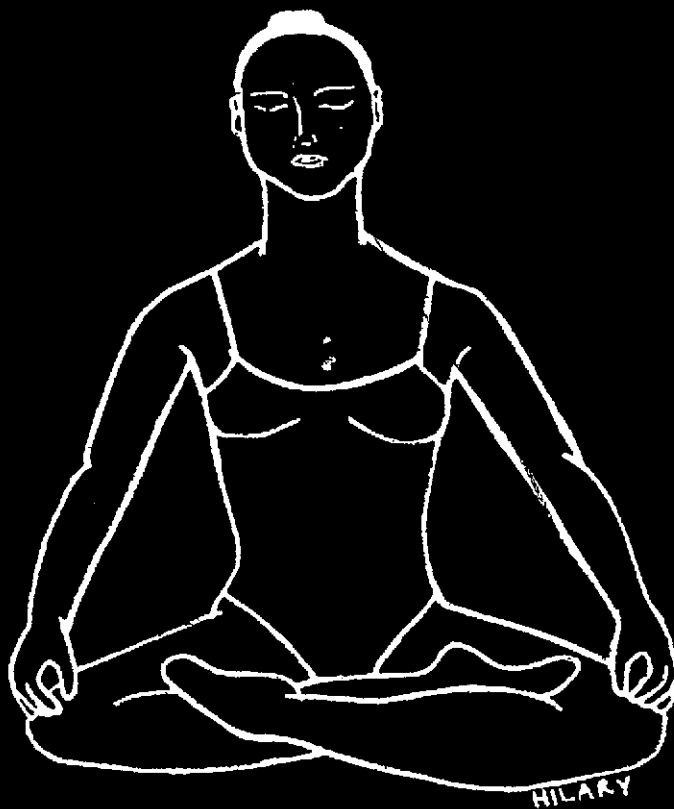


BARNARD BULLETIN

Vol. LXXXIII No. 6

March 27, 1978



Your Body, Your Self

Marianne E. Goldstein
Editor-in-Chief

Julia Lachter
Managing Editor

Maria Tsarnas
Features Editor
Kay Pfeiffer
Review Features Editor
Photography
Andrea Nicoletti

Business Staff
Mary Kachourbos
Mary Ann Dubiel
Shirley Yoshida

Sports
Mary La Rocca

Production
Jolyne Caruso
Anne Danzig
Hilary Fishman
Kitty Koutsouris
Christie Pemberton
Leslie Alexander
Marcy Goldstein

Doubling-Up: The Only Solution

The housing situation, as we all know, is one of the most crucial problems facing Barnard at this particular moment. Within the next five years there is expected to be a significant drop in the college-aged population, which in turn, will increase the competition for prospective students between schools. Barnard, it can be assumed, will lose a number of qualified students

within the metropolitan area because of the unavailability of housing for those within "commuting" distance. Another problem connected with the housing issue is the question of the quality of student life on the Barnard campus, felt by many to be poor. It is currently under examination by the Visiting Committee on Student Life,—a committee initiated by President

Mattfeld.

And, of course, the eternally problematic financial situation at Barnard is a major factor in the proposed housing changes for next year, caused in part by the fact that Barnard dorms cost us money every year, instead of making money, as is the case in many other schools. If the proposed changes are approved by the Board of Trustees, then it seems that Barnard students will be paying more and getting less for their housing dollars.

But if something is going to be done about housing for next year, doubling-up about seems to be the most immediate solution. Perhaps it is uncomfortable to live in a cramped suite, but with a little cooperation, it is not outside of the realm of possibility. Balance this against the inconveniences of having to commute, and the mental strains inherent in this, (coupled with the fact that over 200 people were on the housing waiting list at the beginning of the year) and doubling-up doesn't seem to be such a bad idea.

If this plan is put into action, though, there is one thing that must be done. The costs incurred by living in a suite with more than the current amount of people in it should be reduced as a compensation (of sorts). And in the future, perhaps it would be nice if the students had some input into housing decisions before they are made. It might save everyone involved a lot of anxiety.

Table of Contents

Housing Double-Up Causes Furor, by Maria Rudensky	Page 3
Union, MacDermott Negotiate New Contract, by Maria Tsarnas	Page 3
Carman-Reid Exchange Proposed, by Maria Rudensky	Page 4
<i>Again and again and again...</i>	
Will Barnard Reimburse Students?, by Nancy Tappan	Page 4
Parents Invade Barnard, by Rachele Klapper	Page 5
Arab Writer Gives Gildersleeve Lecture, by Janet Reiser	Page 5
I.S.C.: Getting Students Involved, by Lois Moonitz	Page 6
BC Has Lowest Endowment of Seven Sisters, by Paula Gribetz	Page 6
Women Reporting on Women, by Maria Tsarnas	Page 7
Opinion: Gays Speak Out	Page 7
Bulletin Weekly Profile: A Conversation with Noreen Connell, by Sheila Perry	Page 8
Newsbriefs	Page 8
<i>Financial Aid, Registrar, and other assorted things</i>	
Out from Under (Grad)	Page 9
Letter to the Editor	Page 9
Your Body, Yourself	
<i>Getting Out of Shape</i>	
Stress: It Can Kill You, by Andrea Marino	Page 10
The Surgeon General Has Warned, by Jolyne Caruso	Page 10
Oy! My Aching Head, by Amy Gerber	Page 11
<i>Getting in Shape</i>	
It Keeps You Running, by Katya Goncharoff	Page 12
Conditioning At Barnard, by Greta Cohen	Page 12
D.E.S.: An Unfortunate Family Legacy, by Celeste La Tassa	Page 13
Tests That Can Save Your Life, by Lynn Goodman	Page 13
Beyond the Aspirin Method, by Julia Lachter	Page 14
<i>Abortion</i>	
Legal Update	Page 15
What It's All About	Page 15
Eating to Live or Living to Eat, by Lora Papayanni	Page 16
Acne! It's a Pain in the Face, by Christie Pemberton	Page 17
Finis. Is the World Chock Full o' Nuts? by Gabrielle Belson	Page 23

Cover illustration by Hilary Fishman

Union, MacDermott Negotiate New Contract

by Maria Tsarnas

In an attempt to complete contract negotiations between the T.J. MacDermott Corporation and TWU Local 264, 49 proposals were presented during a meeting on March 23. The union reciprocated with counter-proposals and negotiations are not expected to be completed until some compromise can be reached between the two sides, who are now in the process of examining each other's requests.

The disagreements between both sides are centered on the language of the proposals, according to MacDermott, and he added that he felt that the disadvantage of dealing with TWU is that they have no prior experience in dealing with his management. He also claims that he "knows more about food service labor laws than all the union members put together," including Joseph Hannaberry, the TWU International Vice-President.

Stanley Thomas and Bernard DeGraffenreid, two of the workers who were fired by MacDermott, were present at the union negotiations. The management, the Union representatives and a federal mediator, listened to all versions of the workers' stories, and MacDermott and the mediator came to the agreement that the firing was in the best interests of all involved. Because he abides by tougher standards and pays the workers more than other food services in the area, MacDermott feels justified in the firing of what he believes were two "inefficient" workers.

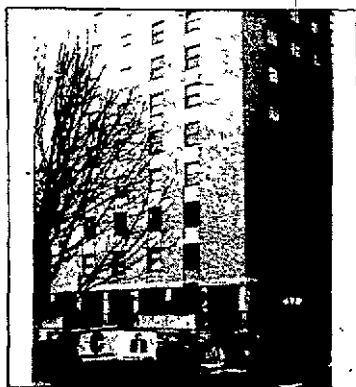
Thomas and DeGraffenreid have filed a discrimination charge and an Unfair Practice charge against MacDermott with the National Labor Review Board, but MacDermott believes that the charges are not going to be accepted. If the NLRB does accept the charges, MacDermott expects to oppose them because "I don't want to leave myself open to those kind of charges."

In a letter released to his employees, MacDermott maintained that he is only responsible to abide by Servomation's old contract with the union in terms of the requirement of collective bargaining with TWU Local 264.

According to MacDermott, this is also the position taken by Joseph Hannaberry, the TWU International Vice-President. MacDermott claimed that Horace Harriott, president of the local union, is making the collective bargaining "difficult" by Harriott's "inconsistent position" on MacDermott's right not to abide by Servomation's old contract. MacDermott stated that Servomation's labor contract would be "unworkable" for him.

MacDermott also referred to a letter sent by Harriott that the union will not resume negotiating with him until Barnard released the contract MacDermott has with the college. Harriott finally received the necessary information he wanted to resume negotiations on March 8th. According to the contract with Barnard, MacDermott has the legal right not to abide by Servomation's labor contract but it is required they collectively bargain for a new labor contract.

