

FORUM

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Occasional Papers from Members of Luther College Faculty
University of Regina, Regina, Saskatchewan

Introducing FORUM: Reflection on important issues is the normal function of a university teacher, and it is his or her task to stimulate and encourage such reflection. As a vehicle for this purpose the members of the faculty of Luther University College have decided to release an occasional bulletin entitled **Forum**. Individual faculty members will briefly present a personal comment, from within their disciplinary perspective, on a subject of significance. The word "forum" originally referred to a public market-place in ancient Rome where ideas were shared and business was transacted. **Forum** will be such a sharing of ideas. The opinions expressed will represent the author only, and not the position of the College. Responses to these observations will be welcomed.

The first articles speak to questions related to the arms race, with special reference to nuclear issues. While this crucial matter now engages the ongoing attention of the entire world, the specific occasion for these articles was the address by Dr. Helen Caldicott in the 1984 Luther Lecture, entitled "Nuclear Madness: What You Can Do." A full report on that lecture, prepared by Dr. Arthur Krentz, may be found in the current issue of **Luther Story**, and its reading will give background to the following reflections by Dr. Antrobus and Dr. Stahl. Later **Forum** editions will deal with other current topics.

by Dr. Roland E. Miller
Academic Dean

THINKING AND CHOOSING

by Dr. Paul Antrobus

The nuclear age may die young, but it attracts the minds of people who feel a need for power; frightened, angry, weak, defensive, aggressive minds. There is so much power involved that we need to develop new ways of thinking — quickly and carefully.

Most of us will find that difficult because we have programmed our brains with the *fun* of playing "cops and robbers," the *exhilaration* of competitive "winning," the *relaxing excitement* of handgun diplomacy on T.V., and the *ego power trips* of laser and small nuke movies. (We get the feeling that "more weapons and better technology" mean we will "win" something — perhaps the freedom to be ourselves).

Hopefully, we vent our unresolved fears, angers and aggressions harmlessly, "get it off our chest" and, if we're lucky, we end up "friends and feelin' good." Often though, we and our children are simply learning — uncritically — in relaxed alpha state — HOW TO act out our less conscious fears and hostilities. Some of our less stable adults and children actually explicitly pattern their violent behavior after T.V. and movie models and themes. WE KNOW THAT! Many of our attitudes and beliefs about reality are also influenced strongly by popular T.V. programs. People even pursue professional careers on the basis of the way the profession is portrayed on T.V.!

In fact, we will continue to carry the inner irritations and agitations of our unresolved experiences until we IN ACT really do resolve them. Repressed fears, angers and needs ARE AT WORK in us *in their own ways* simply because we *don't* deal with them. We have blamed them on everything from demons to chemical imbalances so that we won't have to take personal and social responsibility for them. This pattern is one of the most fundamental dynamics that leads us to get caught up in defensiveness, fear and hatred of others, racism, interethnic and inter-ideological hostilities. Try some self-awareness exercises. "Know thyself."

We need to visit Hiroshima and Nagasaki and/or listen to Japanese survivors tell us where it's *really* at. They are THE ONLY PEOPLE IN THE WORLD who know what nuclear war feels, looks and smells like. The U.S. Army took movies of that devastation. The U.S. Air Force even decided to bomb Nagasaki instead of OSAKA because conditions were better for *photographing Nagasaki that day*. Those U.S. Army movies of that devastation were HIDDEN FROM US until very recently. Were they afraid such knowledge would affect our thinking? GET THAT KNOWLEDGE!! Without it we are illiterates writing graffiti.

Scientists of the highest repute in North America, Europe and the U.S.S.R. agree that detonating 1,000
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H-bombs in the Northern Hemisphere would lead to the death of this planet: all people, animals and plants would die from blast, radiation, fallout, a year in deep darkness and cold (-55C), and the decay of our ozone shield.

There are more than FIFTY TIMES THAT MANY such bombs between the U.S. and the U.S.S.R. alone!! And "we" have 50 percent more than "they" do!! 30,000 to their 20,000!! And "we" want 17,000 more!! That kind of frightened thinking will help the nuclear age — and us — die young. Teach your politicians to think in new ways — or find ones who do. Visit and hear THE PEOPLE WHO KNOW! Japan is beautiful.

I hope it seems facetious, even ludicrous, to suggest that we could negotiate disarmament by getting everyone in the world together to decide how many millions of us are "ready, willing and able" to die to help demonstrate the "power" of the new bombs — the ones that use Hiroshima bombs for fuses and make them look like cheap firecrackers. Could we come to a global consensus about how much of our planet WE WOULD WILLINGLY AGREE to devastate so that someone could exhibit his "potency?" act out his fear? frighten his "enemies?"

