

SPECTRUM

We are part of Mother Earth

This past week I picked up the newspaper to read that our ozone layer is expected to be reduced by 15% here this year. I bought a magazine only to read that new planned "developments" off of James Bay would flood even more land. I saw an advertisement for a television show discussing "toxic tides." I wonder if we have gone crazy.

Okay, you say, but what is this doing in "the Wimmin's Room?" What has this got to do with women?

Well, let's take a brief journey back in time. Long ago, even European culture was earth-based, living with a respecting nature, human or otherwise. At some point a split developed. Some humans began to view themselves as separate from non-human nature. They lost faith in nature to provide for them. Nature, once perceived as a trusted and reliable entity, came to be viewed as chaotic and savage. They feared and felt the need for control, and the pro-

cess of dominating nature began.

But the cleaving off of human from nature in the social psyche was not complete. In Western society only Western men are completely free from nature's influence; rational, logical, reliable, unswayed by emotion. Women are considered closer to nature. We serve as uncomfortable reminders that we are, after all, animals. We bleed. We birth babies. (It's hard to get more primal than when you're in labor!) In fact, nature is seen as a female entity. We speak of "Mother Nature" and "Mother Earth."

Western women and children and whole cultures of earth-based people (all viewed as closer to nature), along with non-human nature, came to be perceived by Western men as less rational, unpredictable, less developed, inferior.

If nature was something to be feared by men, then men needed a way to control it. Enter science.

Modern science emerged with the noble idea of increasing understanding of nature, but also with the more insidious idea of utilizing that knowledge to manipulate and control, "to penetrate and subdue nature, to bind nature to man's service and make her his slave." (Francis Bacon) So nature became separated from and subjugated to man. Science paved the way, providing the means for ecological destruction on an ever-increasing scale.

Somehow we have arrived at the here and now. Where are we? We have been living a fallacy here, a delusion that is resulting in serious consequences. This process of dominating nature is based on the assumption that people, or at least some people, are separate from nature. If this is not the case, then the destruction of nature includes the destruction of people. It is arrogant idiocy to think that we humans can somehow separate ourselves from some distant

The Wimmin's Room

"environment," the rest of nature, that we can destroy the "environment" without destroying ourselves.

We have only to look and we are confronted with examples of what is already happening. The people indigenous to the land where James Bay I was built are suffering from mercury poisoning, a direct result of the flooding of their lands. Seventeen percent of children have abnormal levels of lead in their blood. Cancer rates are increasing.

Maintaining this delusion of separation, of supremacy, has required continual denial. What reminds us of our nature is feared and must be continually suppressed — women, tribal

peoples, children, earth religions, non-human nature.

How long can we continue to maintain this delusion? Even Mother Earth's human sons cannot escape the fact that they too are natural beings. It's time to stop fearing our nature and learn again to trust in it. This desperate need to control is tearing apart our Earth. When we destroy Mother Earth, we destroy ourselves, for we are part of her.

"The earth is our mother;
We must take care of her.
The earth is our mother;
She will take care of us."

AIDS and sexuality

The information contained in this article is from an interview with Grace Getty, Associate Professor with the Faculty of Nursing at U.N.B.

AIDS is the last stage of an infection caused by the HIV (Human Immunodeficiency Virus) that can infect people. An individual can be well for up to 10-125 years before the immune system is damaged, causing an individual to succumb to a number of illnesses. AIDS is the final stage.

The initial stage is caused by HIV infection. The person is infected, carries the virus, can transmit the virus, but may not be ill for a number of years.

The typical ways an individual can be infected by HIV include: Sexual contact (90%) - unprotected sexual intercourse; Contaminated Needles - drug users are the largest population who fit in this category and contract the virus through the sharing of needles; Contaminated Blood or Blood products - throm blood transfusions or a Health Care worker who gets a "needle stick" or a splash of infected blood to the eyes or other mucus membrane; and Babies - acquire the virus from their mothers (this is more prevalent in large cities - i.e. New York City and in Third World Countries).

The awareness of how the HIV is spread has resulted in increased discussion and education around sexuality and topics related to STD's. Parents make more efforts at educating their children in how to keep them safe from the risks associated with "unprotected" sexual activity.

The main form of protection against becoming infected with the HIV is to practice "safe sex" - which means - "no sex". However, research indicates that once a young person has become sexually active even though there may be periods of abstinence, they usually resume sexual activity. The reality is "protection is vital". The present forms are the use of condoms and a spermicide such as Nonxynol-9. The flavoured condoms

that are sold in speciality shops are not effective, and Ms. Getty recommends that if individuals were to use these during sexual activity to use a non-spermicide one along with the flavoured one during oral sex. The flavoured condoms do not protect against HIV or other STD's.

