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MON.-FRI. - 10:00-6:00 pm. SAT. 9:00-6:00 pm

Get Out (Outdoors, That Is)-
 with
Calumet College Outdoors Club -
 Climbing, hiking, canoeing, camping, skiing,

Organizational Meeting -
 Thursday, September 29 4 p.m. Calumet College Lounge (Atkinson I)

All Welcome
 Contact R. Seaman (667-3641) for Information


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Harbinger's Column
 by Sue Kaiser



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

Learn to know your body

A recent study of college students revealed that most of them knew very little about their bodies.

The study was simple. It involved people drawing a blank picture of themselves, and then sketching in their body's main organs. Some people got their heart on the wrong side; only half managed to get their stomach in the right place.

Nineteen of the participants forgot their lungs, 34 forgot to indicate their brain, and 41 left out their sex organs.

No need to be profound or Freudian about the meaning of leaving your liver or your genitals out of the picture. What the study does show is the extent of knowledge we have about our anatomy and physiology.

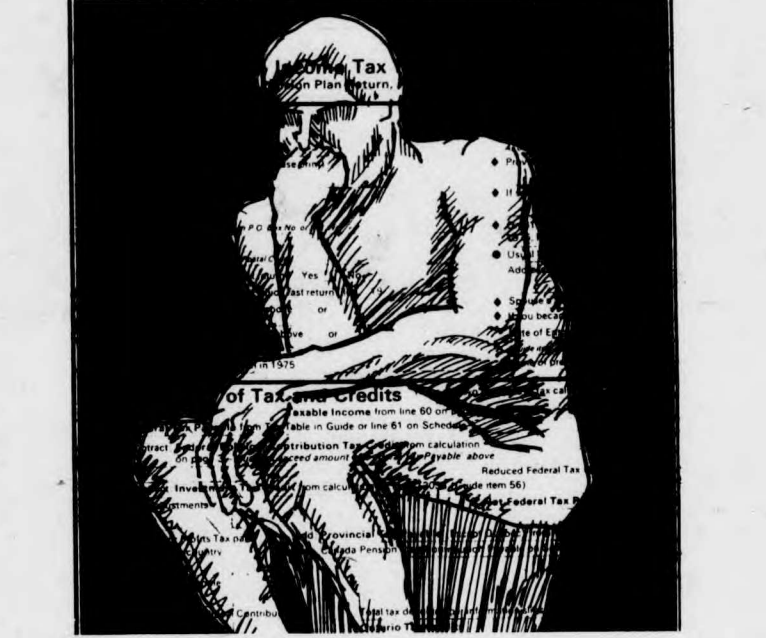
Not much. Ignorance about our bodies is not without consequence. How can you maintain a healthy body, when the parts of it are a mystery?

As college students, you have probably recently left home. If still living with your parents, you may be attempting to maintain a more independent, adult lifestyle. That means that Mom, as guardian of the family's health, doesn't get the same chance to influence what you eat, and minister to your aches and pains.

Throughout childhood illnesses, mothers diagnose and treat you; carting you off to the doctor when it was necessary, or dosing you with proven home remedies. And part of her curative powers lay in the fact that you trusted her, and that she knew your body and its processes better than you did.

How many times can you remember being scurried into bed, with only soup and crackers to sustain you, before you even knew you were feeling sick?

In moving out from the nuclear family setting, we next entrust our health to the medical profession. Doctors do know more about the human body and its illnesses than we do.



But the myths and mystique with which the medical profession is surrounded often stand in the way of the rest of us sharing that knowledge; especially those of us who "misplace" our stomach or kidneys.

When was the last time you went to the doctor, and accepted a prescription knowing no more than the directions on the label? Our own ignorance, combined with our reluctance to judge our doctor's ability to treat us personally, combine to provide us with minimal benefits from the medical profession.

Are you a victim of uncritical acceptance of the medical mystique? Check yourself against these six common myths.

1. Doctors are involved in life and death decisions with each patient they see. (Not so. Most illness does not involve life and death, and there is lots of room for discussion and treatment alternatives.)

2. Medicine is a precise, effective science. (Actually medicine suffers from large holes in its body of knowledge.)

3. Judgements in medicine are so complex, that mere patients cannot presume to judge a physician. (Not so. Much of what makes a good diagnosis is knowing the fundamentals of human health, which is accessible to anyone with a bit of work.)

