olds, forty-year-olds — supposedly mature adults — are giving up stable employment to follow whim.

Help! It seems that all of us will be struck repeatedly by bouts of boredom. Restlessness isn't cured when we graduate, or when we marry, or even when we have children. It will always be lurking in the shadows, ready to pounce. There's no way to prevent it, and no way to stop it once it starts.

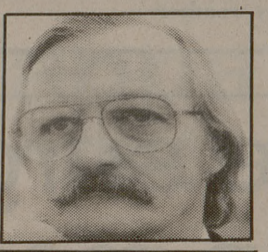
We've got to learn to live with it. Enjoy it, even. Dissatisfaction with a dull routine can lead us to explore areas we've previously disregarded. Or to discover new things about our old jobs or old relationships.

So I'm going to medicate my restlessness with a dose of visiting old friends and opening myself to new possibilities. A weekend journey to a new place wouldn't hurt, either. I plan to work and go to school sometime. I promise.

Tracy Staton is a senior journalism major, a staff writer and a columnist for The Battalion.

The Gibbering Gipper is babbling once more

Did you catch the Gipper's act the other night? No? Too bad, the Great Communicator was in top form. Mr. Reagan looked hale and vigorous and completely in command at his press conference Wednesday. He did talk gibberish and nonsense, of course, but you can't have everything.



Donald Kaul

Oh, you don't believe he talked gibberish? Listen to him as he took one more shot at explaining why the arms-for-hostage swap with Iran wasn't an arms-for-hostage swap:

"... I think it's time for me to point out what the opposition was based on of anyone who did oppose. Particularly, it's been revealed that Secretary (Caspar) Weinberger and George Shultz both objected. They did not object the idea of, that we were trading arms for hostages. Their objection, they knew what we were trying to do... Their objection was, what we had done, we'd gotten this request and, in dealing with it, in this conversation with these private individuals, we pointed out our feelings about terrorism and so forth. They agreed with us, and the thing was that they, the Hezbollah as we know, is philosophically attuned to Iran. The idea was that they could perhaps influence the Hezbollah to give up some of our hostages and, indeed, as the talks went on, they did... We weren't dealing with the kidnappers at all, and this was what the whole situation was. But it turned out that George and Cap and those who had doubts were right in that, when it did become known by way of a henchman of the ayatollah, then everyone just automatically said that, and to this day are saying, it was arms for hostages."

Thank you Mr. President. That certainly clears up any doubts I might have had about the matter.

More relevant than the gibberish, however (for who among us had not spoken gibberish), was the nonsense. Asked about Israel's use of force to suppress the riots in occupied Gaza and the West Bank, Mr. Reagan said:

"Well, we have had, it's a little difficult for me because there are some things that I shouldn't be saying, but we have had intimations that there have been certain people suspected of being terrorists, outsiders coming in, not only with weapons but stirring up and encouraging the trouble in those areas. Now that isn't something you can go out

and say we absolutely know, but certainly the violence is both ways."

Does the sound familiar? Isn't that what George Wallace and his ilk said back in the '60s when the blacks of the south began to fight for their constitutional rights? It was the work of "outside agitators," always. That's what the Soviets are saying about Afghanistan. It's always the work of outside agitators.

It's not. As a matter of fact, the day following the press conference the president's men said as much, trying to cover up for the old man. There may be outside agitators in the Middle East, as there were in the American south, but the real reason for the turmoil is inside agitation. The Palestinians feel they are an oppressed people denied their rights and their human dignity by an occupying force. They riot out of a sense of desperation, because they have so little left to lose, not because someone has given them a pamphlet.

To anyone who cares for the future of Israel, it is a tragic situation. Shootings, beatings, kangaroo trials, the burying alive of human beings; Israel's honor is being spared nothing. That a nation born of such suffering should now become the creature of its nightmares is beyond irony.

Israeli hard-liners argue that no such thing is happening, of course. The Israeli Army sent its chief psychologist to find out what the suppression of the riots has done to its troops. Not much, according to the psychologist, Col. Shlomo Dover.