Some of the latest forms of protection include practising "Outercourse" which include such behaviors as: massage, hugging, kissing, and fondling, which can lead to climax without "intercourse".

The symptoms that an individual may experience from being infected with the HIV virus range from: Swollen glands, low-grade fever, and a rash. In later stages such symptoms as severe weight loss, fatigue, and diarrhea are evident. The virus weakens the immune system and interferes with the body's natural defense system against common diseases.

Ms. Getty recommends that if an individual believes they may have been infected by the HIV to set up an interview for "assessment and counselling" prior to having testing done. She explained that this is an important factor as the results of the test

may cause the individual to undergo a major crisis in their life. As well, she recommends the importance of obtaining information around the "risks associated with testing" and gaining as much information as possible about the repercussions - i.e. the problems obtaining life insurance if one was HIV positive, the inability to travel freely to other countries if one was HIV positive, etc. In New Brunswick, "anonymous" testing is not available - only "confidential" testing. This means that the Department of Health may have access to information about individuals who are HIV as the Public Health Division carries out programs for people who are HIV infected or living with AIDS.

Results from a campus study indicate that approximately 83% of the students on campus are sexually active. They are not promiscuous, however, usually have four partners by the time they complete university studies. A process call serial monogamy" is evident - that means that people are committed to one partner for a period of time, until that relationship breaks down and they go on

A 'Funsie' column

The other day I was talking to Dr. Know. S/he said I was getting too sarcastic. It went like this,

"D.J., fella, what's bothering you?" "You seem to always write columns which aren't 'funsies' anymore". I responded,

"Oh yeah, like whatta you mean?"

"Well D.J., you used to only occasionally get bent out, now you're always putting people down. An example, a lot of people enjoyed you're article on the woodspersons contest, or how nice it was to be in a place like 'Freddy Beach'. Now you sound like 'Freddy Bitch'."

Frankly, I was hurt. My gripes needed to be shelved. The article

about the 10 nitwits (minus one) trying to come to some meaningful agreement with the leaderless dunces in Ottawa about our economy; OUT! The one article about a friend of mine who stood by his/her "battery defunked vehicle" on a Fredericton street, and watched "Friendly Frederictonite" after "Friendly Frederictonite" passed him/her by left to potentially freeze to death; NOPE! NOT D.J.!

What I should do is remark on the nice turn-out for the Red Devils' Sausage/Hockey night. There was a good group and friendly gathering before Saturday's UNB Red Devils' 5-4 thriller against the UPEI Panthers.

Mind-Body Connection CHSR-FM Fridays at 1 PM

to another. Some of the more risky behaviour from students centres around "casual acquaintance" sexual activity which encompasses about 46% of the student population. As well, there continue to be some student who have "unprotected intercourse". People forget that - they can't see HIV and must realize that it doesn't affect just "certain" kinds of people. Everyone is at risk. It is important to protect themselves.

Other STD's (Sexually Transmitted Diseases) include: Chlamydia - on this campus 4% of students are aware of the infection and being treated. However, it is asymptomatic (an individual may have the virus and not have any symptoms). She urges women to ask for STD testing during routine Pap and breast exams. Other STD's include Gonorrhoea and Herpes. About 8% of the student

body in the study have had one of these. People who have "unprotected intercourse" should be tested at least once a year.

Students can obtain more information about STD and HIV at the Student Health Centre 453-4837. The SWAT (Sex Without Aids Today) program on campus is designed to help students practice "safer sex". AIDS New Brunswick has an "anonymous" information line at 1-800-561-4009. As well, Grace Getty can be contacted at 453-4642.

Any comments about information contained in this article or the Mind-Body Connection Radio Broadcast can be forwarded to Janet McGeachy-Hansen, c/o CHSR-FM at the Student Union Building. Your comments will be welcomed.

Well, this is what I think by D. J. Eckenrode

I've always endorsed healthy sporting activities. UNB's got lot's to offer.

Probably, I should remark on the courageous attempt by certain students to pull-off a winter carnival, with no snow! They never gave up. In their career's the experience will aid them as they face life's frustrations.

No way I should miss congratulating a friend of mine, "Dr. B" on his impending "doom". In particular, his

good fortune in having been lucky enough to have such wonderful friends who could collectively launch such a great "STAG" or Bachelor Party. The "ninnie", (Dr. B) was so fooled, someone should invent a duck or moose call that could fool the quarry so well! I have it on very reliable sources that he was so duped, at first he thought such a large turnout of his friends was just a coincidence! One of the great side aspects of this
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