4. Doctors are perpetually rational. (Doctors are not immune to human frailties. They can get tired and lose interest.)

5. Quality of medical care is assured by the many years of study it takes to become a doctor. (Not only can doctors be forgetful but medical knowledge requires constant updating.)

6. Doctors are part of a responsible, organized profession, dedicated to the public good. (The truth is that dedication is variable, and must be judged on an individual basis.)

Taking steps to improve your knowledge of your own body, and recognizing your unfounded attitudes of awe towards the medical profession, mark the beginning of good, preventative, health care.

Next week, more on Patients Rights.

on campus

Have an event a group, or anything on campus to publicize? You can do it here for free.

Events for On-Campus should be sent to the Communications Department, S802 Rss. Deadline is Monday, 12 noon. No exceptions.

Special Lectures

Saturday, 10 am & 1:30 pm - Seminar (Counselling & Development Centre, Science Students Association) a two-part seminar series (each part is 2 and half hours in length) on study techniques offered by Paul Hollander - for registration and further information, call local - 3576 - 162, Behavioural Science Building

Monday, 3 pm - Guest Speaker - Cyril Belshaw, author of *Towers Besieged* and keynote speaker at the recent AUCC meeting in Halifax, will give a talk entitled "What is the Point of the Canadian University: Further Reflections"; Prof. Belshaw is a professor of Sociology and Anthropology at the University of British Columbia - Moot Court, Osgoode Hall Law School

3 pm - Guest Speaker (Institute for Behavioural Research) "Path Analysis with Unobserved Variables: Application of 'Joreskog's General Linear Model Using LISREL' with Dr. Aubrey McKennell, Social Science Faculty, University of Southampton - 103, Administrative Studies Building.

Tuesday, 2 pm - Public Lecture (Faculty of Graduate Studies, Physics) "Temporal Development of Intracavity Absorption by 12 Vapour in a Flash Pump Dye Laser" by Albert G. Lee, candidate for the M.Sc. degree - 317, Petrie Science Building

Wednesday, 7:30 - 9:30 pm - The Law and You (Centre for Continuing Education) "Civil Liberties Law" first of three lectures being presented by A. Alan Borovoy, General Counsel for the Canadian Civil Liberties Association - fee is \$18 for the 3 lectures - Moot Court, Osgoode Hall Law School

Friday, 8:30 pm - Bethune Movies - Mel Brooks' "Silent Movie" and "Young Frankenstein" - general admission \$1.75 - L, Curtis

Saturday, 8:30 pm - Bethune Movies - See Fri. at 8:30 pm

Monday, 12 noon - Film Series (Film Library) the "World at War" series (26 one-hour episodes) will be presented daily; today's film is "A New Germany" - 114, Scott Library

Tuesday, 12 noon - Film Series (Film Library) "Distant War" (Hitler invades Poland; war comes to Norway and Finland; Churchill becomes Prime Minister) - 114, Scott Library

Wednesday, 12 noon - Film Series (Film Library) "France Falls"

(Germans invade France; British retreat and evacuate from Dunkirk) 114, Scott Library

4-6 pm - Concert (Music Department) of South Indian Music featuring Jon Higgins (vocalist), Trichy Sankaran (mrdangam), and Gale Goldberg (tambura); admission is free - part of the orientation program for new students - F, Curtis

Clubs, Meetings

Monday, 11 am - Visual Art from the Bible - taught by Hannah Sandberg - 220, Stong

1-2 pm - Course Union Administrative Commission - general meeting; for further information call Howard Crosner at local-2515 - S872, Ross

Sports, Recreation

Monday, 12:15-12:45 pm - Conditioning for Men & Women - will take place each Monday, Wednesday, and Friday (same times, location) until further notice - members of the community are reminded that Athletic Memberships are required to participate - Main Gym, Tait McKenzie

Miscellaneous

Today, 9:30 am - Yom Kippur Services (Jewish Student Federation) Scott Religious Centre
5:30 pm - Community Supper (York Catholic Community) Mass at 5:30 pm with supper served at 6:30 pm - Faculty Lounge (8th floor), Ross