"This activity is not affecting the morale of the units in general," he said. "I think we must be concerned about it. But to this point, I do not see any brutalization of soldiers I see exceptions, but it is not the norm." He added that the soldiers feel they're being "fair" to the Palestinians.

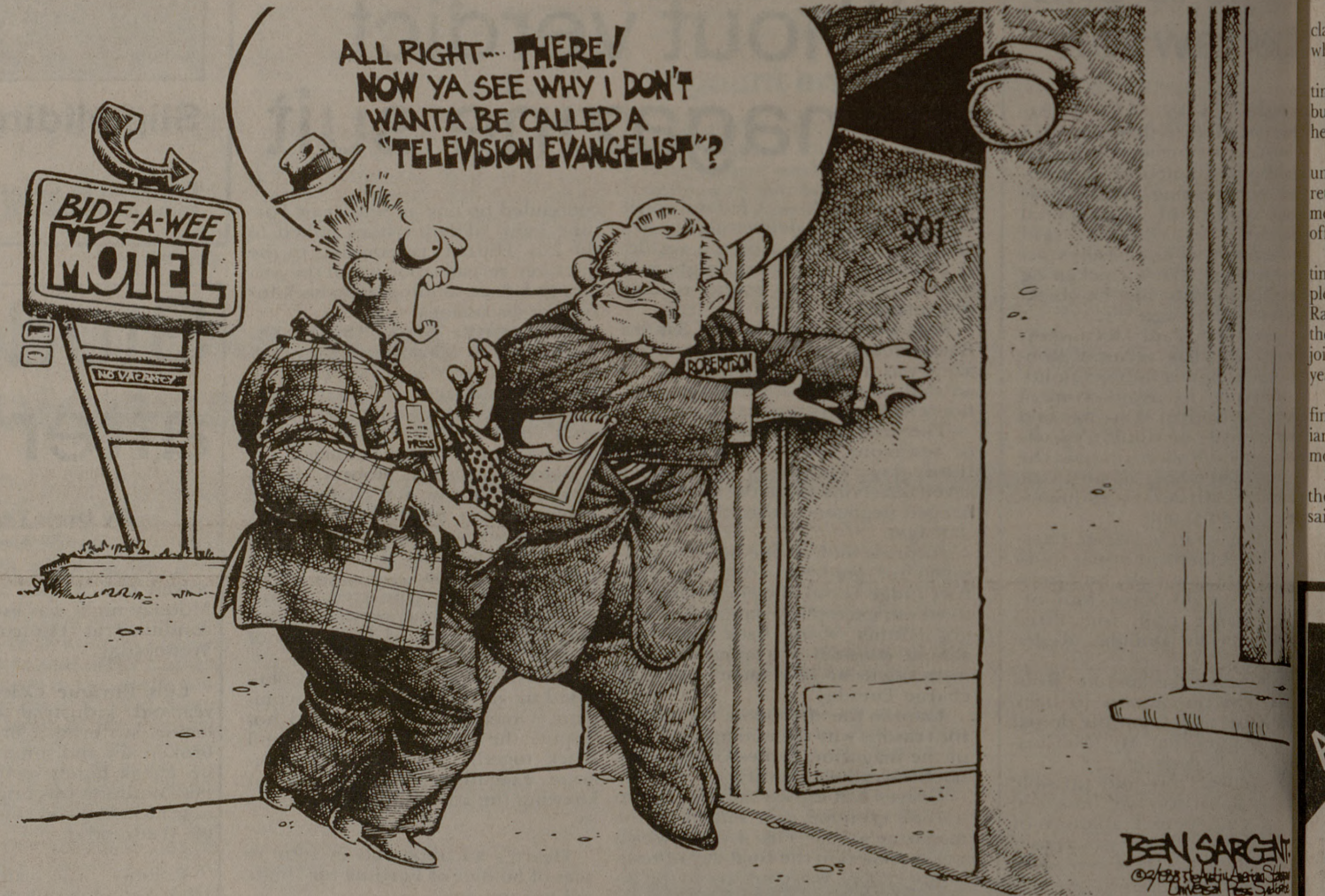
Right. And we won the war in Vietnam.

