

Task force distributes student questionnaire

by Bruce M. Lantz

The Student Union Task Force on the Quality of Student Life is getting underway with another series of inquiries leading to recommendations which will be forthcoming after February 18.

A questionnaire will be distributed to 1500 students in hopes that they will cooperate and complete the forms. According to Chairman D. Ray Pierce the questionnaires will probably be distributed in class (with the cooperation of the departmental Deans) and collected at the next class session. Pierce stated that this arrangement has yet to be finalized, but the force "will disrupt the classes if necessary". He emphasized that the Task Force was expecting the co-operation of the students as much as possible.

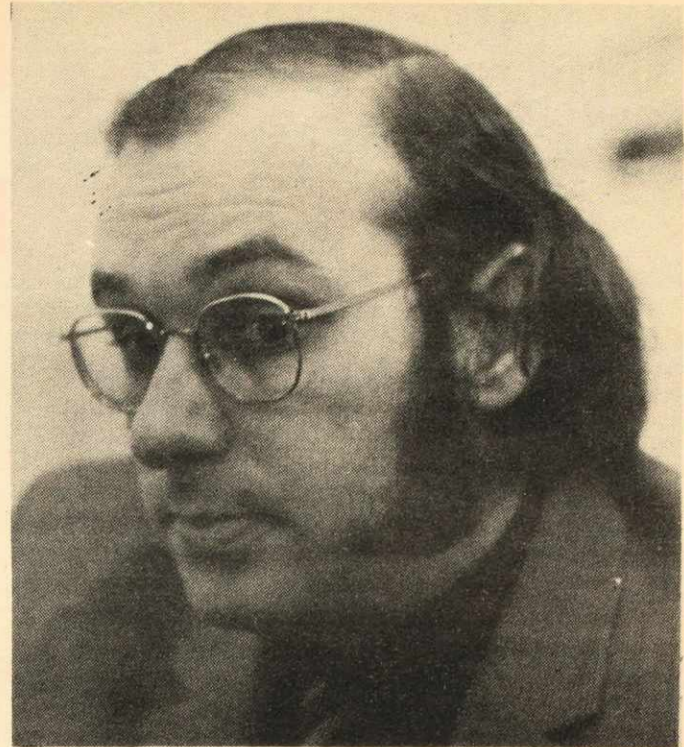
Pierce agreed that the questionnaires them-

selves looked quite bureaucratic in nature, but emphasized that this was necessary "in order to establish problem areas, the degree of the problem and the trend of the problem." After these are obtained, further submissions from people in the concerned areas will be requested.

"But we are counting on truthful answers," said Pierce.

In addition to those questionnaires distributed in class, there will be copies available in the Registrar's Office in the Arts and Administration building, and at the Inquiry Desk in the Student Union Building.

As a final comment, Pierce stated that if any areas out of the control of the Student Union refused to cooperate, the force would go to the Ministry of Education and higher, if necessary.



jack novack/ dal photo

D. Ray Pierce

Gesundheit!

by Uncle Walt

Doctor: I have some good news for you, Mrs. Jones.

Patient: It's Miss Jones, Doctor.

Doctor: I have some bad news for you, Miss Jones.

Unwanted pregnancies leave women with few choices: abortion, adoption, or keeping and raising a child in difficult circumstances. Unwed mothers who reject abortion can get help from a group called Birthright, at 422-4408.

Contraception is a far better alternative for couples who do not want children. It is the responsibility of both the man and the woman, each of whom should insure that a reliable method is employed whenever sexual intercourse is attempted.

There are several worthwhile methods of contraception. The condom is a straightforward device which is also effective in preventing the spread of venereal infection. A disadvantage is the loss of sensitivity by the male. Condoms are available from druggists in packs of 3 or 9. Order by brand: Trojans, Ramseys, Fourx, or Sheiks. Never use vaseline or other petroleum jelly or oil with rubber condoms; these substances destroy rubber.

Diaphragms, when properly inserted and used in conjunction with spermicidal jelly, are preferred by many women. Diaphragms must be fitted by a doctor. Follow instructions carefully.

Intrauterine devices (IUD's) are only 93% effective annually. Infection and other complications are fairly

common. IUD's should only be used by women who have been pregnant at least once. Other women often experience great pain, and are more likely to spontaneously expel the device.

The rhythm method is only effective for a few days before, after, and during menstruation. It should only be used under the guidance of a doctor or family planning advisor, and should be avoided by women who have irregular menstrual cycles.

Vaginal spermicides, including foams, creams, and jellies, are not reliable. Foam is more effective than creams or jellies, but because of its failure rate is most useful in conjunction with other contraceptive methods.

Oral contraceptives are quite effective but have unpleasant side effects. There are two types: combination pills and sequential pills. Sequential pills are less reliable and should be avoided. Low-dosage combination pills are preferable. Women who have had thromboembolism, thrombophlebitis, pulmonary embolism, a stroke, retinal thrombosis, heart disease or defect, severe endocrine disorder, recurrent jaundice of pregnancy, or any form of cancer must not take oral contraceptives. Women with other health problems should have them checked regularly while taking the pill.

Coitus interruptus, or withdrawal, is a worthless method and is also psychologically upsetting for both partners. The chance of pregnancy is high.

Sterilization, a surgical method which is usually irreversible, may be suitable for some individuals. Vasectomy, the male operation, is simpler than any of the types of female sterilization.

More details on contraception can be obtained from the Birth Control Handbook, available free at Med-Aid. Med-Aid is open weekday evenings from 7 to 10 p.m. It is located behind the Pathology Institute on University Avenue. Go through the tunnel at the west end of the Institute, veer right, and go to the second floor of the building marked Drug-Aid.

Med-Aid also supplies inexpensive contraceptive devices and helps with any medical problem. A doctor is in attendance on Thursday nights, with nurses there all week. Remember, health is your responsibility.

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9:00 p.m. - 9:00 a.m. daily
Old Brick Cottage
Behind the V.G. Hospital
423-8240, anytime

ATTENTION:

MOTHERS OF PRE-SCHOOL CHILDREN

Interested in enjoying free time while your children play with others their own age?

A group of mothers living in the city have formed a cooperative group in the South End designed to provide pre-school children between the ages of 15 months and 4 years with fun and stimulation playing with other children 3 or 4 afternoons a week. Mothers take turns supervising play. If you are interested in finding out more about our group please call: Alex Collins (Mrs.) 425-5309.