MacDermott claims that the negotiations with the union have "accomplished much." So far,



MacDermott did admit to a period when the employees were not covered on any insurance policy, but that problem has been resolved. There were agreements reached with the union on a pension plan, full seniority dating back to the date of original hire by Barnard, thirteen paid holidays, and full vacation benefits identical to that given by Servomation, except that, because Servomation is obligated for the first half of vacation benefits, TJM will pay the second half of vacation benefits. Next year, TJM will pay one hundred

(continued on page 22)

Housing Double-Up Causes Furor

by Maria Rudensky

In the face of a major financial crisis, five suites in Plimpton and perhaps some in "600" and "620" will be doubled up to create space for an extra student next year, announced Michelle Mattia at a meeting of students in Plimpton on Wednesday, March 22. The restructuring will be on an experimental basis. Mattia explained that the decision was reached "during the last two weeks." She said she had not know how serious the situation was until then and claimed that without this measure, Barnard "may have to plan considering closing its doors."

The move came as "a desperate measure made at the last minute" during Spring Recess and therefore there was little opportunity to consult students, revealed Mattia. Two main factors, a \$2 million deficit in the proposed housing budget for next year and a severe housing shortage for commuters (all residents will be housed following the usual policy), necessitated the action. The budget

for fiscal 1978-79 was due this week to the Board of Trustees, who will finalize all the doubling-up proposals. According to Vice President for Student Affairs Barbara Schmitter who spoke at an emergency meeting of the Tri-Partite Housing Committee last Tuesday, the dormitories form the heart of Barnard's budget. While it is true that most other offices of the College have been able to maintain services and often expand their scope, the Housing Office is a drain on Barnard's finances. If it is not brought under control Schmitter declared, the College will be "in great hardship." The object of this experiment therefore is to make the dorms cost-efficient.

The price of the proposed double occupancy corner room in Plimpton will be less than that of a single, Mattia told *Bulletin* in an interview. The Columbia suites in Plimpton will remain unaltered. In the five experimental suites the wall between the

(continued on page 19)

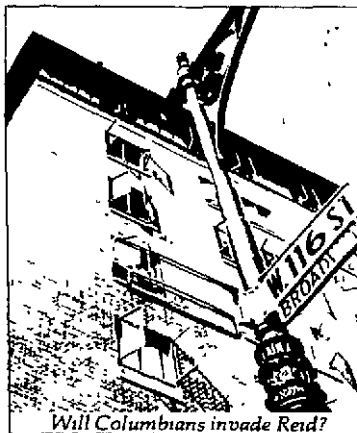
Carman-Reid Exchange Proposed

by Maria Rudensky

For the last several weeks the Tripartite Housing Committee has been hearing arguments for and against a Carman-Reid exchange of freshmen and freshmen. Columbia College has put forth this proposal annually for the past several years as a way of ameliorating freshpersons' social lives and fostering Barnard-Columbia interaction throughout the four years of a student's college career.

Last year the proposal passed the Committee but was ruled out by the Barnard Board of Trustees because they felt that the majority of the prospective freshmen's parents would not look favorably on sending their daughter along with, for example, 59 other freshmen to Carman where over 600 men live. Columbia Assistant Dean of Residence Roberta Campbell, Carman Head Resident Doc Deming and other Columbia administrators have attended the meetings and spoken of the advantages of such an exchange. In the words of Deming, "the physical plant at Carman compares well with Reid." In Carman there is a bathroom in every suite, eliminating the co-ed bathroom situation found in other Barnard-Columbia living arrangements. In response to

questions about the noise level and amount of destruction in Carman both Deming and Kathy Houser, BHR Resident Director agreed that women can be just as rowdy as men. Houser did add that co-ed floors do tend to be noisier.



If the plan is approved, multiples of 20 (60 maximum) freshmen would all be placed on the bottom three floors of Reid, making the residence co-ed by floors. Right now either 20, 40 or 60 women will be offered the option of living in Carman. Since freshmen

aren't housed until August, the exact number won't be known until then and if enough women don't choose the option, it will be withdrawn.

Those attending the Committee meetings agreed that the main opposition to the exchange would come from the Barnard Admissions Office. Chris Royer, Directors of Admissions, told one session that not only parents, but prospective students themselves often ask about an all-female dorm on campus (not on West 116th Street). She added that many high school seniors "are appalled, shocked, giddy etc. upon learning that Barnard has upperclass co-ed housing with Columbia." Discussion about the fact that Reid adjoins co-ed floors of Brooks ensued, with many of those attending the meeting claiming that BHR is really one building and therefore, there really is no all-female housing on campus.

Roberta Campbell pointed to the fact that all Engineering freshmen are housed in Carman. Some return to live there their Sophomore year and "enjoy the security and the fact that Carman is open during intercession and during the summer. They do not feel overwhelmed (by the men)," she added.

(continued on page 21)

Will Barnard Reimburse Students?

Students whose personal belongings were stolen from their suites in Plimpton over intercession have been seeking reimbursement from the administration for the damages ensued. Unfortunately, their efforts have been thwarted by a "brick wall" in the Barnard bureaucracy.

According to Sallie Slate, Director of Public Relations and spokesperson for the administration, no decisions have been made regarding financial reparations to the Plimptonites, but the matter is under consideration.

Slate stated that Barnard carries no theft insurance for students or staff, and officially does not consider itself liable for damages. Students are made aware of this when they sign their housing contracts. But on a case-by-case basis, this policy could be

mitigated by extenuating circumstances.

This "mitigating circumstances" policy was applied to the case of damages incurred by plumbing mishaps in BHR. According to Slate, April Tully, whose property was damaged by a radiator explosion to an excess of \$500, will be reimbursed by the college. However Tully has not been officially informed of this yet. "They haven't told me about it and if something doesn't happen soon, I'm planning on taking legal action," she said.

The Plimpton cases, because of alleged negligence on the behalf of Plimpton security guards could fall into this category. "The entire matter of the alleged thefts in Plimpton over intercession is now under con-

sideration by college lawyers," said Slate. Responsibility will only be decided through proper legal proceedings, but if blame is assigned to Barnard personnel, then the college could decide to accept responsibility and reimburse the students involved. Slate stressed, however, that it was unclear as to whether security personnel could be blamed, and that most of the rumors regarding "wild parties," unattended entrances, and lax attendance by guards has yet to be verified.

Slate also defended Security Director Ray Boylan, saying that his attitude toward students complaining of lax security, while at times seemingly callous, is simply professional and realistic.

—Nancy Tappan

Parents Invade Barnard

This year, at the suggestion of Barnard's Parents Committee, the College has reinstated a Parents Weekend (April 1-2) after more than a ten-year absence. Why was the weekend suddenly revived? Susan Berkon, Assistant to the Director of Development, believes that parents would like to become a greater part of the Barnard family and also see some aspects of their daughters' academic and extracurricular lives on campus.

The weekend will provide an introduction to all facets of Barnard life, including special services such as Career Planning and the Internship Program to which parents can possibly contribute in the future. Many other events are planned: a theatre performance in the Studio, a partial revitalization of the Winter Festival, and the Inauguration Exhibit. All are invited to participate in a Parent-Daughter volleyball game in the gym on Saturday at 2:00 p.m.

On Sunday, April 2 at 12:30 p.m. there will be a Parent-Faculty Reception in the Faculty Dining Room and at 2:15 President Mattfeld will speak on "Barnard Prepares for the Future" in the Hewitt Dining Room. Two panel discussions are scheduled: "A Decade of Difference—Barnard 1968-1978," and "After Barnard, What?" Panelists will include many alumnae and students.

Will this weekend become a tradition at Barnard? "We hope it will" said Berkon, adding that she has developed a questionnaire to be given to parents during the weekend "which will survey their opinions concerning the weekend's events as well as future interest in Barnard programs—fund-raising, student recruitment and other things."

For further information and reservations (which will be accepted until Friday, March 31), contact Ms. Berkon at x2001.

—Rachelle Klapper

Arab Writer is Gildersleeve Lecturer

By Janet Reiser

Dr. Salma Jayyusi, a Gildersleeve lecturer here last week, is one of the few women authors from the Arab world. She has traveled extensively through the Middle East and Europe, and now the United States. She will now be teaching in the United States. Dr. Jayyusi is a Palestinian by birth and now lives in Kuwait.

According to Jayyusi, the Arab world has traditionally been a male-dominated one. The position of women has been one of inferiority. Husbands could divorce their wives, but women could not divorce their husbands, and, of course, men could have more than one wife. Men have had great sexual freedom in the Arab countries, while the woman's role has always been far more limited. In the house, for the enjoyment of the husband, the Arab wife was expected to be as coquettish as possible, and the fewer inhibitions she has, the better. Outside the house, she was expected to be unobtrusive, veiled. There has always been a strong conception of honor for the Arab woman. It is expected the woman will maintain her sexual fidelity, and that her husband will protect her honor. This concept of honor, Dr. Jayyusi added, was one of the causes of the flight of the Palestinians from the areas Israel came to occupy in 1948. The women were sent away by the men, in order that their honor be preserved, and the Arab men later joined them.

These traditions have stopped, harems and concubines no longer

exist, but this tradition has colored Arab society. Women today have greater freedom but they are still in a position of inferiority. In the academic world, for instance, where women would be competing with men, they are strongly discriminated against—it is very difficult for women to become professors. It is easy to place a stigma on a woman trying to enter this world; women who try may well be called "loose".

One important woman writer in the 1930's was Mai Ziyada. Her writing offended men, she was declared mad and sent off to a mental institution.