When Israeli Defense Minister Yitzhak Rabin visited the troops in the occupied zones recently, he was told by a soldier, in a jocular way, "We use the clubs so much that they are breaking." Rabin laughed and replied, "You should use more solid ones."

The occupation is not only brutalizing Israel's soldiers, it's brutalizing its politicians.

The last thing Israel needs now is to have its self-delusions reinforced by the President of the United States. The next time they ask Mr. Reagan about the issue, he should lapse into gibberish. He does less harm that way.

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Mail Call

The S.A.P.S. speak out

EDITOR:

Miss Couvillon:

I would like to congratulate you on your article "It is not easy to escape the Aggie Song From Hell," that appeared in the Feb. 25 issue of *The Battalion*.

I also find the song "Texas Aggie Girls" to be repulsive and in bad taste. In fact, I believe that any song that may be considered offensive or prejudicial toward ANY group of people is morally objectionable. That is why I am proud to be the founder and president of Students Against Prejudicial Songs (S.A.P.S.).

My fellow S.A.P.S. and I feel that the time has come to put an end to the injustices suffered by the many groups of people who are the subjects of insulting and degrading lyrics. You will be happy to know that we added "Texas Aggie Girls" to our list of over 11,000 songs that we feel should be banned from radio broadcasting.

The list, which grows constantly, is sent to hundreds of radio stations across the nation with the suggestion that these songs should not be played. Those radio stations that refuse our request are placed on a list of organizations engaged in what we feel are "anti-American" activities. These lists are then mailed to all of the businesses currently advertising through these radio stations. The results are quite impressive.

However, our organization still has a long way to go before final victory can be achieved. But with people like you on our side, there is no way that we can possibly fail.

We only hope that you will continue to write more articles on this much overlooked problem in our society.

Thank you very much.

Patrick Allen Quevedo Green '88

Rape is a reality at A&M

EDITOR:

At our dorm floor meeting, the RA stressed the use of the Guard Room and Aston Hall escort services. She pointed out that although students tend to think A&M is a safe campus, the reality is that A&M is ranked number one among Texas universities for its crime rate. A girl was just recently raped outside her dorm, the RA said.

I have no doubt that rapes occur on campus. But why do we never hear about them? We only occasionally hear of one happening on campus. In the three years I've been at A&M, I've only heard infrequent rumors of rapes having occurred — never facts.

If students knew for certain that rapes do occur on campus and saw the facts on when and where the assaults happened, then of course they'd be more cautious. When confronted with the actual facts and statistics, students could no longer claim that A&M is such a safe campus.

It would seem that in being protected from these ugly crimes, we are encouraging more of the same crimes. Who is really being protected — the student or the potential rapist?

Karen A. Owens '89

Letters to the editor should not exceed 300 words in length. 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 be signed and must include the classification, address and telephone number of the writer.

The Battalion

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Opinions expressed in *The Battalion* are those of the editorial board or the author, and do not necessarily represent the opinions of Texas A&M administrators, faculty or the Board of Regents.

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

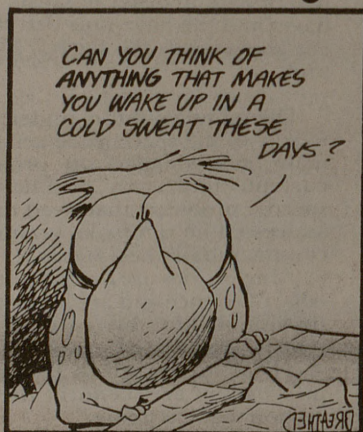
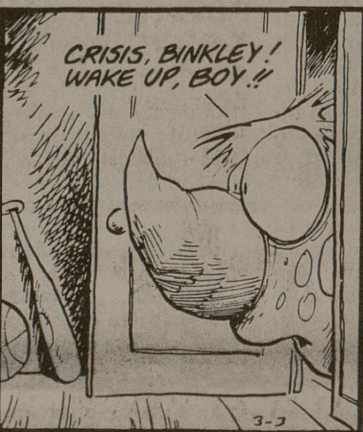
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BLOOM COUNTY



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