

# Harbinger's column

Harbinger is York University's peer counselling and referral service. Drop in at 214 Vanier residence or phone 667-3059-3632. Open 10-6, Monday to Friday.

## Condoms control the birth rate well

By SUE KAISER

Since the introduction of the Pill and the IUD in the fifties, women have become increasingly responsible for all aspects of contraception: women choose the method; take time for office visits; pay the medical bills, and personally cope with the problems of side effects and long term medical consequences. While it is certainly better to have contraceptive choices available, the common equating of birth control with devices used by women is unnecessarily limiting.

The current state of contraceptive technology is not so advanced and not so wonderful that we can afford to forget that older, simpler methods do work and have their advantages. Social custom also has not progressed to the point where we are always willing to plan ahead for contraception as a part of an overall awareness of our sexuality. In this context, condoms have advantages, since they require no prescription and are relatively inexpensive.

### GROUP METHODS

Condoms are one of a group of methods, which, in family planning jargon are known as barrier methods. (The others include diaphragms and spermicidal foams or jellies.) In use for centuries, condoms were originally made of linen or silk, and were worn for protection against disease. Sheaths made of animal intestines had been in use in the middle east for many centuries before they made it to England in the 17th century. Dr. Conton, a Court physician for King Charles II of England developed a technique for cleaning and drying sheep intestines, which were then oiled to make them supple when used. These effectively prevented pregnancy, as well as guarding against venereal disease. Colonel Condon, also a member of King Charles' court, popularized sheaths, and gave them his name. Whether he bestowed it willingly, or because of his frequent visits to the castle pharmacy is not recorded.

Today, the overwhelming number of condoms used are latex ones manufactured on moulds dipped in liquid rubber. Condoms are tested fairly rigidly; for pin holes (by filling with water) and for tensile strength (by filling with air). Those which satisfy government and industry regulations almost never contain pinholes or rupture during use. The pregnancy rate of condoms alone, as measured strictly in terms of method failure is quite low — less than five per cent. When used with a spermicidal agent, theoretical failure rates drop to one per cent.

### FAILURE RATE

In actual use, the failure rate of condoms varies, depending on the motivation and knowledge of the users. In order for condoms to be effective, both partners must feel the necessity of preventing an unwanted pregnancy. This means that you will use condoms every time you have intercourse, not merely every time you "plan" to have intercourse. The second criterion for effective use is practical knowledge, i.e. try one on, practice, give it a trial run. Buy a few in advance. Better to be teased for being prepared, than caught in the complex emotions and choices of an unplanned pregnancy. While it seems logical that this advice is for men, it is truly nonsexist wisdom, meant for women too. It is perfectly reasonable for a woman to carry condoms if she is not "covered" by another contraceptive, and to ask the man to use them. With some practice, women also become adept at putting condoms on their partners.

Some drug stores carry manufacturers pamphlets on condom use, but in general they are packaged without directions. Two dimensional directions have their limitations, but these steps, combined with a few safe trials will make it easier to use condoms effectively.

1. Since sperm are often released prior to ejaculation, always put the condom on before entering the vagina. Condoms come rolled up, and should be placed at the end of an erect penis, and un-rolled on.

2. Always squeeze the tip of the condom to keep out air as you roll it on. Leave about a half inch of empty space at the tip to give the semen somewhere to go. Some brands have nipple tips to hold the ejaculate.

### BASE ROLL

3. Make sure the condom is rolled out fully to the base of the penis. If you are using a lubricated condom, go on to the next step. If not, try saliva or a sterile lubricant like K-Y jelly. Lubrication minimizes the risk of tearing, and may make insertion more comfortable for both partners. Never lubricate a condom with petroleum jelly, since it will cause the rubber to deteriorate.

4. After ejaculation, hold the rim of the condom at the base of the penis to prevent spillage. Withdraw before the penis becomes flaccid.

5. Check for holes or rips, and then roll the condom off carefully. Wipe up any ejaculate left on the penis (remember, it only takes a drop to cause pregnancy). Even if you don't use a spermicide regularly, keep some handy so that if the condom rips, or slips off at the wrong time, you will have some protection.

6. Condoms should be used only once. They have an "ideal" shelf life of about two years, but heat tends to age them more quickly. Wallets and pant pockets are not a good place to carry them for long periods.



Cartoon by Gary Trudeau, Unifrat Press Syndicate, Third Prize Winner in the 1974 Population Cartoon Contest sponsored by The Population Institute.

667-3698

# YORK UNIVERSITY

## STUDENT OFF CAMPUS HOUSING

This column replaces all student housing accommodation previously listed with information York. For further details please call Vivienne James 667-3155. Advertisers may send their listings (20 words) along with \$2.00 to Excalibur, York University, 4700 Keele Street, Downsview M3J 1P3.