There are many men who do support the women's cause, however. One male writer mentioned was Nizar Qabbani who has been writing in favor of women's rights for 25 years. He wrote an important poem entitled "Pregnant."

Despite these notable examples, the position of the average woman is inferior, said Dr. Jayyusi, and Arab women do not as a group possess strong feminist sentiments. Dr. Jayyusi certainly does as she said. "I have never in my life felt inferior to men."

She has taught in many schools and is considered an important person in the Arab literary world. She has translated the work of Lawrence Durrell and Archibald MacLeish into Arabic. In English she has written *The Critical History of Modern Arabic Poetry*, *Trends and Movements in Modern Arabic Poetry*. She also continues writing her poetry in Arabic,



Gildersleeve Lecturer Salma Jayyusi

Lowest Endowment of Seven Sisters

by Paula Gribetz

The Class of 1978 recently decided to attempt to present Barnard College with a gift of 5,000 dollars to establish an endowed fund for senior research projects. The descriptive pamphlet circulated to all seniors describing the gift idea reads, "Barnard, as you may already know, has the smallest endowment fund of the schools that were once called 'The Seven Sisters.' Barnard's endowment is 22.5 million dollars which breaks down to approximately 10.95 thousand dollars per student. This figure compares to the 68 million dollar endowment of Vassar, the 82 million dollar endowment of Smith, and 35 million dollar endowment of Radcliffe. (Some other figures broken down per student are: Wellesley, \$51,000 per student and Holyoke, \$23,000 per student.)

Brett Combs, Barnard's Controller, explained that an endowment is the lump sum or capital that is invested; the interest from this investment supplies Barnard with money with which to run the school. The Investment Committee of the Board of Trustees guides the investment of the endowment capital.

Doris Critz, Vice President for Public Affairs, explained the discrepancy between Barnard's endowment sum as opposed to that of other private women's colleges. She pointed out essential differences between Barnard's student population and that of the other schools, noting that "the student body (at Barnard) is much more diversified and many of the students are from less affluent homes.

The alumni support of the endowment and other fund raising projects reflect the character of the student body. Critz said, "Barnard has produced a different kind of student who is more career and service oriented."

Controller Combs added that graduate school expenses are also a contributing factor since so many Barnard graduates continue their studies after graduation.

The support for the Barnard endowment fund comes largely from alumni gifts. Other contributors are trustees, foundations, corporations, parents and friends of women's education. When asked about Barnard's plan to increase endowment figures, Critz said that the three offices she oversees (Alumni, Development, and Public Relations) are aware of the need to increase the endowment and that it is a "top priority." She added that "we have a much more vigorous program than ever before to encourage alumni to put Barnard in their will." They are also encouraging the donation of lump sums of money to name funds, scholarships and buildings.

Critz expressed her approval and delight about the senior class' project to increase Barnard's endowment. She feels that donations go in cycles and that this year's senior class is expressing a "return to the tradition of giving." She went on to comment that this year's senior class is "much more sophisticated about support of the college" and this is definitely a "big plus."

I. S. C.: Getting Students Involved

by Lois Mooritz

ISC, the Independent Student Coalition, was formed two years ago with the intended purpose of giving students and their concerns a voice and some "clout" with the legislators at the State Capitol in Albany. The private (or independent) sector colleges in New York State, unlike those run by the State and City, were not organized to effectively inform and influence the decisions made by elected officials on the state level.

The purpose of ISC, and the other student lobbying organizations like it, is to bring students into the mainstream of politics. More pragmatic in their outlook and approach than the type of politics which characterized the turbulent days of the late 1960s, current student organizations act as "pressure groups," and attempt to utilize traditional and established forms of political activity.

Although the relationship to the State is not analogous to that of the public universities, private sector students did have a lot to lose by remaining unrepresented—and what they most often lost was money, usually in the form of financial aid. The State Government is the largest dispenser of financial aid, contributing TAP money to 45 percent of all students in the private sector. ISC has picked up on this issue and has formed a legislative platform centered around increasing the net taxable income for determining eligibility for the maximum TAP awards, eliminating an automatic reduction in the award given to juniors and seniors, and easing the requirements to qualify as an "emancipated" student.

Last year, in their first year of lobbying, ISC saw four of their bills become law, including a \$300 increase in TAP awards beginning with freshmen and a "truth-in-college catalogs" bill to protect students against misrepresentation in the information given by the colleges. Out-of-state students also benefit when state aid is increased since it allows the college to free part of their funds and make them available to other students.

In addition to giving students input into legislative affairs, ISC has also helped students make their way through the bureaucratic tangle of programs created for their benefit.

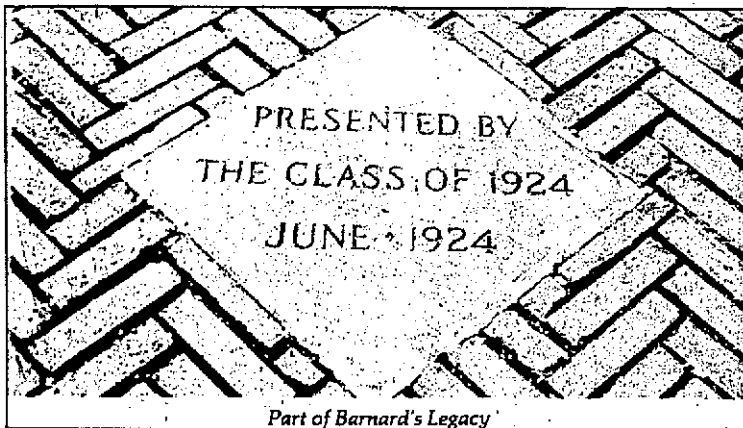


Photo: Alice Combs

Women Reporting on Women

On March 21st, the Women's Center and the *Barnard Bulletin* co-sponsored a luncheon featuring three guest speakers who presented their views during a panel discussion on, "Objectivity in the Media: Women Reporting on Women."

The three guest speakers were Ronnie Eldridge, '52, a political activist and former Director of Community Affairs and Executive producer of the PBS show, "Women Alive"; Anna Quindlen, '74, a reporter for the *New York Times*, and Ellen Willis, '62, a contributing editor of *Rolling Stone*. The women centered their talks on how they coped with reporting the women's movement objectively.

Ellen Willis, who covered the National Women's Conference in Houston as both a delegate and political analyst, felt her articles were objective, yet she did see possibilities of subjectivity if she had misquoted the facts. She said her favorite quote concerning objectivity in journalism was there "may not be such a thing as objectivity, but there is such a thing as bullshit." Her idea behind writing is to try and be honest with herself and the



(from L. to R.) Ronnie Eldridge, Anna Quindlen, Ellen Willis

audience, not to disregard inconvenient facts, have the reporting "stand on its own," and let the reader come to her own conclusion. In terms of feminist bias, Willis said, "If there is a shortcoming in the movement, spell it out."

As a reporter on the women's movement for the *Times*, Anna Quindlen realized where the paper stood on the movement when they changed her from the metropolitan beat to the Family/Style section upon assigning her the "women's movement" beat. She said she was chosen for the job because they thought she wasn't a feminist since, "I wear make-up and skirts to work." To her, that's the extent of the *Times'* objectivity. Quindlen admitted she "bent over backwards" trying to

get the straight news aspect of the Women's Conference. She believed she reported the Houston conference objectively and accurately, "while a lot of writers were reflecting a preconceived notion."

Ronnie Eldridge, who acted as moderator of the panel, considers herself totally biased when it comes to the women's movement and maintains the dilemma in reporting has to do with the conflict of being subjective or objective in terms of the image wished to be portrayed or the role the reporter wants to see played. She believes that women reporters have a sensitivity to issues that would have never been there without the women's movement.

—Maria Tsarnas

Opinion Gays Speak Out

The president of Columbia University, William B. McGill, recently denied a request by Gay People at Columbia (GPC) to amend the University's "Statement of Nondiscriminatory Policies" to include a ban on discrimination on the basis of sexual orientation.

In October, 1977, GPC wrote to McGill with their request. Following a month-long silence from the administration, PC succeeded in contacting Doug Waegner, a member of the Office of the Executive Vice-President for Administration. Waegner informed GPC that the University was reluctant to accede to their request because 1) the current nondiscrimination statement is tied to Federal regulations and while amending it is legally permissible, the University was unwilling to reword it, and 2) the administration was afraid of

adverse reaction from the University community, specifically alumni and trustees. In addition, Waegner expressed his doubt that the amendment was necessary. "We can't address moral questions. There is no evidence that discrimination exists on an institutional basis." He then told PC that the matter had been referred to University Counsel.

After another month of silence, PC received a response from President McGill. In his letter January 26, 1978, McGill "confirm(ed) that the University's policy is not to discriminate on the basis of sexual orientation in the conduct of its education programs and activities." His letter included "no mention of salient issues—hiring and admissions.

To this date, the only action taken by the administration has been the

distribution of copies of President McGill's letter to various departments within the University. This cannot effectively prevent discrimination against Gay men and Lesbians. President McGill's rejection of a formal statement of Columbia University's policy of nondiscrimination on the basis of sexual orientation "denies the public knowledge of any such "policy."

