

Burning books or hot rocks, relax anyway

Hey Tom, what have you got planned for the mid-year semester break? "We have a mid-semester break?"

I didn't actually know we had a break coming up until I was asked to write this article. To be honest, when you do as little study as I do, the idea of having a break from it is actually the best joke going round. But for every one of you who study a *real* degree, it's time to take a break from the books, fall asleep in places other than the library, and only be awake at 3am if you're having sex, or at least working towards it on the dance-floor.

There are very few things in this world as beautiful as something that's free. Free things are like ice, they just make everything better (well anything that should rightly be served cold). Free things have this amazing power that never ceases to amaze me. One minute someone doesn't want to do anything, "But hey, it's *free*". BAM! Suddenly you're met with more enthusiasm than anyone other than the Wiggles should legally be allowed to exhibit in public. So make sure you take advantage of all the free and practically free entertainment on offer over the break.

A friend of mine has been reading my work and thinks that my humour relies solely upon my various references to alcohol and getting drunk. I think we all know that my articles have more depth than that. Ok, they may be *hidden* depths but the point is, if you jumped from a great height into one of my articles you wouldn't hit the bottom and break your neck (think about it).

My editor even asked me to focus on something other than 'getting pissed'. At least that's what I *think* he said because I was getting pissed at the time so I really can't be sure... On a slightly serious note; there are many ways other than alcohol to have fun, I mean you can walk your dog, donate blood, go out to dinner with your parents... Ok, obviously I'm joking, had you going for a minute though didn't I. I can't lie to you guys, alcohol *is* the only way.



This old, wise guy I knew, always used to say, "If something is worth doing it's worth doing right". And by the most part I have to agree with him. I work at a pub, and this guy came in the other day and asked for a low-carb light beer. I mean seriously, what the f**k. It's on par with asking for a weak skinny decaf latte, you may as well just ask for a cup of warm milk. Thank God, such a perversion of the world's greatest creation doesn't exist (if it did you could call it Pure Light, I can see the add now, just like the Pure Blonde one but with anorexic women). So if you decide to do something this break, do it right, no half measures.

The one thing that everyone *has* to achieve over whatever type of break they take is *relaxation*. Some down time is essential for your mental and physical health. This is the predominant justification for ever having a break from anything. If you need to have steaming river stones laid geometrically across your back to achieve this, then do it! If you just relish the opportunity to read some magazines or a book by the fire, do it! If you want to set your text books and notes from first year on fire, do it! If you're like me and never take any notes plain paper burns just as well.

Now some of you will be reading this and having a bit of a laugh but what you are really thinking about is all the studying and/or assignments that you have to do over the break. Luckily I also have a solution to this problem. One word, Councillors. There is nothing like a drug problem, depression or just plain old stress to bring you down. You can't seriously be expected to manage a healthy student's workload when you're struggling to bare such a mental burden. Go see a councillor/psychologist on campus, unburden all you're worries and fears and gain some 'special consideration'. Trust me, if you're honest you won't even need to make anything up, in this day and age we *all* have some kind of problem. And the best part is... it's *free*. ☺

Tom Cummins