

Readers speak out on relaxation techniques, abortion

God isn't only way

James McIntyre's letter (DN, Dec. 8) criticized new relaxation and imagery techniques because they did not deal with a problem directly. In his opinion, people who use such techniques are simply avoiding reality, and wasting time just fooling themselves. For someone so "open-minded," this argument is idiotic!

Those relaxation techniques are meant to help a person deal with a problem, not to solve it for them. I'm sure everyone will agree it is easier to solve a problem when you are calm and thinking clearly, rather than in a frazzled and confused state.

As for God's plan being the only "proven" way to reduce stress -- good grief, talk about "avoiding reality!" I've seen no proof of those stress-reduction abilities, in fact, I've seen only evidence to the contrary.

A plane explodes over Colombia. Was it a terrorist's bomb? No, it was "God's will." How about all those who died in the recent California earthquake? Was that "God's will?"

If those are the sorts of plans God has, I'm not relaxed! Did all those people deserve to die? Even those who were devoutly religious and God-fearing people?

Although McIntyre is careful to deny he is forcing his religion on anyone, he is inclined to tell us that all views unlike his own are somehow lacking in intellect, or open-mindedness. Is that an open-minded assumption in itself? Of course not. By the way, schools don't avoid teaching Christianity because they're afraid students may realize their "sinful nature" and turn to Christ for salvation. Schools are afraid of people who will cry "foul" as soon as equal consideration is given in the curriculum to Islam, Judaism and even science.

Keith Richter
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Don't teach dogma

God is the real solution? This is the caption that ran over James McIntyre's letter about the methods of

stress reduction taught in the public schools. He asserts that these methods of self visualization, taught to students to help them realize their goals, is just a fantasy. The stress that creates the need for them still has to be dealt with. Despite the possible positive psychological benefits of such techniques, McIntyre asserts that apparently, there is only one proven way to relieve stress: realize that God is in control of everything and that he has a plan for you.

Well, isn't that special? What does dear old God have to do with the teachings of our children in public learning institutions? Will belief in God help a student when he is faced with the reality of a paper being due or when his parents are fighting any more than relaxation techniques? No!

While I have little knowledge of these techniques for coping that the public schools are teaching, I've heard this religious rambling for long enough!

Why do these alleged followers of Christ insist upon forcing their beliefs on others? Why is it hypocritical

of the public schools to give students a week off to celebrate the Christmas holiday? A piece of historical truth, among the misinformation put forth by Christians about the actual birth date of this dude called Jesus. How about the zany antics of the forerunner of Santa, St. Nicholas? If you really are concerned with the education of the children in public schools, McIntyre, then let's teach them the real truth, not the dogma based on the teachings of a scroll found in a cave half a world away.

James A. Zank
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Choice isn't issue

I understand that the pro-choice view stems from the belief that no one, government or otherwise, has the right to tell a woman what to do with her body. The woman has the undeniable right to choose to have a baby or abort it.

After reading the letter printed in the Nov. 5 issue of the Daily Nebraskan, I understand the pro-life view. A

group is in cahoots with mastermind George Bush who intends to exploit and control both rich and poor women forever. This pro-life movement holds no compassion for women in general, and forces women to carry a child to term and give birth, without considering the hopeless existence predestined for this child.

This bogus depiction makes me sick. And because I do not appreciate insult and being dubbed a hypocrite, I respond with this letter. I will not write now about the horrors of abortion nor will I wave a sign in your face, instead I will only write the following.

Abortion takes the life of a child for convenience's sake. This fact is the core to the entire issue. Hours of excuses and reasons will not justify the termination of an unwanted, expensive, or devastating pregnancy; it is a matter of life. Ignoring this blatant truth and parading the issue as a matter of choice is the real crime of abortion.

Ann Dorenbach
sophomore
art



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