### SHARED ACCOMMODATION

**ONE BEDROOM** in Jewish house, close to York, furnished for \$30 a week. Call Mrs. Gold at 638-6545.

**A HOUSE TO SHARE** at Lawrence and Yonge for \$125 a month. Available March 1. Call Mrs. Semerjian at 485-5201

**A BEDROOM IN HOUSE** with bath but no kitchen. Available immediately for \$25 a week. Call Mrs. Cary at 221-6036

**TWO BEDROOMS** in Steeles Avenue house near subway and Go - bus for \$25-\$30 a week. Call 881-4502

**A LARGE ROOM** on third floor of house on Jane street. Female preferred, pets OK. Call 633-3466

**HOUSE TO SHARE** close to hwy 7 and 27 for \$90-\$120 a month available now. Call Mr. Robinson at 851-2578

**ROOM WITH BATH AND KITCHEN** in house at Shoreham and Jane Streets available for male \$30. a week. Call 635-6984 in evenings.

**FURNISHED HOUSE TO SHARE** at Steeles and Yonge for \$30 a week including parking. Phone Mrs. Shaw at 223-8347.

**A THREE BEDROOM APARTMENT TO SHARE** at Jane and Finch for \$375-\$400. Two or three females wanted. Phone 630-6901

**ONE BEDROOM IN HOUSE TO SHARE** for \$100 and food. Non-smoker preferred for this townhouse in Rexdale. 745-6180.

**HOUSE TO SHARE WITH COUPLE**, female preferred. Dufferin and Davenport location. Phone Denise at 465-4731. Pets OK.

**MALE PREFERRED FOR BEDROOM** in house at Yonge and Finch location. Mrs. Sleep at 225-2261.

**BEDROOM IN ALL-MALE HOUSE AVAILABLE** for the same at Keele and Grandravine. \$20 a week. Call Mr. Tomasi at 636-2233.

**A BEDROOM IN HOUSE** at Finch and Wilmington available for \$25 a week. No kitchen. Phone 633-2447.

**TWO NON-SMOKER FEMALES WANTED** to share house at York and Finch \$117 each. Phone 225-8231.

**A FEMALE WANTED TO SHARE APARTMENT** with same at Dufferin and Englington for \$120. Call Mrs. Reid at 781-3258.

**PERSON WANTED TO SHARE** in house at Bayview and Steeles. \$25/wk, house has swimming pool. Call 223-9452.

**PERSON WANTED TO SHARE** in house at Bathurst and Lawrence. \$30/wk. Call 787-9988.

**MALE OR FEMALE WANTED** to share in house at Hwy. 7 and 27. \$90-\$120/month. Call Sue at 667-3531 days, 851-2578 evenings.

**CO-OPERATIVE HOUSE**, Queen & Carlaw, rent \$150/mo., food \$20/wk., Lots of extras, beautiful house. Call 463-6880.

**2 GRAD. STUDENTS** to share 2 storey 3 bedroom townhome in Yonge-Steeles area. 5 appliances, fully broadloomed, 2 washrooms. Parking available, \$150/mo. ea. non-smoker preferred. Call J. Valiant 889-9435.

**MALE OR FEMALE WANTED** to share in house at Yonge & Lawrence. Available March 1st, \$75.-100/month, pets allowed. Call 486-6329.

**FEMALE WANTED TO SHARE** in quiet house at Finch and Sentinel, \$25/wk. Call 743-5400 before 5, 636-3620 evenings.

**PERSON WANTED TO SHARE** in house, \$25/wk. Call 851-1700.

**COUPLE, PREFERRED GRAD.** students wanted to share house at Bathurst and St. Clair. Call Mrs. Bloom 488-4647 before 5, 633-5627 after 5.

### BASEMENT APARTMENTS

**A FURNISHED APARTMENT** at Bathurst and Wilson with private entrance and hydro for \$50 a week. 789-5556

**A FURNISHED BASEMENT APARTMENT** with parking at Lawrence and Bathurst for \$40 a week. 787-9988

**A BASEMENT APARTMENT** in High park, unfurnished for \$145 a month. Call Mr. Palkowski at 861-6734.

**A BASEMENT APARTMENT** with bath, kitchen and parking for \$40 a week. 636-0177.

**AN UNFURNISHED APARTMENT** on Baintree East. Rent negotiable. Call Mrs. Graff at 633-3704

**A BASEMENT APARTMENT** with private entrance for \$30 a week at 633-7367

**A BASEMENT APARTMENT** in beautiful home on Avenue Road for \$150.

**A TWO BEDROOM APARTMENT** in High park house with yard, sundeck, fireplace and laundry facilities for \$180 a month. Call 535-2026

**A BASEMENT APARTMENT** in quiet house at Bathurst and Wilson for \$40 a week with kitchen, bath and parking facilities. Phone 783-7346