Many universities have amended their formal statements against discrimination in the areas of race, sex, creed, color, national and ethnic origin, disabilities, and marital status to include a ban on discrimination on the basis of sexual orientation. Among these institutions are Rutgers, Haverford, UCLA, and SUNY. We wonder why Columbia will not allow Gay men and Lesbians the same formal protection against discrimination which now covers other minorities.

George Gewirtz
Katharine Morrison

An Interview With Noreen Connell

by Sheila Perry

Noreen Connell is the President of the New York chapter of NOW (National Organization of Women), and has been since 1976. She was the founder of Women Office Workers, an organization of secretaries and clerical workers concerned with salaries, promotion opportunities, and job discrimination. Recently, Bulletin spoke with Ms. Connell.

What are the goals of NOW and how does NOW relate to other feminist organizations?

NOW's purpose is to achieve equal rights and responsibilities for women in all aspects of citizenship, public service, employment, education, health and family life. It also includes freedom from discrimination because of affectional or sexual preference, marital status and parenthood. We want equality of opportunity in all areas of American life for women.

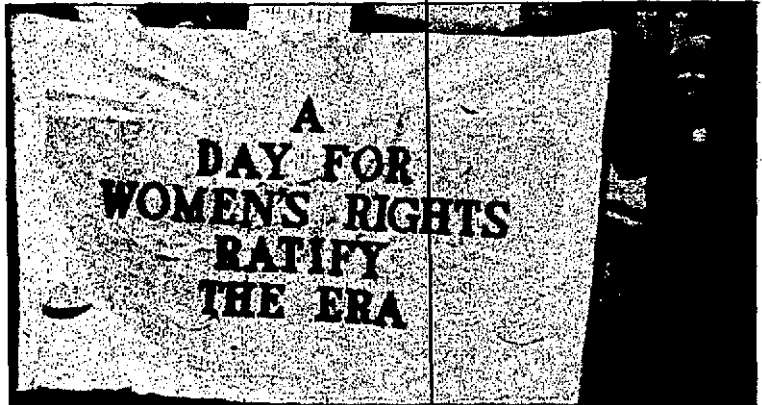
NOW should be the only women's organization. We are multi-issued. We have 14 committees that deal with issues affecting women such as sexuality, marriage and divorce, child care, rape prevention, women in history, older women, reproductive control, etc. Whereas, other groups may only deal on one level and only do lobbying.

What is NOW doing to get ratification or extension of the Equal Rights Amendment?

The first step is to begin educating ourselves and other feminists about the importance of the ERA to all issues affecting women such as employment, rape prevention, health, language, and images to name a few.

We would not now be seeing the right to abortion eroding before our eyes if the ERA campaign had not been stalled in 1974-76. The ERA campaign, like it or not, is a score card for public policy makers. If we lose the

tension of the date for ratification. We are asking people to write Congresspersons who are key to getting the ERA extension bill out of the House Judiciary Committee. It is often stated that NOW only at-



Noreen Connell

game in 1979 we will begin losing on all fronts—rape prevention, divorce reform and affirmative action.

The second step is to move beyond concern for the ERA to direct action. NOW nationally and in this Chapter has three strategies for ratifying the Equal Rights Amendment: the Boycott, the Ballot, and the Extension. With reference to the boycott, NOW is asking any organization, union, or association to pass a resolution to hold no future convention in the 15 states that have not ratified the ERA. We are fighting with the ballot by asking for contributions to the campaigns of pro-ERA candidates in unratified states. Since we have exactly one year to get the ERA ratified by 3 more states, we are seeking to get a seven year ex-

tracts white middle class women? Is this true?

Yes, most of the members of NOW are white middle class women, but we are trying to attract more minorities. We are getting CETA (Comprehensive Employment and Training Act) money from the government to hire poor minority women. They will be hired to work on the staff and help with complaints, referrals, and, basically, to give information to those needing our help.

What is NOW doing in terms of women and health care?

Joseph A. Califano, J., Secretary of the Dept. of Health, Education and Welfare (HEW) has developed guidelines for sterilization procedures

(continued on page 21)

Newsbriefs

Registrar

The registrar's office is urging all students to check their mailboxes, especially sophomores and seniors who have been sent a mailing that requires immediate attention. They also would like to remind all students that Thurs., March 23 is the deadline for dropping courses. Lastly, a quick

reminder that Friday, March 31 is the last day for graduating seniors to submit work not completed in previous terms.

Clean-Up

A "Clean Broadway Campaign" has been organized in the neighborhood. Community merchants, politicians, and residents are working on a self-enforcing cooperative project to keep Broadway clear of trash and litter.

Barnard College and the *Barnard Bulletin* both are sponsors of this campaign, and we urge all members of the Barnard community to cooperate in this endeavor.

Glee Club

On March 29th at 8 p.m., the Columbia University Glee Club will present its traditional spring concert at Alice Tully Hall, in Lincoln Center. The program will feature works performed on their recent tour of

Out From Under (Grad)

The poll that we ran concerning whether or not we would join ISC, the lobbying group, is now officially closed. Although Undergrad has not officially taken a decisive vote to join, the results from the student body were favorable. In a typical Barnard response, only 45 students responded; but out of those that did respond, 41 were in favor of joining and only six were opposed.

A lot of uproar was created when Dean Mattia announced that there would be doubling up of rooms in Plimpton Hall. Undergrad feels that doubling up in Plimpton is a real mistake because there simply is not enough room in those tiny suites for one more person. However, we are not opposed to doubling up altogether. We all have to realize that the way Barnard College has allowed seniors to have, essentially, the best pick of the rooms is a luxury. At almost any other school across the nation, students are lucky if they get a single by the senior year, while at Barnard, if you do get a room after your freshman year, you are almost assured a single (there are a few cases in which sophomores do double up because they have no choice). This, then, is really a waste of precious space. A college sitting smack dab in the middle of a large urban center knows that it has a slim chance of attaining any more real estate, and knowing this, it cannot afford to waste space. But that is precisely what Barnard is doing now by not fully utilizing what is has at present. Some of us live in 620, and feel that some of the apartments in

that building could sustain at least one more person per apartment, if not more. There will, no doubt, be a lot more discussion on the doubling up proposals, but Undergrad just wanted to take the opportunity to remind students that they have been very privileged up to now in being able to have mostly single rooms in which to live.

Seven Sisters Conference: Look for the ad in this issue that has the schedule of events for this weekend, which will be April 7 through 9. All students are invited to participate in the workshops on Saturday, and to join us in galavanting about the Big Apple on Saturday night. However, any student that wishes to participate MUST R.S.V.P. to Lori Gold, or any of the other officers in Undergrad, because we must know how much to order for lunch on Saturday.

Elections are coming up on April 3, 4 and 5. They will be held outside Barnard Library if weather permits; otherwise, downstairs in McIntosh Center opposite the mailboxes. Seniors: It is very important that you vote. In order to have a Barnard College Senator on the University Senate, 33 per cent of the student body MUST vote!! Therefore, urge your friends to vote. Last year, we had a really good turnout—about one-fourth of the student body turned out to vote (and that was considered good? you ask). Please, exercise your franchise and vote for your student representatives.

Scholarship

The Gotham Business and Professional Women's Club of New York City each year awards the EILEEN GRIBBIN SCHOLARSHIP FOR WOMEN. This scholarship of \$250 is for the academic year of 1978-79. The applicant must be a woman entering her senior year in September, 1978 with an academic major that indicates that she is career-oriented towards a position in either business or the professions.

Applications are available in the Office of Financial Aid. The deadline for the return of the application to the Gotham Club is April 14th.

Letter to the Editor

To the Editor:

I was not too pleased with the report on employment available to students on campus. I was especially "not pleased" to read about the anonymous Freshman at the Barnard Library who found time to mellow out and read a few good books. I certainly wish we student supervisors had a minute or two to do the same, but with all these anonymous people reading, why, we haven't a moment to tie our shoelaces let alone sit back and catch up on work. It seems that some students who follow our, more literary comrades have an amazing backlog of work (i.e. filing, shelving, mailing notices, carding books... ad infinitum) because of such lovely, mellow people.

Barnard's library also doesn't exactly condone taking a few days off during midterms. They require that substitutes be found for desk hours and it's the student's responsibility to find them. Otherwise, there can be a bit of a risk involved—meaning one's chances of employment may be jeopardized for the next semester.

Don't get me wrong, the people at the library are not ruthless with their students, but they do want cooperation from their student employees. They are understanding (after all, they were all students too—one is even from Barnard) and easy to get along with, but they do not like to catch up on some absent student's work or cover the desk for people who don't find substitutes. They have their own matters to attend to. They (and I) respect individuals who handle their work in a mature and responsible way, but as one who has often found a pile of work left by other students, it is very difficult to *not* be irritated by irresponsible students.

Elaine Richards '78
Student Supervisor (Mending Dep't)
Barnard Library

In the March 6 issue Ted Stock, director of Financial Aid, was incorrectly cited as saying that upperclasswomen on financial aid may have their allotments cut in order to combat the tuition increase.

