

## Letters To The Editor

All letters should be addressed to the Editor, c/o Excalibur, room 111 central square. They must be double-spaced, typed and limited to 250 words. Excalibur reserves the right to edit for length and grammar. Name and address must be included for legal purposes but the name will be withheld upon request. Deadline: Mon. 5 p.m.

# Where have all the security guards gone?

Could somebody please let York security in on the secret art of "prevention being better cure". Over the past years and especially months, crime on the York campus has emerged and this popular culture is growing. It is unfortunate that these incidents have occurred, and security arrives on the scene too late.

Nevertheless, the fact is that security spends all its daylight hours ticketing and towing the cars of parking offenders. Somehow this cannot be considered security — especially for students who must walk around the campus at night, whether they are coming from the library or class, or just getting a bit of the fresh Downsview air into their lungs, there are no security officers to be seen.

Being potential victims, we feel that York security can help the crime situation by forgetting the "meter-maid" pastime of the day and living up to its occupational name-tags and being around at night as well.

Potential victims  
of rape, theft and mugging,  
Naomi and Irene

### Burst bliss

For one reason alone I was glad to read Prince Ojukwu's letter in last week's Excalibur; I hope the women at York who lightly remark, "I'm not really into Women's lib", realize just what they are asking for. Come on women, do we really want to be "protected" and "taken care of" by people like this?

Mr. Ojukwu has some pretty wordy opinions concerning what women are all about and how they cope with and survive in the world. Unfortunately, they are nothing but superficial prejudices lacking the "close examination" he boasts.

An example? First, he says that "most of the leading women libbers were victims of tyranny from elder brothers and husbands". Who exactly? And even if possibly true, how does this cancel out the relevance of their beliefs?

He concedes that a relationship could be frustrating and next states that it leads to a confusion

of natural instincts and obligations. What does this mean? He advocates they tyranny of women by men on such grounds as their "biological" and psychological make-up" (again a blanket statement with no back-up), yet then insists that such behavior on the part of men confuses the "very natural instincts" he wishes to impose on women. This argument is not even logical yet this person believes that his penis gives him an inalienable ability to understand my potentials and "limitations" as well as all other women's.

Such inconsistencies and insufficient research are evident throughout Mr. Ojukwu's discussion. His punch-line is that if men are not impressed with women's "beauty and feminine curves", they will certainly not be impressed with a liberated woman. Because he has failed to be explicit about what liberation is, and, it seems, does not even begin to grasp the concept, it is somewhat difficult to unravel just what he is hinting at in this profound statement.

Does this mean that a woman who is seeking involvement with her external environment and fulfillment of her interests and desires stands no chance of respect from a man? Does Mr. Ojukwu imply that such a state is of course at a lower premium than a shapely body? What is left to earn respect?

Perhaps part of his problem is that he equates women's goals with is belief that women should be "worshipped by the men around them", although he gives no hint as to how this adoration is achieved except that beauty and brains are out. This, he says, is the result of the truly liberated woman but how he arrives at such a goal is a mystery.

If one believes, as he brags, that he has read and heard much then I would be interested to see what he has ready by women seeking fulfillment outside of the stereotyped roles that lead him to believe that they wished to be worshipped.

Even this, the seemingly most comprehensive part of his discussion, is absolutely lacking in any sort of consistent argument,

based on an understanding of women's goals. One paragraph states that some women have sought equality correctly, with the result of being worshipped. (Mr. Ojukwu, have you looked in your dictionary recently to find out what equality means?) and in the next he is ridiculing the very idea of equality, women being so "sensitive and temperamental".

First, he's telling us not to question the rights of our husbands and next he says that tyranny by brothers and husbands leads to a confusion of natural instincts.

He asks us about women's involvement with world affairs. (No answers, because he thinks that the question is jolting enough. How about it, Mr. Okukwu, do you know?) The he exposes, without any facts, that even when they are involved, they are "mere figureheads". How about a little research before making such flamboyant accusations?

Yet this person who has made no effort to understand women's beliefs, their economic situation, their role in politics, and the very necessary consideration that must be given to their activities if one wishes to understand the world situation, is supposed to be superior enough to protect and take care of me?

Mr. Ojukwu, as the bursting of your ignorant bliss would be terribly shattering, I nominate myself to protect and care for your sensitive state.

Denise Beattie

### BoG reps give thanks

We would like to take this opportunity to thank all the individuals to took time to help us in the Board of Governors election. Despite the pressure of exams and other sundry plots, these fifty or so people worked their donkeys off to make the student population of York aware that an election was in the works.

So, in random order, we would like to thank the canvassers (with the rubbed-off knees), the Chief Returning Officer and the DRO's, the friends and comrades who put up with our incessant mutterings,

and everyone else who helped it come off.

Special kudos are given to Rick Leswick, Lou Garber, Frank Giorino, Suzanne and Roz, Allan Wax, and the unnamed computer science student who (at the risk of certain death if discovered) printed up the "Blue R" printout sign for Shelley in the Central Square Cafeteria.

Thank you all!

Jay Bell,  
Shelley Tsviva Rabinovitch,  
Student representatives,  
Board of Governors

### Anti-Zionism

As a Jew of conscience, I can't help but comment on the Jewish self-hatred so vividly evident in the November 27 issue of Excalibur.

Lou Garber, JSF field worker, represents a classic example of the kind of despicable behaviour reminiscent of Jewish kapos in the Nazi death camps. His warped sense of egalitarian spirit is blatantly obvious; the blindly allies himself with Dale Ritch of the United Left Coalition.

