

EDITORIAL

# Stressed for success

## The Rime of the Ancient Editor

SO FAR AS I KNOW AT THIS writing this issue will be featuring one or more pieces on stress. Consequently, and for reasons I am about to relate, I produced the strange cautionary tale you are about to read.

It's an old, tired routine at this time of year or during finals -- assignments, tests, personal commitments and the like combine to place huge demands on the average student's time and energy.

For workaholics and last-minute folks alike, this is the time of year when well-meaning associates ranging from professors to family tell us that we really should take it easy. Would-be rescuers advise you that "life's too short," "you're young," "everyone needs their rest," "you really should work on managing your time," and "a person in your shape should either be home or in the cemetery." Real Hallmark material.

Still, inveterate scoffer that I am, even I have to admit that there's more than a grain of truth in the above pearls of wisdom. No fooling. I must confess that I am among the worst offenders in the stress pool -- though in my case it's more overwork than stress (in fact, maybe if I had a proper stress reaction to overwork I wouldn't overwork as much as I sometimes do, but I digress). For years I have good-naturedly tush-tushed the suggestions of those around me that I take it easy. After all, I rationalize, work is important. On the other hand, so is your health, and if you don't maintain that, you eventually won't be able to work.

I'm actually nowhere near as bad as I used to be. I was once one of those fanatical, self-abusing perfectionists intent on working himself into the grave, but after a harrowing first year of university I came to a very important conclusion -- and herein lies the preachy, albeit timeless, core of this little rant -- no work is worth hurting yourself over. If you do your best, nothing more can or should be asked of you, by yourself or anyone else (why does this

sound like the last five minutes of a *Family Ties* episode?).

I've followed this philosophy for the most part since then, though I still have a tendency to overcommit and/or mismanage my time...which leads us to the object lesson portion of our program. It's been a pretty intense week or two, and I've occasionally neglected the little things-- like food and sleep. At any rate, I eventually became ill with this flu/

cold/virus from Hades thing going around, complete with fever, chills, perpetually clogged sinuses, spectacularly violent coughing, and a persistent distortion of my voice which, as one person said, makes me sound "like a Muppet monster." It's a good thing I like the Muppets. At any rate, I have been very sick for quite a while now, and even as I type this I am under threat of being dragged home for convalescence if I don't leave willingly.

The same thing happened to me last year around this time-- in fact, the doctor gave me the exact same prescription this year, complete with the eerily familiar advice that I get some rest. I will do that too, finishing up what I can before leaving what remains to the Legion of Substitute Editors -- a.k.a. editorial hopefuls Carol Schneider and Rebecca Moore, both of whom were warning

me my warranty would expire long before it actually did. They're nice folks, and I thank them and the other people at the paper for their patience and assistance over the past week or two.

The moral of the story? Eat well, sleep regularly, take care of yourself. Sounds corny, but it's sound. No matter what's on your plate, make sure you haven't bitten off more than you can chew. We've all got stuff to do, but if you work to the point of burnout, you'll only make an ash of yourself.

Sean McQuaid  
Convalescing Editor

anyone out? I'm glad that their are students like Jabba and myself who aren't afraid of standing up for what they believe in. I'm sure that the majority of students would rather see a campus full of swimmers, than a handful of football players.

*Waiting for a return to the water,  
Namor, The Sub-Mariner*

## Cough, cough

X-Press,

I am having a difficult time quitting smoking. My roommates are telling me that my extensive smoking is really starting to bother them. I am starting to notice that I am smoking more than usual. I was wondering if it would be possible to print a number of quit smoking ideas in the next issue of the X-Press. I am sure that I am not the only person who would like to see these quit smoking methods printed.

Thanks,  
Curt

**Editor's Note:** Thanks for your idea. We will discuss it at our meeting Tuesday night. Anyone who has tips for quitting smoking please submit them.

## Curse those damn lids!

X-Press,

I wanted to know what's up with the plastic coffee lids in the pit...they don't fit the cups therefore hot coffee spills all over everything and it is very upsetting. I would say that it is time to order new sizes because you have to be pretty creative to make these things fit. I know I should probably just get a more environmentally correct mug but the fact still remains that this is annoying.

Signed,  
Scalded

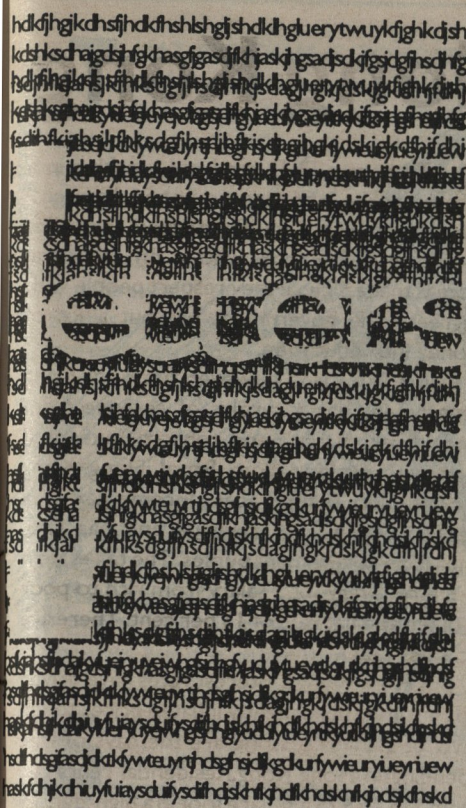
## Yet more football

X-Press,

I just wanted to express my support for the effort to bring back the football Panthers. Unfortunately, there's not much I can say that hasn't been said already. I've played football on the Island for the last two years and I honestly feel the university could benefit from having a team. Money shouldn't be a problem. We've said from the beginning that we would receive funding from businesses. As far as talent is concerned, I've played against and alongside many of our Island players and I have no doubt they could hold their own with any Canadian university. Besides, Panther teams have been known to include the odd mainlander before.

Regardless of what some have said, we have the utmost respect for present Panther teams (and water polo players). We simply want the chance to represent our school, as they do, in our sport.

Steve MacPherson



## Another fishy friend

Well, as a former competitive swimmer I am glad that "Jabba" stood up for the rights of us, the quiet majority, that doesn't want football here, but wants a chance for all of us. UPEI truly needs an aquatic facility along the lines of the Dalplex in Halifax, or the Lord Beaverbrook pool at UNB. Why should we be slighted?

The building of a pool will allow us to start a water polo team which would garner attention from the media all across Canada. It would also allow the small Canadian water polo talent to stay in their home country, instead of having to go stateside in order to show off their dubious talents. Water polo would only be a springboard to other liquid based sports such as diving, competitive speed swimming, synchronized swimming, and scuba diving. Water polo would be a far more exciting sport to watch, there are just too many blowouts in football, there aren't enough close games these days. Water Polo is a sport where the scores are consistently close, with games being decided by only a few points, it would be more entertaining to watch than some rout in football...say, the Super Bowl. The pool would become an out of class hangout for many, increasing school spirit and allowing students to hang out, while being involved in fitness.

The Aquaplex would more than pay for itself, as large revenues could be raised by selling memberships to the public. Corporate sponsorship could also be obtained by local businesses with advertising spaces on the backs of team uniforms, as that is where most of the crowd's attention would be focused anyway. The students would also benefit from the pool, jobs like maintenance, swimming teachers, and lifeguards would be needed.

Why should football garner all the attention? Every sport should be represented, why leave