Bulletin regrets the error.

Belgium, Holland, West Germany, and Luxembourg; works of Vittoria, Bach, Beethoven, Schubert, Orff, Copeland, Persichetti, Thompson, and Schumann, there will also be a complement of traditional folksongs, spirituals, sea chanties, and glee. The Notes and Keys (a triple quartet) and the Blue Notes (a Barbershop quartet) will also perform.

Tickets are \$8.00 and \$5.00 and are available at the Alice Tully Hall Box Office, and from the Columbia Glee Club.

Financial Aid

Reminder: the deadline for submitting next year's financial aid applications is April 17.

Stress: It Can Kill You

by Andrea J. Marino

It's 2 A.M. and you are working frantically to get that term paper completed by the 9 A.M. dead-line. The paper was assigned three weeks ago, but of course you have put it off to the last minute, and now justify your procrastination by stating that you work better under pressure anyway. Yes, you may be one of the people who live on stress; you need it to survive and be happy. Or you may be one of the group who may be ignoring stress signs that say you're killing yourself!

Stress is the non-specific response of the body to any demand. All the demands you make, whether on your brain or your heart or your muscles or any other organ, cause stress. But it is important to realize that stress is a

normal state. Unpleasant or unhealthy stress is commonly called "distress" and pleasant stress, as when an athlete's body secretes stress hormones during a race, is called "eustress."

But how do you know whether you are one who will be negatively affected by stress? There are still many unanswered questions as to who will become ill under stress, why some people remain totally unaffected or even more healthy under stressful situations, and why the same stress will trigger different problems in different individuals.

According to Dr. Hans Selye of the Institute of Experimental Medicine and Surgery in Montreal, human beings fall naturally into two groups—"race horses" and "turtles"—whose response to stress is, respectively, very

positive and very negative. The first group, are the stress seekers. They strive on stress. The latter group, want a calm life. If you take a turtle and force it to run as fast as a horse, you will kill it, but on the other hand, you can't make a turtle out of a horse, either. "If a person is a stress seeker," Selye declared, "and his body is falling apart, the last thing I would ever diagnose is that he be imprisoned on a beach for three months. He will do nothing but run up and down the beach and think about Wall Street. He might as well be on Wall Street and learn to accept the type of person he is and develop the disciplines that will help him live in harmony with the stresses of his life."

Selye maintains that individuals who go, or are forced to go, against their nature are those who develop the signs and ailments of negative stress. What are the affects of stress? Stress stimulates the endocrine glands to produce hormones which act upon the adrenal glands. This causes an in-

Surgeon General Has Warned . . .

by Jolyne Caruso

No one really knows what it is in a cigarette that causes disease but the fact that cigarette smoking does cause disease is an established fact. If you smoke, you probably know the facts and want to stop. But caught between ad campaigns telling you to come "alive with pleasure" and scare tactic statistics proving that it is likely that you will be dead with cancer; caught between a will that wants to say no and a nicotine need that is screaming yes—the smoker finds himself or herself in the jaws of an addiction that is chewing up her life piece by piece.

As statistics show, three out of four smokers either wish or have tried to stop smoking, yet only about one in four succeeds in becoming a permanent non-smoker. Therefore most people smoke not because they wish to but because they cannot easily stop.

Most females who smoke started in their early teens and began by smoking less than a pack per week. As they acquired more money and matured, smoking became a symbol of womanhood and femininity. The well-used phrase "peer pressure" becomes an important consideration and school becomes the ideal starting place.

A nationwide study for the American Cancer society found a

significant correlation between smoking and school achievement. Those students with an A average were much less apt to smoke than those with a low scholastic average. This may indicate that the student with higher grades generally shows greater personal discipline.

Smoking in classes is often a topical issue in colleges. Some professors strongly object to smoking in class. Many prefer that students refrain from smoking because non-smokers become agitated and the room becomes laden with a cloud of smoke. "It definitely becomes a distracting factor," claimed one professor. However, most professors prefer not to place regulations on the smoker, especially if they smoke themselves. One alternative is to section off the smokers from the non-smokers. Student smokers are often assigned to a particular area of the room, often closest to the windows, and this usually appeases the non-smokers.

This raises the question of smokers' rights. Anti-smoking campaigns have driven the smoker out of public places. He is banned from elevators, supermarkets, and many public means of transportation. Many smokers feel they have as much right to smoke as people have not to smoke. The smoker is becoming a criminal in the world



today.

But there are always two sides to every story. Non-smokers feel their rights are infringed upon each time a smoker lights up. Scientific research has proven that a non-smoker inhaling the fumes of a nearby smoker experiences a faster heartbeat and higher blood pressure. The action of the cilia inside the bronchial tubes is slowed down which retards the cleaning process of the breathing passages. In addition, there is actually more toxic cadmium in the smoke that drifts off the burning end of a cigarette than in

crease in pulse rate and a tendency to sweat. You will become more irritable and may suffer insomnia. You will become less capable of concentrating and you will have an increased desire to move about.

Prolonged emotional stress contributes to high blood pressure, gastrointestinal problems, hyper-tension, cardio-vascular disease, heart accidents, mental breakdowns, and a wide variety of other illnesses to some individuals. According to the latest medical findings, stress is also linked to the major cause of breakouts of acne.

To control the affects of stress, it is advised that you learn to listen to your body and become more in-tune with your senses. When your body calls out for help, experiment with the coping techniques that best eliminate that stress. You might build resistance by regular sleep and good health habits; keep work and non-work life separate; get more exercise; talk things through with peers; and most importantly, be able to withdraw physically from a situation when necessary.

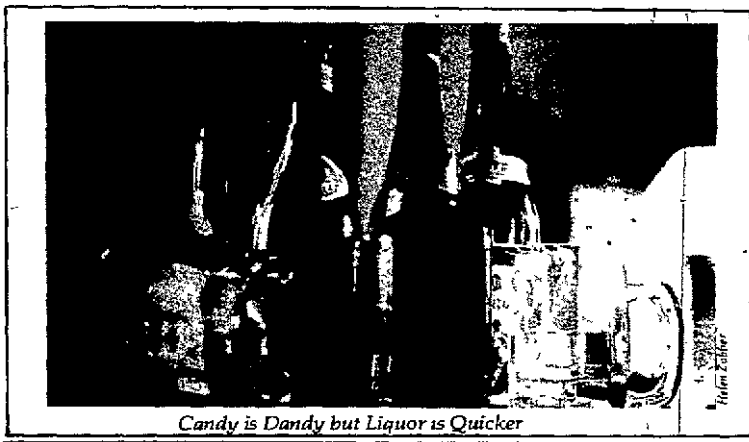
the drag the smoker takes.

If you are a smoker and cannot quit there are ways to get health protection with vitamins. An article in the New York State Journal of Medicine discusses the link between cigarettes smoking, platelet aggregation and arterial disease. However, if nicotine is an arterial killer, it just might have met its match in Vitamin E. Two researchers have recently found that Vitamin E decreases platelet aggregation: the exact opposite of smoking's effect on platelets.

Nicotine is not the only villain in this medical research. Carbon Monoxide plays a star role in the harassment of your heart. Its effect on hemoglobin is disastrous. When carbon monoxide is sucked into the circulation during smoking, it eliminates the necessary oxygen out of the bloodstream. This leads to the shortness of breath, and an inability to perform strenuous exercise—even to climb stairs—without gasping.

But supplementing your diet with Vitamins A, C, and E is not the only way to protect your body against undue damage. How much you smoke and what kind of cigarette you smoke also have their effects.

While you're taking your vitamins, try again to quit smoking. Your supplements will do you a lot more good if they don't have to exhaust themselves fighting smoke.



Candy is Dandy but Liquor is Quicker

Oy! My Aching Head

by Amy Gerber

So it's Sunday morning (following Saturday night) and you've sworn off alcohol for good for the twentieth Sunday morning in a row. That's fine for next Sunday (maybe) but what can you do now to evict the elephants that are tap-dancing in your head and stomach?

The great problem in curing hangovers is that no one can agree on what it is that causes them. Everyone agrees that hangovers are caused by overimbibing the night before, but what aspect of the alcohol causes the discomfort? Symptoms also vary from person to person, some drinkers will suffer the full range of agonies like headache, nausea, listlessness, while others suffer not at all.

There are some, like Dr. Stewart Wolf, who claim that hangovers are caused by the guilty consciences of people expecting to be punished for their overindulgences. In other words, it's all in your head (No pun intended).

It has, however, been scientifically shown that what you drink and how you drink it has an effect on how you'll feel the morning after. Congeners, the impurities found in alcohol such as brandy, whisky and some wines which have been aged not only give these beverages their characteristic strong tastes and smells but also produce the strongest hangovers. Vodka and gin, which have no congeners, consequently produce the mildest hangovers.

One trick in avoiding hangovers lies in slowing the absorption rate of alcohol into the bloodstream. This can

be accomplished in a number of ways. Since carbonation tends to speed up the absorption, bubbly drinks will go to your head quickly. Champagne and other less romantic carbonated drinks (such as gin and tonic) will wreak havoc with your system the next morning.