Let it be known to one and all that the ULC is the last vestige of the fanatic left which, behind it's thinly veiled altruism is patently anti-Israel and anti-Jewish. It was heartening to note that the ULC voted to organize a mobilization of students to paint out the swastikas in the tunnel.

"Mobilization" is fascist jargon for "setting up a committee", which is establishment methodology for delay tactics. Therefore, it was not surprising to note that while the Garber-Ritch alliance was setting up a committee to defend against fascism, committed Zionists, devoted to real libertarian values beat them to the punch and eradicated the swastikas. Does Garber really think that Ritch is concerned about Jewish problems? Indeed! If the representatives of Betar had waited to approach the JSF and the CYSF for assistance, those slogans would still be there and it would have been another tactical victory for the anti-semites. As a strategist, Ritch is superb, and Lou Garber is his latest victim.

No self-respecting Zionist can refute the right of the Palestinian people to national self-determination, but not at the expense of Jewish national liberation, and not by means of the murderous tactics of the PLO, that Weisfeld supports.

Mark Resnick

### Sports brief

I am writing in behalf of all the lesser publicized sports at York. All the major sports that are emphasized at York are given intense publicity. These sports seem to be football, hockey and basketball. The only way that the other sports get into Excalibur are by placing last in the finals or by having someone on the Athletic Council doing the post-game write-ups in Excalibur.

One thing I don't understand is how the "Sports In Brief" section works. Is it that some roving reporter just happens upon something news worthy or that he checks up on events and happenings between classes and pub sessions?

### NOSEY RUMOURS

I have heard rumours that there is a publicity agent for the Athletic Councils who noses around for stories. He writes up the article and lets the Athletic Council at it. After they have finished tearing it to shreds, or in other words editing it, it is given to the Excalibur staff (if there is anything left of it).

Then Excalibur goes to it and also edits the article. After the article has gone through this process of refining and elimination, and if there is anything left of it, it is finally printed in a one paragraph summation of what happened during a whole game or an entire week-end of meets.

This is only a rumour that I have heard, and hope that it could not possibly be true.

One suggestion is that you could exclude the photographs of someone being tackled or someone doule-dribbling with a basketball and include a little more coverage of other sports.

Only a suggestion, though.

Arvids Sillis

## Harbinger's column

### If you're going to quit smoking - do it on a weekend

"Warning: the Department of National Health and Welfare advises that danger to health increases with amount smoked".

It is difficult to judge if this warning on cigarette packages has had any deterring effect on the Canadian smoking public. The percentage of smokers seems to have dropped somewhat. There are certainly fewer smokers in the sectors of society that know about smoking's harmful effects.

About one-third of the medical profession smokes, as opposed to about half of the general population. Chest specialists, who come into daily contact with the results of smoking, are almost exclusively non-smokers.

Nicotine is a poison, a single drop of which can kill an adult if it is injected into the blood stream. The pleasing lift that is associated with smoking is the result of the body's attempt to get rid of this poison.

When nicotine enters the blood

stream, the heartbeat accelerates. This results in an increased blood flow and a rise in blood pressure. More oxygen and energy is furnished to the body cells to break down the toxic elements in nicotine and eliminate them as quickly as possible.

The blood vessels in the peripheral areas constrict to limit the spreading of the poison, and circulation and body temperature drop as a result. As this body stimulation slows down, the person feels a sense of relaxation.

Nicotine also increases the secretion of acid in the stomach and dulls the appetite. One's sense of smell and taste is deadened. The body's tolerance for nicotine increases with habit so that the tendency is to increase one's smoking over time.

The effects of smoking on health are fairly well known by now. Smoking is known to increase one's susceptibility to lung cancer, and cancer of the larynx, mouth and

esophagus.

Smokers have a higher incidence of colds and respiratory infections than the population at large. They have a higher risk of coronary heart disease and heart attacks and a higher death rate from vascular diseases (hardening of the blood vessels and clots).

Smoking is an important cause of chronic bronchitis and emphysema. Pregnant women who smoke are more likely to have small babies and premature births. They also have a greater number of still-births or deaths at birth. This prenatal effect may occur because the constriction of the blood vessels by nicotine reduces the blood flow and oxygen flow to the fetus.

There is increasing pressure on smokers from health and social sources. Non-smokers are becoming more vocal in demanding their rights to unpolluted air in transportation vehicles, shows,

restaurants and meetings.

Many smokers say they would like to quit but dread the discomfort of the withdrawal period. More help is now available to those wishing to stop. Both hypnosis and acupuncture are being used with some success.

The most common source of help for those wishing to stop is the smokers' clinic. Such groups provide group support for and reinforcement of the individual's decision to stop smoking. Their first step is to help analyze the smoker's smoking habits: what time of day, what situations are associated with smoking.

When some knowledge of these patterns is known, the person is better prepared to try and break these habits. If cigarettes are associated with coffee and alcohol, then these should be avoided for a while.

Quitting day should be on a weekend or a holiday, or at some time when demands and pressures are likely to be low. Activity is

very important. Boredom often leads to thoughts of smoking. Do puzzles, start hobbies, go to shows, etc. until the urge to smoke weakens.

It takes about a week to rid the body of its physical addiction to nicotine. Cold showers give the body a lift and help increase circulation. Exercise helps distract thoughts and aids circulation. Large amounts of fluids and fruits in the first few days of quitting help flush the nicotine residue from the body and end the physical addiction.

For those who do not wish to stop, there are some ways to reduce the hazard. Try switching to cigars or pipes. If you must smoke cigarettes, smoke only half of the cigarette and try to reduce the number per day. Plenty of exercise will help fight the restricting influence of nicotine on circulation. And good nutrition can help repair some of the damage done to the body tissue by smoking.