

Harbinger's column

Counselling and mediocre coffee

The state of a person's physical health is crucial to his ability to maintain his social and psychological health.

There are two functions essential for a person to be able to maintain good health — availability of medical treatment and accessibility to information and counselling services. The medical industry in this country usually provides good hospitalization and treatment for sick people. Little has been done, however, to inform and counsel people about health matters.

This lack has resulted in the appearance of many small informal health organizations whose major role is the education of people in health matters. Harbinger, as one of these groups, has a small staff of workers — some paid, some volunteer — whose main concern is the York community. We are located in Rm. 214 of Vanier Residence, just down the hall from the Health Services offices.

Much of our work is done in conjunction with the staff of Health Services. We provide personal

counselling for Health Services clients who come in about birth control, venereal disease and pregnancy.

The central core of Harbinger's service has been counselling people, in person or on the phone, about health or sexuality. We try to do this in an informal, relaxed way, over a cup of our mediocre coffee.

Harbinger's role as an information and education service is one that is growing by leaps and bounds. We maintain an extensive referral file on medical personnel, legal services, housing, daycare and most anything else you can think of. In attempting to provide correct, up-to-date medical information, we write and print much of our own birth control, V.D. and abortion handouts.

Last year, we began a weekly health column in Excalibur to discuss topics we hoped would be of general interest at York.

This year Harbinger staff intend to offer information in the residences at York to cover birth control and related topics. Hopefully,

more birth control information will help reduce the number of unplanned pregnancy problems that we deal with here.

Last year, Harbinger staff and members of Gay Alliance at York participated as panel members in several seminars dealing with sexuality and sex roles. Harbinger staff also went out into neighbouring junior and high schools, showing films and leading discussions on drugs and birth control. This service will be greatly expanded in the fall.

New activities this fall are women's self-help groups. These groups will teach women some basic self-examination techniques and will hopefully provide opportunities for discussions on women's health care and sexuality. It is hoped that a similar group for men will be started to enable men to discuss their sex roles.

This past year Harbinger has worked in close contact with Gay Alliance at York, referring to them calls from people who requested gay counselling or information on the gay community at York and in Toronto.

Every individual should be concerned with what is happening to his or her body. We believe that the more information people have about their bodies, the better able they are to ensure their own good health.

If you want information or help with general health, sex or drug related matters, please drop into our office and we'll see what we can do. If we can't help you, we'll help you find someone who can.

As the campus turns



W. Clements graphic

TRANSCENDENTAL MEDITATION

AS TAUGHT BY
MAHARISHI MAHESH YOGI



INTRODUCTORY LECTURE
WEDNESDAY, SEPT. 24TH 5:00 P.M.

RM 107 STEDMAN BUILDING

A bicycle excursion

With STEVE HAIN

A sunny day, a quick shower and a hearty breakfast. Then, off to the garage to retrieve the twenty-six pounds of polished and lubricated machinery that allows one to combine mental and physical agility in the pursuit of physical fitness.

For those of you who don't understand what I've just written, it is, simply, the pleasure of riding a bicycle.

Whether it be the simplicity of a single-gear vehicle or the precision of an alloy equipped racer or touring bike, the pleasures derived are the same. The wind rippling your shirt as you try to maintain a constant pumping rhythm with your legs.

Breathing in the delicious city-flavoured air or, if you're new to the sport, gasping it into under-worked lungs...

becoming more involved with the beauty of your surroundings, both urban and feminine...

Until you find yourself hurtling down a hill toward the intersection and the light decides to flash red.

Or, the car drivers who, just by the way they play chicken with cyclists, betray themselves as the tank drivers they must have been during the war. Any war.

And what alternatives do we have in dealing with these kamikazis, other than just putting up with them?

Well, friends, there is a way. Construct a carrier that holds, say, half a dozen eggs. Preferably rotten ones. Any driver who wants to play any games pays the price. Simple?

Eugene Whelan would be proud.

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