Drinking slowly also gives the body time to adjust to the new chemicals being introduced to it, so nursing a glass for half an hour or so is an intelligent practice. Unlike food digestion, alcohol is metabolized independently of the amount of activity you are engaged in—its rate is fixed. When you drink more than can be broken down then the alcohol goes into your blood stream and you get drunk.

Eating before drinking is a smart idea as well. Food in the stomach, particularly fatty ones which are rich in protein, like milk and dairy products, will coat the lining and slow absorption in the blood stream.

Mixing drinks with tomato, orange, grapefruit and other fruit juices will aid in balancing the chemical disorders caused by alcohol. Drinking dehydrates your system and salt is lost in sweat and urine. Fruit and vegetable drinks will replenish the salt supply and restore the electrolytic balance. These are good beverages to have around in the morning to relieve feelings of "cotton mouth."

Assuming you do wake up in the morning with a hangover, there is very little you can do. Everyone has his own opinion of the best cure and is con-

(continued on page 18)

It Keeps You Running

by Katya Goncharoff

Sue Coghshill spends most of her time smashing, bashing, smacking, whacking, making rail shots, lobbying Philadelphia boasts, and going for control of the "T." In other words, she plays squash frequently for she is currently Britain's No. 1 women's player. Recently in New York for the Manhattan Squash Club's International Tournament sponsored by *Viva* magazine, she explained her enthusiasm for the racquet sport. "You have a good workout. I always have enjoyed sports ever since I was knee high to a grasshopper, and I used to play a lot of tennis but I got fed up—it wasn't fast enough."

Squash is fast and it is swiftly gaining popularity as a spectator sport and competitive recreation. In the past two or three years, public squash courts have opened in New York and Philadelphia. Nine years ago, when women began to register for gym at Yale, Dartmouth and Princeton, they discovered squash. In 1975, many former college players started league play for women and began to apply for admission to racquet clubs. There are about 62 clubs in New York's Metropolitan Squash Racquets Association. About 13 allow women to play.

Though the best way to learn squash is to watch a competition, one of the best ways to stay fit is to play squash. Squash is a far more intense and aggressive game than tennis for you get the maximum exercise in the minimum time—the exertion required for 45 minutes of squash is comparable to 2 hours of tennis. The game is played in a white walled chamber that may at first feel claustrophobic. In America, the 32 foot deep, 18 foot, 6 inch wide, 2 story high court is shorter and narrower than one side of a tennis court. Opponents enter armed with slim light racquets and proceed to bash about a plum-sized ball in the boxlike space of speeds ranging from 15-90 m.p.h. The serve is the only time when the ball must smack the front wall first. At all other times, the ball may be smashed off any or all of the other walls on its way to or from the front wall. However, the ball must hit the front wall between the telltale (the metal band 17 inches above the floor)

and the top of the 16 foot wall

As the ball relentlessly ricochets off the four walls, the body and mind must remain active. You have to like to run. Unlike tennis, you never get a break to wipe your brow, because the ball is always there. You have to be able to anticipate. One controls the court only if one learns to use the angles of the room as billiard players use the edges of the table. Good players win the game by drawing their opponents away from the center court with the well-placed shots made with a snap of the wrist in a

whipping stroke. Fifteen points does it

Though not many women were playing squash in the 1860s when India rubber became available and a soft ball originated which could easily be 'squashed' between thumb and forefinger (hence the name of the game) they began to participate shortly after. In 1909, Ms. Margaret Child won a tournament held on her own court in Westwood, Massachusetts. In 1927, Mrs. William F. Howe Jr. won the Massachusetts State Tournament. In 1928, the first Women's National were held in Boston and the champion was Ms. Eleanora R. Sears, one of the most

(continued on page 17)



Barbara Maltby U.S. Women's Squash team captain

Conditioning At Barnard

This semester I decided to take body conditioning to rid myself of those mid-winter bulges that had developed around my middle. I took the course under the assumption that the class would consist of stretching and of 'feminine body' contractions. However, much to my dismay, on the first day of class I was told by my instructor Pat Samuel, "you guys are in for a surprise, this is body conditioning and we are going to do sit-ups, push-ups, jumping jacks, stretching and running. By the end of the semester you will all be running at least a mile, and if any of you guys smoke, you're going to die!"

Well I sat there, quite amused by this charming introductory lecture and wondering whether or not I should leave now or wait till the end of class. However, not only did I stay till the end of the lecture, but I decided to

stay in the class, calculating that if anyone could possibly pose a personal threat to Ms. Samuel's objectives for the course's requirements that I would be the one.

However, two months later I now find myself rising early in the morning to do my pushups, sit-ups, and laps. Needless to say, I have suffered a torn ligament and assorted other ailments since I began to take this course, and as I stagger into my next class still panting and totally exhausted, I wonder whether it's worth the effort. Well is it? It does fulfill the gym requirement as well as providing a truly viable core for physical fitness that and I must confess that few other Phys. Ed. courses offered are nearly as valuable.

Pat Samuel—I concede, you win—I'm in the course to stay, even if my parents do have to take me home in a wheelchair.

—Greta Cohen

D.E.S.: An Unfortunate Family Legacy

by Celeste La Tassa

In late 1957 and early 1952, approximately 1,080 pregnant women at the Chicago Lying In Hospital were given unmarked tablets as part of a pre-natal care program. The pills were composed of an estrogenic hormone known as diethylstilbestrol, more commonly labelled DES. The drug was prescribed to the women in the hope that it would reduce their chances of miscarrying. The results of this experiment revealed that DES was ineffective in fighting premature births.

In the late 1960's, fetuses were aborted with the aid of the "morning-after pill"—a concentrated dosage of DES which induced miscarriage. This practice is still widespread, as is the use of DES as an estrogen replacement during menopause.

All told, as many as 2 million women

have taken DES between the time it was introduced nearly 18 years ago and its ban by the FDA in 1971. Now doctors believe that DES can create carcinogenic conditions in the daughters of the women to whom the drug was administered.

90 percent of all DES daughters have developed adenosis—a condition that is characterized by abnormal vaginal and cervical cells, and that may lead to cancer. A DES daughter must undergo a semi-annual series of tests which determine whether she has adenosis. The procedure usually includes a thorough gynecological examination, Pap smears of both the vagina and the cervix, a palpation of the vagina, and a Schiller test (staining). Fatalities attributed to DES number about 50; most of these deaths occurred before age twenty, possibly in connection with puberal hormonal

changes.

Women alone are not affected by DES. Statistics prove that the male offspring of women who took DES frequently suffer from the drug's side effects. They tend to develop genital abnormalities such as undersized penises and testes, painful swellings in scrotums, and epididymal cysts in the testes. DES sons are also prone to infertility.

Now, DES children across the country are bringing their cases to court. So far, drug companies and a few physicians and hospitals have been charged with billions of dollars worth of lawsuits. But the drug companies refuse to accept the fact that DES is a highly harmful substance, whose medical value, if any exists, is insignificant when considered in conjunction with the dangers it poses to one's health. The companies maintain that the drug has been effectual in its purpose; they also state that cancer of the vagina or cervix is a naturally

(continued on page 21)

The Test That Can Save Your Life

by Lynn Goodman

Six out of 100 American women will contract breast cancer. Half of them will die from it. Little is known about its causes but there are various forms of effective treatment which can be implemented if the disease is detected early enough.

Most breast cancer diagnosed by physicians is in an advanced stage. This must be changed because the earlier the cancer is discovered, the surer the cure. Self-examination is vital for all women as 90 percent of breast cancer is located by the victims themselves. Each woman should examine her breasts once a month after her menstrual period.

The examination process is very simple. Lie down on your back placing your right hand behind your head and the left hand on the right breast. Move the left hand around the breast in a circular motion starting on the periphery and moving inward toward the nipple. Then switch arms and examine the right breast. Repeat the procedure while standing. Once you become familiar with the texture of your breasts, you will detect any unusual lumps immediately.

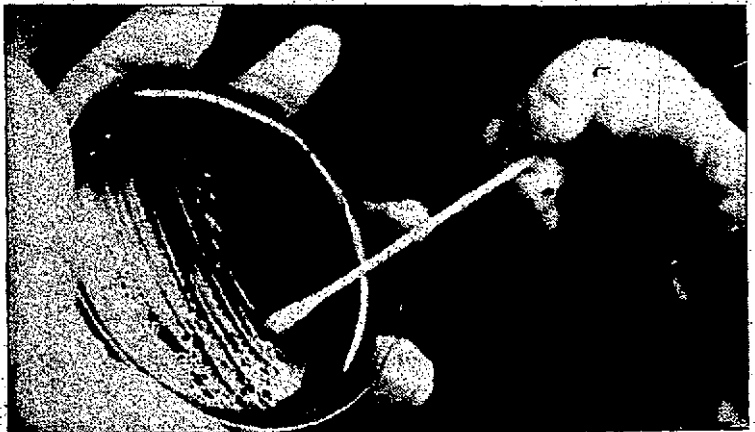
A single, painless lump in the breast is the commonest form of breast cancer. A pucker or dimple in the skin

is almost always a sign of cancer. It can best be seen by looking in the mirror and raising the arms above the head; sometimes it is noticed when the hands are placed on the hips and the chest muscles are tightened to put pressure on the hips. Inversion of the nipple, which is also best seen by raising the hands above the head, usually signifies cancer. Shrinking or swelling or enlargement of one breast is often a sign of cancer. A hard lump in the armpit is a sign of a tiny tumor in the breast which, although it cannot be

felt, has already spread to the nodes and must be treated immediately. Bloody discharge from or irritation of the nipple is also a sign of cancer. A sense of discomfort in one area of one breast very occasionally is a sign of cancer.

