

Harbinger

There are a variety of birth control methods available for use. Here we are going to discuss two of the most commonly used methods: the birth control pill and the intra-uterine device.

THE PILL

The pill is the most widely used method of birth control. It is 99.5 per cent effective if taken as directed. The pill gives the added advantages of regular periods, lighter menstrual flow and relief from menstrual cramps. It also has no physical intrusion on lovemaking as the condom does. The pill must be prescribed by a medical doctor or clinic.

The pill must be taken each day (low dosage pills at the same time

each day) in order for it to be effective.

Like every other method, the pill has its disadvantages. One is the cost (\$2 to \$2.50 a month); the others are medical. Because the pill prevents conception by disrupting the normal hormone balance of the body, it can produce side-effects which range from the slight annoyance of temporary weight gain and nausea to the much more serious risks of increased cardio-vascular problems, and increased susceptibility to some cancers.

The medical history of the female members of your family is an important consideration in deciding whether to use this

method. If the women in your family tend to have varicose veins, migraines, epilepsy, cancer of the reproductive organs, or cystic fibrosis, then you may not be a good candidate for the pill.

Some study results now coming to light indicate that there may be some risk of fetal deformity and increased heart attack risk in women taking the pill. But more research is required to confirm these findings and to determine their truth.

The pill also has possible nuisance side-effects. Many pill users experience slight nausea, fatigue and depression, fluid retention, headaches and loss of sex drive and response. Most of these symptoms disappear after two-three months on the medication, but if these symptoms do not lessen, a change in the prescription may alleviate these problems.

THE IUD

The intra-uterine device, commonly called the IUD, is another very common birth control method. The IUD is a small piece of inert sterile plastic, sometimes containing copper wire that is in-

serted inside the uterus. The placement of this device in the uterus prevents conception. The dependability of the device depends on the type of device used. The copper IUDs and the Lippes loop have a good record of being effective about 97 per cent of the time. The Dalkon shield has a less successful rate of 93 per cent and is not usually recommended anymore. Some doctors suggest the use of foam in conjunction with the IUD.

The IUD is a cheap method of birth control (the device costs \$10 to \$25 and lasts two years, at which time it should be replaced) which produces no hormonal side-effects in the body. It makes no physical intrusion on lovemaking and requires little thought after the initial insertion. The insertion must be done by a medical doctor, preferably by one who is experienced in this procedure. The user should check each month after her period to ensure the device is still in place.

The IUD has its disadvantages. About 10 per cent of all women

cannot use the device because they spontaneously expel the device when it is inserted. Their body will not accept it. Anyone using an IUD should watch carefully for the first three cycles to make sure the device is not expelled during menstruation. Women who experience heavy menstrual bleeding and minor or serious cramping are not good candidates for the IUD as the device tends to increase the blood flow and cramping during menses. Women with current or recent pelvic infections, irregular genital bleeding and fibroids should not use the IUD.

The most important factor to consider in choosing your method of birth control is your and your family's medical history. A thorough medical examination should be done by your doctor yearly to make sure whatever method you are using is not affecting your health adversely.

There are a variety of good birth control methods available now and they are easily accessible. Play it safe — do use some method.

STUDENT ESSAY PRIZE

Once again this year, the Ontario Trucking Association has contributed \$250.00 to the Transport Centre to award a student essay prize. The prize will be awarded to the student submitting the best essay related to the general area of truck transportation. Essays will be accepted on all aspects of this subject including:

- the structure of the truck transport industry;
- the management and planning for the truck transport industry;
- the application of new technologies to the industry;
- the governmental regulation and control of motor carriers;
- the relationship between motor carriers, freight forwarders, and other modes of transportation involved in urban and intercity goods movements;
- the future of the industry in the face of contemporary concerns such as environmental quality and energy conservation.

The **deadline** for submissions is **March 1, 1976**. The length and format of the essays is left to the discretion of the individual student. It is anticipated that many of the submissions will already have been used to fulfill course work requirements and this is perfectly acceptable to the Transport Centre. All essays submitted will be examined by a panel of judges appointed by the Transport Centre. The winning paper (and others of high quality) will also be considered for publication.

Further information on this competition can be obtained from the Transport Centre. Entries should be directed to:

Elizabeth Seringhaus
Transport Centre
430 Osgoode Hall Law School
667-3136

October, 1975.

— More Letters —

Banquet prices are 'outlandish'

I am writing this letter on behalf of the Italian-Canadian Students' Association to protest the unjustified treatment which we have received and which other clubs and ethnic associations will probably receive from the caterers on Campus. (ie. Commercial Caterers and Rill Catering).

We had planned a dance for October 24, but the catering companies on campus are threatening to endanger this dance and any subsequent dances which we or any other organization plan to have.

How? Well, first of all, we need liquor which we must obtain from

one of the catering companies. Commercial Caterers has told us that it would cost \$3 an hour for the cashier for seven hours. But we must also have a certain ratio of food to consume with the liquor. Commercial Caterers asked us how many people we expected. Our replay was one hundred. What Mr. Hoddinott told us was astounding.

We would have to buy one hundred sandwiches (which is the only palatable alternative to what we had intended to serve), at a cost of \$1 each, which would cost \$100. This was in response to our first inquiry.

We followed this up after much debate with regard to other alternatives. On Tuesday October 21 at 1:30 p.m. our social convenor met with Mr. Hoddinott and was informed that the minimum order we would have to place was \$40 and that the cashier would have to be paid \$3 an hour for seven hours

and two bartenders would have to be paid \$3.25 an hour each for seven hours. This total comes to \$106.50.

The response from Rill Catering was to the tune of \$140 just for liquor for 100 people.

Dances are regarded by the Italian-Canadian Students' Association as a meeting place for people who have things in common and who are interested in the goals of the association.

The Italian-Canadian Students' Association did not want to get involved in any political war with the caterers because we are not interested in their profits, but are interested in the Italian culture. When such a threat is posed, we must defend ourselves much as a mother defends her child. We cannot afford to pay these outlandish prices.

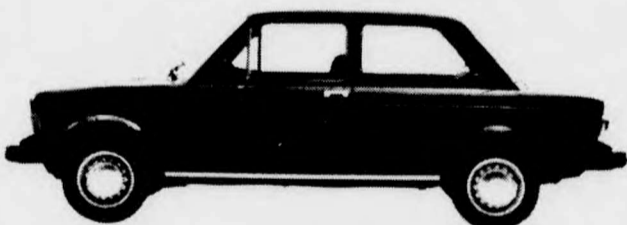
Moreover, Mr. Hoddinott had the gall to tell our social convenor that "if we couldn't afford to pay for these services, then we should have social events off campus". As a student association, we have a right to use campus facilities. It is not a privilege.

All associations on campus serve the students of York University. They shouldn't be allowed to be shunned because no profits can be made from them.

Nilo Del Bel,
President,
Italian-Canadian Students'
Association

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