

Sexual stamina heralded as a Canadian thing

BY DORSA JABBARI

TORONTO (CUP) — Not only are Canadians having more sex, but they are doing it longer, according to a recent international sex survey.

Conducted by the condom company Durex Sheik, the survey covered a variety of sex-related categories including partner satisfaction, time spent on sexual intercourse and frequency of sex.

The survey found that the average number of times Canadians have sex per year is up to 112 — an increase from 102 last year.

But to some students at the University of Toronto, this number is anything but average.

"It's something to look forward to, but it's outrageous. There's no way that the number is right," said second year student Sharifa Gonez. "If it is, then that's a lot of sex."

She adds that she doesn't know very many people who are having that much sex, and attributes this mostly to students' time limitations.

While not among the most sexually active nationalities, Canadians definitely make it count when they do have sex. In the sexual stamina category, Canada finished a close second behind the U.S. in average time spent on sexual intercourse. With no other competitors close in sight, Canadians spend a leisurely 24.4 minutes, compared to the Americans' 25.3 minutes.

"That's really funny. So we are actually doing good over here," Gonez said, while trying to control her laughter.

But Aki Constantinou, another U of T student, says 24.4 minutes is not nearly long enough to fully enjoy sex.

"That is sad, the time should be longer. I've spend a longer time than that having sex in a car," he said.

Although Canadians are having more sex and doing well in the stamina category, they aren't anywhere near the top of the heap in the category of best lovers.

The French won out as the

best lovers in the world, with Canadians in the seventh overall spot — behind the Italians, Americans, South Africans, Brits and Australians. Hong Kong came in last.

And though Canadians may consider themselves a modest bunch, they actually think they're sexier than they really are — 74 per cent of Canadian respondents ranked their

country as one of the top three sexiest nations.

This category is hotly contested among students.

"I think that Canadians are very sexy because we are so culturally diverse," Humberto Carolo, one of the coordinators of U of T's student-run sex education centre, said.

But Constantinou disagrees, holding up Canada's largest city as a centre of un-sexiness.

"I think in Toronto, there's too much attitude. Everyone thinks that they have it in them to become supermodels. I think a lot of people need a reality check," he said.

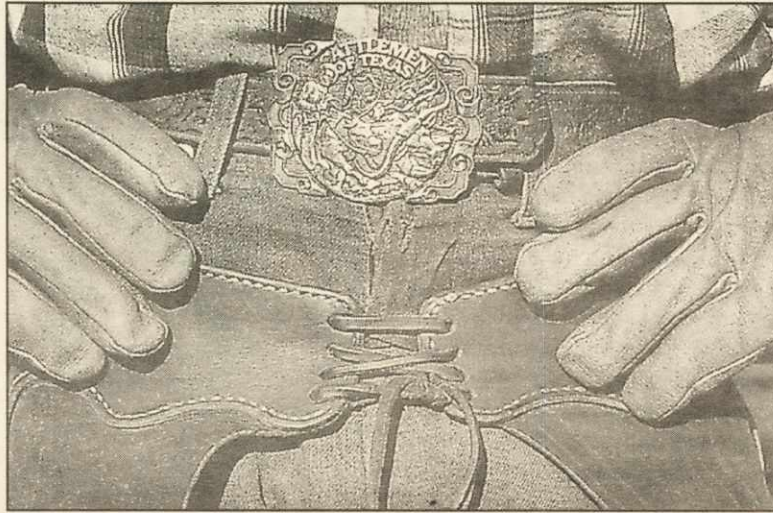
The issue of safer sex and condom use was one of the main focuses of the survey. But even though Canadians are concerned about transmission of the HIV virus, they still

place greater importance on partner satisfaction.

"The survey results indicate a decreasing concern for HIV, STDs and unplanned pregnancies which, coupled with an increasing preoccupation for sexual pleasure, makes for a potentially lethal mix," said Sonya Agnew, director of marketing for Julius Schmid of Canada Ltd., the distributors of Durex condoms in Canada.

Carolo says he is concerned by the current attitude people have when it comes to AIDS.

"People are always convinced that they are invincible. People never associate the AIDS virus with themselves," he said. "And even though a lot of people are aware of AIDS, they don't necessarily have the skills to negotiate safe sex."



Study shows that Canadians have sex an average of 112 times a year

Cancer is a four letter word - ACID

BY NATALIE MACLELLAN

In the early 1900s a New England medical college called in a group of physicians to review a rare case; a case they would probably never get to see again in their practice. They were called in to examine a man with heart disease.

Twenty years later, physicians were called in to a similar case, this time it was a man with lung cancer.

At the turn of the century, cancer affected 1 in 8000 people. Now, approximately 3 in every 4 families are affected by the disease. Why have the rates of cancer and other diseases risen so dramatically in the last century? Bob Bremner, president of the Health Technologies Network in Hampton Virginia, was at Dalhousie last Monday evening with his answer to the question.

Bremner believes that the real threat to human health is not germs or viruses, but the pH level of our body fluids, a factor we have the power to control.

"We're not healthy by accident, we're unhealthy by ignorance," said Bremner. "Somehow we have to wake people up. That's what we're trying to do with this lecture."

The pH scale ranges from 1 to 14, with high pH indicating an alkaline environment and low pH indicating an acidic environment. The ideal body pH for humans is between 7 and 8.6, an alkaline environment. When tested, however, most people have a pH of 6 or below, meaning their body fluids are acidic.

In 1932, Dr. Otto Warburg received the Nobel Prize for proving that disease cannot survive in an alkaline (pH 7-14) environment. Warburg proved that cancer lived in a low oxygen, low alkaline environment.

Scientists have discovered that the body fluids of healthy people are alkaline while the

body fluids of sick people are acidic.

"It's not the germ we should be fighting, it's the terrain the germ lives in," said Bremner.

Calcium intake is key in maintaining an alkaline body environment. It is one of the

most abundant mineral elements in the body and is involved in all the body's metabolic functions. If the body does not have enough calcium for these functions, it will begin to take it from the bones and teeth.

The typical North American diet is not only nutrient deficient, it is highly acidic. A typical soft drink has a pH of 2.5. (For the sake of comparison, fish will die in an

environment where the pH is less than 3.) Every time you drink a soft drink you lose calcium from your bones.

"We're like a big aquarium," said Bremner. "If the pH gets too acidic we have 75 million fish [cells] in the aquarium who get sick and die."

Our diets are not currently supplying us with the levels of calcium required to keep us healthy, and the only answer Bremner says, is calcium supplementation.

Health Technologies Network recommends Coral Calcium packets consisting of calcium, magnesium, sodium, and potassium mined from coral reefs of the coast of Japan. Coral Calcium immediately ionizes in water, making it more easily digestible to the human body.

For more information on the acid/alkaline balance or Coral Calcium, contact Jan at 835-0210 or Brenda at 453-5985.

"We're not healthy by accident, we're unhealthy by ignorance"

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