

Harbinger's column

Most of us have suffered the pain of a severe headache sometime in our lives, but we do not have to live with the debilitating pain on a regular basis. However, about 10 per cent of the world's population have chronic migraines.

The diaries of Freud, Tolstoy and Virginia Woolf describe the terrible pain that accompanies these headaches. Some chronic sufferers commit suicide to escape its rule; others see their family relations and employment suffer because of their frequent attacks.

Migraine is a vascular headache, that is, one that is caused by the contraction and, later, the dilation of the blood

vessels in the head. Because vascular conditions are often hereditary, 50 per cent of the sufferers have a family history of migraine.

The attacks usually involve only one side of the head and vary in length from an hour to several days. The head feels swollen; there is a feeling that the eyes are bulging out of the head. (Nausea and vomiting usually follow). Many victims suffer a loss of vision, or double vision; light and noise are unbearable. All senses are super-sensitive. Some notice a weight gain, swelling depression, irritability or lack of coordination.

The migraine also causes hypertension in the body which, in turn,

may cause kidney problems if the attacks are not controlled. The condition is fatal only in the sense that some sufferers are driven to suicide to escape the attacks.

There is a variety of treatment methods being used now to help migraine sufferers. The most traditional and common is medication. The migraine medication is quite strong; it should not be used for ordinary headaches.

Hypnosis has been used by some doctors to help control the tension buildup that goes with the headache. A more recent treatment method is the use of biofeedback, which involves learning ways to control body functions by conscious effort. Both brain wave production and muscular tension

control are used in migraine treatment.

Acupuncture has been found to be successful in 70 per cent of the cases where it was attempted. More research is needed to find out whether this relief is based on physical or psychological causes.

A new group, called the Migraine Foundation, is now in operation in Toronto. These people provide help to migraine sufferers and information on how to reduce the frequency and intensity of their attacks. They are also doing research to try to discover the causes and conditions of migraine.

For help or information on migraine, contact the Migraine Foundation, 390 Brunswick Ave., Toronto, 920-4916.

FRANK GIORNO



Let's be Frank

Frankly speaking, I do not support the aims of gay liberation. The gay lifestyle is not suited to mine; it never was and it never will be. I enjoy my women as real women, complete with all their physical attributes.

Yet, I feel compelled to defend members of the gay movement in view of an ugly display of chauvinism I witnessed on Hallowe'en.

While downtown that night shopping for a coat, I chanced to walk down Yonge Street. It is customary in our fair city to celebrate Pumpkin evening with what has come to be known as the "fag parade".

Approaching Wellesley, I saw a handful of traffic cops re-routing traffic. A bit further south was the focus of attention: St. Charles Place, a spot renowned for its gay clientele.

It was eight o'clock; the crowd was pretty dense, in more ways than one. The atmosphere was strictly Santa-Claus-parade, only meaner and uglier. Popcorn men who had moved north from Sam's added to the carnival mood.

Fifteen minutes passed. Nothing happened. Fifteen more minutes passed. Still nothing. Then a barrage of eggs pelted what seemed to be a nun, or at least someone dressed as a nun, as he/she tried to make his/her way from the tavern doors.

The crowd went wild, hurling witticisms which ranged from lisped calls of "hiya, thweetie" to the highly unfunny "kill the fag".

As the nun made his/her way down a side street, a drapper young man with a budding blonde was heard to utter a not too humorous proposition, "What are you doing after the party, toots?" So much for the parade.

Just like children who gather every November to renew their faith in Santa, these morons came armed with eggs to reassure themselves of their normality and their sexuality. As one twit phrased it to an officer who had confiscated his eggs: "Ah, come on officer, I was just having some heterosexual fun."

This total disregard for human rights is dispicable. The actions of the crowd were not funny. They were pathetic.

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TRANSCENDENTAL MEDITATION

MAHARISHI MAHESH YOGI will be interviewed on Merv Griffin show Friday November 7th at 11:30 p.m. Channel 4. Guests include Mary Tyler Moore, Clint Eastwood and Dr. B. Glueck, Director of Clinical Research, Hartford Institute of Living.



INTRODUCTORY LECTURE:- WEDNESDAY, NOV. 12th 5:00 P.M.

RM 107 STEDMAN BUILDING



A student researcher named Sue,
While studying on-campus brew,
Says the trend is now clear
To a beer without peer,
Labatt's 'Blue' is now 'in'
with 'Who's who'!



Labatt's Blue smiles along with you

Resolved that scientists have no conscience

"Scientists are Socially Irresponsible" is the featured debate of the Heroes and Beer series this Wednesday, 7:30 p.m., in the Bethune JCR.

Bethune Master Ioan Davies (Sociology) and Professor George Szabloski (Political Science) will undertake to prove the resolution, against York biology professors Robert Haynes and Jerry Little.