**A BASEMENT APARTMENT** for couple available in Wilson heights area, rent negotiable. Phone 633-3123.

**A FURNISHED BASEMENT APARTMENT** with kitchen, close to York for \$30 a week. Phone 635-9502

**A BASEMENT APARTMENT** to share with male, furnished. Kitchen and bath for \$25-\$30 a week. Call 638-5002

**A BASEMENT APARTMENT** with phone and sauna to use in large house for \$36 a week. Non-smoker preferred. Call 635-9639

**A NEWLY PAINTED BASEMENT APARTMENT** with private entrance available for \$35-\$40 a week. References. Call 787-8965

**BASEMENT APARTMENT FOR RENT**, available May 1. Mostly furnished, call 223-5684.

**BASEMENT APT.** for rent, Bathurst/Yorkdale area. Call 787-6927.

### BEDSITTING ROOMS

**A BEDSITTING ROOM** with private entrance at Finch and Wilmington available now for \$30 a week. Call Mrs. Lantsman at 638-5002.

**A BEDSITTING ROOM** at Bathurst and Englington for \$24 a week. Available immediately. Phone 651-7594.

**A BEDSITTING ROOM** with bath and kitchen Bathurst and Lawrence available in Downsview location. Supply own bed.

**A BEDSITTING ROOM** close to York for \$30 a week. Sheets and towels supplied and laundered. Phone 661-2426.

**A BEDSITTING ROOM** in prof's High Park home available for \$160 a month. Call 762-5596 before 9 p.m.

**A BEDSITTING ROOM** at Eglinton and Bathurst available immediately. \$30 a week or \$115 a month. Call Mrs. Feligman at 782-1324.

**A BEDSITTING ROOM** and balcony near subway for \$180. No children. Call Mrs. Kaminsky at 654-7797.

**A BEDSITTING ROOM** near Keele and Finch available for female. Call Mrs. Craig at 630-2737

### ROOM & BOARD

**ROOM AND BOARD** in family house in exchange for night babysitting. Phone Sheila Berg at 222-1409.

**ONE BEDROOM APARTMENT** at Bathurst and Lawrence for \$145 a month, utilities included. Call Ms. Porter at 783-6767.

**TWO BEDROOM APARTMENT TO SHARE** with female at Keele and Englington. Call Mrs. Mure at 652-1073

**TWO BEDROOM APARTMENT** to share in Jane and Finch area with female Osgoode student for \$111 a month. Phone 633-2671.

**TWO BEDROOM APARTMENT** to share at Bloor and Dundas for \$165 a month. Call S. Edmond at 494-6906

**ONE BEDROOM APARTMENT** to share for \$108 a month with pool and sauna at Shoreham and Jane. Call 635-7333

**REFERENCES REQUIRED** for a person wanting to share a two bedroom apartment at Finch and Bathurst. No pets. Call Mr. Bader at 630-3777.

**GIRL WANTED TO SHARE A THREE BEDROOM APARTMENT** in University city for \$119 a month. Call Maxine Kopel at 661-2987.

**AVENUE RD./WILSON** - Female to share 2 Bedroom apartment. Clean, quiet, sunny, backyard + garden. \$112.50 mar. 1. 781-1711 or 653-9007 weekends.

### APARTMENT TO LET

**TWO BEDROOMS APARTMENT** for \$261 plus \$14 for parking at Jane and Steeles. Phone Elaine Ozon at - 2425.

**ONE BEDROOM FURNISHED APARTMENT** at Keele and Davenport. Pets OK. \$190. Call 762-2763.

**ONE BEDROOM UNFURNISHED APARTMENT** at Keele and Wilson in small building. Call 636-9315.

**TWO BEDROOM UNFURNISHED APARTMENT** 5 minutes away from York with underground parking for \$264 a month. 638-3425.

**TWO BEDROOM APARTMENT** at Keele and Sheppard with large livingroom for \$254 a month. 636-8803

**ONE BEDROOM APARTMENT TO SUBLET** until July at Kipling and Albion for \$295. Call 745-0106

**THREE BEDROOM UNFURNISHED** broadloomed apartment for \$295 at Lawrence and Caledonia. Call 826-5001.

**TWO BEDROOM APARTMENT TO LET** on Wilmington. Call Mrs. Bloom at 633-3279. Rent is reasonable and children accepted.

**APT. FOR RENT** at Keele and Finch. \$175-180/month. Call 633-8994.

### HOUSES TO RENT

**JANE STREET** house close to York available immediately. Asking \$400-\$375. Call 630-6901.

**DUPLEX AT AVENUE ROAD AND EGLINTON** for \$140, available immediately. Phone 489-7919.

**OWNER WOULD LIKE** someone to look after a 4 bedroom house starting July 77 in Richmond Hill. Phone 667-3492.

**A FOUR BEDROOM HOUSE** at Dufferin and Bloor for \$380 to rent immediately. Phone Mr. Brown at 537-5288

**COUNTRY-LIKE HOUSE** in THORNHILL, mostly furnished 4 possibly 5 bedrooms. For rent June, July, Aug. \$375/month or \$1,000./3 months. Day 667-3647 or evening 889-8561.