If a woman finds a lump after examination or notices any of these symptoms, she should immediately go to a "screening center", or a doctor to have an interview, a clinical examination, and mammography (x-

(continued on page 18)



Beyond the Aspirin Method of Contraception

by Julia Lachter

For most healthy women, becoming pregnant, if they want to, is not a problem—a woman's body naturally releases a fertile egg each month, and most people over the age of 7 or 8, know the mechanics of conceiving a child perfectly well.

On the other hand, many women don't understand equally how *not* to conceive a child.

Just as it takes 2 to make a baby, it takes two not to make one. Contraception, therefore, should be the concern of both the man and the woman. Often, however, it is the concern of neither. There are many reasons for this—men often don't deal with it because they feel that it is the woman's problem.

Failure rates of birth control methods

Birth control pill (combination pill)	0.5% (theoretically 0 if no pills are forgotten)
IUD	1.5-8
Condom	10-15
Diaphragm	10-15
Vaginal contraceptives	15-25
Rhythm method	15-30
Withdrawal	20-30

The above rates should be read as pregnancies in 100 women using the method for 1 year

Women's reasons for playing "pregnancy roulette" are often more complicated, occasionally bordering on pathological. Some women believe that if they don't use birth control, they aren't really "doing it." Using contraception makes it all too premeditated—(note the only other context in which the word premeditated is used is in reference to murder!)—it's much easier on some women's psyches to say that they got carried away by the passion of the moment, or that she got forced into it, rather than accept responsibility for their actions.

Responsibility is really what contraception is all about. People have a right to have worry-free sex, but along with the enjoyment of sex goes the responsibility of making sure that no unwanted pregnancies ensue.

Probably the best way to achieve this is to make people as knowledgeable as possible about what their options are in the area of birth control (hopefully another generation won't grow up knowing only about the aspirin method—take an aspirin, put

it between your knees, and keep it there).

Following is a partial list of the most common contraceptive methods. Supplementary information is available at the Women's Counseling Project, Planned Parenthood, the Health Center, etc. Counseling is also offered at all of these places because it is vital that a couple choose a method of contraception that is right for them. None of the methods described below work if they are used incorrectly or inconsistently.

The Pill

When a woman is on the pill, she takes one small tablet containing synthetic estrogen and progesterone for 21 days each month. On the days that she does not take a pill, she menstruates. Actually, however, it is not really menstruation, because no egg has been produced in her ovary. To backtrack briefly—what the estrogen in the pill does is to interfere with a cyclical feedback mechanism between the pituitary gland and the hormones that allow an egg to be produced each month. The progesterone in the pill provides two back-up effects; it increases the thickness of the cervical mucus that works as a barrier to sperm, and it keeps the lining of the uterus from developing properly, so that no egg could implant, even if it was fertilized.

There is only one advantage to the Pill—but it's a big one—it's 99.5 percent effective. The disadvantages, however, are numerous and serious. The milder side effects of the Pill include nausea, weight gain, headaches, frequent vaginitis, increased susceptibility to V.D., depression, acne, gum diseases, breast tenderness and fatigue. More seriously—there is definite scientific proof that users of the pill have more lethal blood clots, more cancer (especially uterine and breast), higher blood pressure, and their children are born with more birth defects.

IUD

Most IUD's are small white plastic devices of various sizes and shapes. They are placed inside the uterus by a doctor, and can remain in place for years. However, they must be removed by a doctor when pregnancy is desired.

No one is actually sure about how they work. One theory is that they keep the lining of the uterus in a

constant state of infection which prevents implantation. Another is that the body reacts to having a foreign substance in it by sending out white blood cells that try to get rid of it. In the process, the egg and sperm are devoured. The IUD is approximately 90 percent safe (2 percent failure rate) for women who have had pregnancies, and 96-97 percent safe for zero parity women.

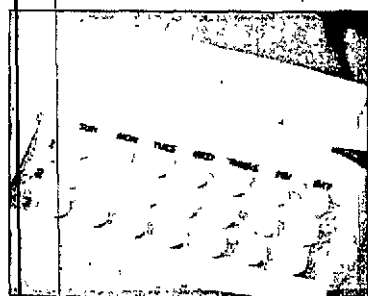
The disadvantages of the IUD are that 1) it can perforate the uterus (12,500 women) or slip, 2) women with IUD's tend to get more frequent internal infections, and that 3) They sometimes cause women to have heavy menstrual periods and very bad cramps.

The advantages are the low rate of failure, that there is no need to do anything before having sex, and that the only expense involved is the cost of insertion, which ranges from 10 to 100 dollars.

The Diaphragm

A diaphragm is a soft rubber cup shaped device that must be used with a spermicidal cream or jelly.

It prevents pregnancy with an efficiency rate of between 90-98 percent



by preventing the sperm from getting into the cervical canal. The diaphragm itself covers the cervix and the cream or jelly kills whatever sperm may have gotten past the diaphragm.

A woman must be sized for a diaphragm by a doctor and must be rechecked once a year, or if she gains or loses ten or more pounds. It costs about \$5, and the jelly or cream costs about \$3 per tube.

The disadvantages of the diaphragm are 1) it must be put in two hours or less before intercourse and must be kept in 6-8 hours afterward, 2) some women are allergic to some brands of jellies-creams, 3) some women are

(continued on page 24)

Vaginitis and Cystitis

by Jolyme Caruso

Vaginitis is generally described as an inflammation of the vagina and is accompanied by pain, itching and a discharge. The infection is very common and the incidence of reinfection is very high. There are several different types of vaginal infections and each is caused by different organisms and treated differently.

Certain factors contribute to the infections and tend to make the individual more susceptible to them. Poor diet, lack of sleep, or the presence of another disease or infection may affect a person's resistance to the infection. Medications such as antibiotics, hormones and excessive douching remove the good bacteria needed by your body. Irritation by external factors such as intercourse without enough lubrication, childbirth and tight fitting clothing make an individual more susceptible.

The two most common types of infection are trichomonal and monilia (candida). Trichomoniasis is transmitted by sexual intercourse but can also be passed from person to person on washcloths, towels, bathing suits and any moist object. In women, the symptoms are it-

ching and burning while urinating, and a discharge. In men, the symptoms are less severe and often confused with urethritis which makes the infection difficult to detect. If a woman is being treated with the infection, it is recommended that her sexual partner be treated also to prevent reinfection.

Monilia infection, the most common of infections, is caused by the fungus monilia which is present in small quantities in the mouth and the digestive tract. When the balance of these organisms is upset, the fungus grows very quickly. This causes a discharge and itching. However, the infection can be treated simply with a vaginal medication; usually mycostatin.

The following recommendations should be understood if you are infected. After your infection has been diagnosed by a physician, use the medication until it is all gone. Do not discontinue use when the symptoms disappear or during menstruation. The infection is gone when all the organisms are destroyed; not when the symptoms disappear. Do not scratch the area because this causes further irritation and spreading. The infection spreads in moisture and

heat. Therefore, avoid tight pants, synthetic underwear, and panty hose. Bathing suits should be changed immediately after swimming and clothing that comes in contact with the infection should be carefully washed preferably with bleach to kill the organisms. Warn your sexual partner that he may also be infected and should be treated. It is best to avoid intercourse when the symptoms are at their worst.

Cystitis is an acute or chronic infection of the urinary bladder usually caused by bacteria. Common symptoms include frequency of urination and a burning sensation during and just after urination. Other symptoms include low back pain and slight fever. Cystitis occurs most frequently in women because the urethra, the duct leading from the bladder to the outside, is shorter in women and permits bacteria to enter the bladder more easily. The diagnosis of cystitis is made by a microscopic examination of the urine to determine the presence of bacteria. In more severe cases, a cystoscope is used to view the inside of the bladder. Cystitis is treated with antibiotics and increasing the patient's intake of fluids. It is recommended that infected persons drink up to ten large glasses of water each day.

Legal Update

The New York State Legislature will resume discussion this week on whether to continue state Medicaid funding of abortions. According to a *New York Times* article on March 23, Senate majority leader, Republican Warren M. Anderson, has tried to force a vote on the abortion issue by refusing to continue talks on the state budget until the question is resolved. Assembly speaker Stanley Steingut, who supports continued Medicaid funding for abortions, has refused to bring the abortion question to a vote in the Assembly.

It is important that both Anderson and Steingut immediately receive telegrams, letters and phone calls from women who support the right to choose abortion. Send a "public opinion-gram" (962-7111) to Anderson, deploring his trading the

Abortion

health and safety of poor women for his own political needs; and to Steingut, thanking him for his support of continued state Medicaid funding for abortion.