NOW IS THE TIME to write and to travel to "war torn" places to try to feel the death that results when we act out our fears — or someone else's. There are excellent tourist-educational opportunities in Europe, Japan and the U.S.S.R. Go and learn! or raise money to send or take your provincial or federal M.P.! Or get them to use some of the defence budget to send you! Transfer the defence budget to education, tourism and international friendship.

Very few of us have ever met the "enemy." But we are easily moved by others' fears — until we test them ourselves first hand. Or we believe others' fears because it gives us an easy way to be angry and frightened — virtuously (and be approved for it). We have not re-solved (found new solutions for) all of our personal repressed irritations, angers and fears. And we have not explored where they all came from or how they took shape in us. Nor have we revised (seen in a new way) our potential skills and sense of interpersonal competence. Thus we are ripe to be guided by anyone who tells us whom to hate or fear. So — we get on our various bandwagons and we hate — fear all sorts of different groups of human persons. That process is never satisfying, never effective for world peace, and never ending.

If we all hated or feared everyone that was hated or feared by someone, no one would have any friends. If we all learned to love everyone that someone else found to be "lovable", no one would have any enemies. WE ARE THE ONES who choose whom and why we love and fear. How do you make your choices?

There are a lot of people, including Canadians and Saskatchewanians, who make a "living" (and some who make a "killing") contributing to the production of death — accomplices before the fact, to murder. Saskatchewan Uranium has been and/or is being used for bombs by the U.S., the U.K. and France. India used Canadian reactors to make bombs. Canadian companies make parts for the cruise missiles and contributed to the production of chemical war agents as well. And many of us own stock in such companies and/or work for them. They/We are inclined to spread fear as a way of

keeping the arms business as our planet's "No. 1 hard" winner. We are very "productive", when it comes to destruction. Of course our pains and needs lead to other destructive behaviors too.

As long as we agree to *fear* other peoples, we will agree to express that fear by cooperating in production of death and build-up of defensive and first-strike weapons. Test your fears. Visit the U.S.S.R. Get a penpal. Question the sources and depth of knowledge of frightened M.L.A.s and M.P.s.

According to some estimates, the money spent on armaments every two days could buy food for the whole world for a year! Fear and hate are VERY POPULAR with us! How productive are your fears and hates? Where did you first meet fear? What did you learn to do with it? When you were very small, the safest response was to hide your fear and obey. Whom would you really like to sort it out with? Is that what keeps us from being more nurturant and friendly.

Each of us has a history, from infancy on, of being caught up or pressured into other people's games and fears — boogeymen, black cats and bullies. The team captains of our international fear games work at it very enthusiastically at times. It seems to me that we get sucked into it very easily because WE ARE USED TO BE TOLD what to think, feel and do.

Parents, teachers, advertisers and other people who need our bucks and votes use various techniques to convince us that we need them, their fears, their angers and their perceptions of reality. Actually, *WE ALL NEED EACH OTHER*. None of us is as smart as ALL OF US. But we need to *learn* from each other, not to *control* each other. We especially need to learn from those who seem different from us.

Some people told us helpful things. Buy why do you suppose we are being told that nuclear war is necessary? That 65 times the number of bombs required to eliminate all life on our planet (and us too) are "essential for keeping the peace?" Why are *BOTH SIDES afraid of each other? Friendship reduces fear. People of the world, unite. We have little to overcome but our fears.*

Why are we not being told to make friends? or to make peace? The leaders we have elected — the leaders who appealed to our minds on election day — do they not *KNOW HOW* to make *PEACE* or *FRIENDS*? Or do we not want them to? Or is someone worried that they/we won't make a profit if we're too friendly or peaceful? Or are we afraid we aren't capable of cooperative creativity? Why do we choose the leaders we do?

Study yourself! Get to know your fears and attractions!

Study abroad! Get a penpal from a country you fear!

At several times and places in the brief history of humans, people who were at peace with themselves told us to GIVE IT A TRY. Most of those people were labelled divine, or mystics or gurus. Did we "make" them different because we weren't ready to be "like" them. The best ones said we *could* be like them — or better. They worked at it. Often we seem to hang on to our fears, angers and resentments rather than work at it — hoping someone else will show up to do it for us. We have that knowledge. Why do you suppose we let it slip by — when we are afraid and angry? Are we afraid of peace? friendship? exposing ourselves to people who think differently. Could the N.D.P. and P.C.s learn to be friends? The human

nervous system seems to be a mixture of socialist and individualistic dynamics. Asians and North Americans need each other.

I wonder if we will have to feel the nuclear heat at home before we admit that our unresolved fears and angers need to be "talked" out rather than "acted out" in a nuclear communications network. Are we creating the arms build-up unconsciously — to scare ourselves into making friends? The way we create bad dreams to scare us into doing difficult tasks?

In a study reported recently in **Psychology Today**, it was stated that elementary school kids in the U.S. believe there will be a nuclear war. School kids in the U.S.S.R. know there must NEVER be such a war! American militarists talk publicly about the inevitability of a nuclear war. Why? Would that pass a public referendum? Is the West really democratic?

Most of us have been raised on tales of rescuing damsels in distress, killing dragons, overcoming enemies. The stories were written to urge us to become strong. The enemies were always "outside" us. In truth, our real enemies are our fears; fear destroys accurate perception. Ultimate confidence grows from inner peace; peace enables accurate perception and effective action. Study Tai Chi. Meditate. Breathe diaphragmatically. Listen to your Life; you will find out where our fears and anxieties really come from; and what they do to us. Love and friendship really do overcome fears. Are you ready?

Arms build up is a symptom of fear, inner insecurity and agitation, psycho-social impotence, low self-confidence. Arms outstretched is a sign of enough confidence to risk being vulnerable; a way of reducing others' fears and making friends, a stance of hopeful love to a planet of frightened people. Have we got what it takes?

What we "see" around us tells us what is important to us. Sue and Joe see rain as good for their crops. Dick and Mary see it spoiling their picnics. If we're afraid of someone we become defensive and need arms as a defence because we feel incompetent and unsafe. If we're afraid of frightened people, we prepare for conflict because we don't believe we can remove their fear — or overcome our own — afraid to be friends.

I believe we feel guilty about many of our imperfections as humans. When we feel guilty we fear and expect attack. When we are afraid, we perceive enemies. When we perceive enemies, we create actual defences and forces to try to escape our fears. If we "listen" carefully to our fears — instead of becoming defensive — we learn to deal with them and the imperfections underneath them. Then we become peace-makers, defusers of fear, rather than defensive escalators of fear.

That makes people ready for step two; What about the Reagan Administration and some Russians? Read about, study, visit, try to understand people who are in the arms race — from *their* point of view. Understand *their* experience as well as you own (love your neighbor as yourself). That will enable us to respond more sensitively and respectfully as well as less defensively to them. That way we can take some initiative in treating them the way we would like to be treated. *If we won't do it "first", there's something pretty strange about us wanting someone else to be "first".*

Explore and comprehend your own fears so you can forgive — and teach — those who don't! Love your enemies; we all live on the same snowball. Millions have suffered and died in human history. There is no way to find a "just" settlement of all our hostilities because we each "see" justice in our own way. There is *NO OBJECTIVE RECORD OF DESTRUCTION* on earth that could ever satisfy the beliefs of all races, let alone a set of rewards and punishments that would satisfy the sense of justice of all persons. There is no peace that way. There is, however, a way of *HEARING EACH OTHER; UNDERSTANDING EACH OTHER, and BEING UNDERSTOOD BY EACH OTHER.* There is a way of hearing all the explanations of how it all happened — hearing all the personal subjective truths in our stories and learning how to keep it from happening again. There is a way of being at peace within ourselves and replacing fear and vengeance with a confidence in our competence to be at peace with others. There is "no fault" assurance. There is a way to be brave enough to walk in that direction, unmoved by others' fears. And if it's reciprocated,

WE ALL WIN A NEW WORLD !!
PEACE AND COURAGE

NORAD "MODERNIZATION" The Rising Costs of Cruise Missiles

by Dr. William A. Stahl

They lie nestled in the torpedo tubes of a submarine lurking off the coast, or under the wing of a bomber skimming the ice of the Arctic Ocean. At the push of a button they streak off at nearly the speed of sound. Their computers guide them around defences, sneaking under radar and hugging the terrain. Thousands of kilometers from launch they home in on their target, delivering conventional explosives, poison gas, or a nuclear bomb fifteen times the size of Hiroshima's.

This is what a cruise missile attack might be like: swift, deadly, and without warning.

The Cruise Missile

Cruise missiles are small, highly accurate, pilotless aircraft designed to be launched from submarines, surface ships, aircraft, or even the backs of trucks. A first-use weapon, they are custom-designed to wage a so-called "limited" nuclear war. With ranges of

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