Anti-abortion forces have been very visible and very vocal in Albany this year. It is important that those who support free access to abortions for all women also speak to state legislators in person. A bus will leave for Albany on Wednesday, March 29 at 8 a.m.; call 777-2002 for information. The Committee for Abortion Rights and Against Sterilization Abuse will sponsor a trip to Albany on Tuesday, April 4; call Anne Teicher, 490-0400 (days). On Tuesday, April 11, the New York Women's Lobby will sponsor a women's lobby day; call 924-7800. *

What It's All About

The word "abortion" refers to two very different medical procedures. The choice to use one procedure over the other is determined by the number of weeks that have elapsed since conception.

Within the first trimester of pregnancy (approximately 12 weeks since conception), a woman who chooses to terminate her pregnancy will undergo a procedure known as "Dilation and Curettage" or D & C. The vast majority of abortions are performed in this manner.

There are two parts to a D & C: dilation of the cervical canal, and emptying the contents of the uterus with a suction curette.

(continued on page 16)

Eating to Live or Living to Eat

by Lora Papayanni

Socrates once coined the phrase "I do not live to eat, I eat to live." But, in 1978 many of us would say, "I do not live to eat. . . I live to diet." There are approximately 20-50 million overweight Americans who are following, as Harvard physician F.J. Stare describes it, "a road to utopia. . . paved with fad diets."

Each season a new craze develops, aimed at facilitating the gruelling "battle of the bulge." Experts and novices have discovered miraculous regimens ranging from Dr. Frank's "No-Aging (Sardine) Diet," to Dr. David Reuben's (remember his celebrated "Everything You Always Wanted To Know About Sex") dynamic "Save Your Life Diet."

Five years ago, Dr. Robert Atkins revolutionized the diet scene with the proposed best-seller "Dr. Atkin's Diet Revolution." He let patients "eat as much and as often as they wanted" various low carbohydrate foods, such as: heavy cream, mayonnaise, cheese, even fatty meats. The American Medical Association felt compelled to restrain the "bizarre regimen," warning the public of possible ill side-effects. Nutritionists, while admitting that many popular diets do work temporarily, advise that intake of too much or too little of certain foods is unhealthy. Such diets should not be followed for any lengthy period of time.

Just recently, we were confronted by an all-out campaign promoting the "Last Chance Diet," a liquid protein formula, sold in flavors ranging from cherry to honey to banana. The originator of the diet, Dr. Robert Linn, says the amino acid compound "allows you to lose as much as 30 pounds of fat, safely, in a single month, by keeping a nitrogen balance." This formula allegedly supplies the body with enough extra protein to shed fat without losing lean tissue. A startling number of deaths of "last chance" patients has just proven that consumption of the liquid protein leads to formation of cancer in the body tissue.

We are all aware of the infamous "crash diets." According to a paper by Dr. E.G. Schauf, experiments show that starvation diets induce pound loss of mostly lean tissue. Dr. Stanley Title notes that at least 50 percent of dieters cannot tolerate the rigorous fasting,

due to artificially induced fatigue and dizziness. Also, Dr. Vertes, of Cleveland's Mount Sinai hospital, contends that these regimens are harmful while have "no role in lasting weight loss."

Well, potential dieters, don't lose hope yet. Here are a few useful tips to systematic dieting, outlined by many major nutritionists, dieticians and psychologists.

First of all, study your eating problem to find out what triggers excesses (90 percent of the time it is not hunger). Then try to make eating a pure experience by doing nothing else while eating. We tend to condition ourselves to feel hungry by associating eating with other activities; for example, munching in front of the television. Curb bad eating habits such as gulping down one bite of food after another. This increases hunger.



Moreover, get more exercise. The results of a study comparing weight loss methods showed that regimens which included exercise produced more desirable changes in body composition.

Above all, eat a balanced diet, choosing food from all seven food categories, in reasonable amounts. Establish how many calories you must restrict yourself to per day and balance food intake with those figures.

In the words of physician Sir Robert Hutchison, "the scientific truth may be put quite briefly: eat moderately, having an ordinary mixed diet and don't worry." Courage, fellow dieters!! Who knows, tomorrow we might all be greeting. . . The Dynamic Pizza Diet."

What It's All About

(continued from page 15)

During the dilation procedure, a series of consecutively larger dilators are inserted into the cervical canal in order to temporarily enlarge the canal to allow passage of the suction curette.

The suction curette, which is simply a hollow plastic tube with an opening on one end, is attached, by way of a long hose, to a machine which creates a vacuum within the curette. The curette is inserted through the cervical canal and into the uterus. Once the curette is in place, and the machine turned on, the contents of the uterus are sucked out through the small opening at the tip of the curette. From start to finish, a D & C takes approximately five minutes.

During the second trimester (from 12 to 24 weeks since conception), the fetus is too large to permit the D & C method to be used. The procedure used during the second trimester is known as "Amniocentesis" or "saline abortion" and requires a stay of one to two nights in a hospital.

During this procedure, saline solution is injected, with the use of a long needle, through the abdomen, into the amniotic sac in the uterus. This kills the fetus and within 24 to 48 hours, the woman will spontaneously miscarry.

SPECIAL FOR BARNARD STUDENTS
* Our best hair style Haircut, shampoo, Loreal
* Conditioner, Blow Dry all for \$10.00 \$20.00
* value except Saturday Special offer w/this ad.
* **VISIT UNISEX HAIR DESIGNERS**
* Try our precision hair cutters and expert hair
* stylists 1020 Amsterdam Ave., Cor 110th St
* 662-9090 Guaranteed to Please You

Save up to 40%
XEROX COPIES
COPYQUICK
1211 Amsterdam Avenue
Bet. 119th - 120th Sts.
749-7650
Ask about our 4 cent rate

Acne: It's a Pain in the Face

by Christie Pemberton

According to the foremost dermatologists, 80 percent of all adolescents are plagued by some form of acne—20 percent are severely affected. Articles dealing with this problem abound in every magazine—from beauty publications to *Consumer Reports* to the news oriented *Time* and *Newsweek*, and although there is frequent debate in scientific journals about the causes and cures, dermatologists themselves are far from reaching unanimous decisions.

Herbert Hochman MD, dermatologist at the Barnard Health Service, sees between 20 and 25 students each Friday. "Every case is different," he said, "I can't prescribe the same thing for everyone. What is good for one is not for another we must experiment and adopt individually," says Hochman.

As most dermatologists believe, Hochman insists that acne is "not an abnormality, it is merely a variation of the norm." The chief cause according to Hochman involves the body's response to normal hormones to which large glands are more sensitive. Heredity becomes a factor of susceptibility to acne when there have been particularly severe cases in the family.

That is one explanation—actually, the causes of acne are multiple and not universally agreed upon. An article in *Consumer Reports* tells of "recent studies at the University of Oregon (which) point to ... (a) possible culprit: the lining of the hair-follicle wall. In acne patients, that lining is believed to be abnormal, so dead cells may accumulate in layers and block up the pores ..."

Consumer Reports also warns "... avoid hair dressings with greasy or lanolin bases (which) can cause 'pomade acne,' a clustering of blackheads on the forehead and temples. If your hair is naturally very oily, keep it off your face, and shampoo (often)."

Pregnancy and birth control may affect acne either way but it often worsens the problem. In the instance of rare masculinizing diseases, high levels of male hormones within females usually show other abnormal signs. Dr. James Fulton, however, believes that the acne condition is set off by testosterone, the male sex hormone.

The practice of giving female patients estrogen, the female hormone, is common. Most females are already familiar with the effect of menstruation on the skin.

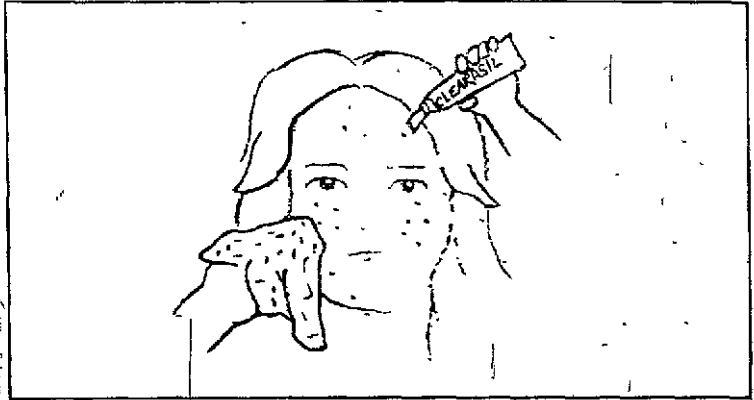
Dr. Fulton, founder of the Acne Institute of Miami, Inc., wrote in *Science Digest*, that "acne flare-ups in drug-users are common although they remain unexplained. Amphetamine users are the most affected. Therapy is impossible until the user has left the drug scene."

Dr. Hochman pointed out several misconceptions that many people have about skin problems. One is that acne usually stops by age 16, another is that dry skinned people are not acne prone, and finally, that certain faddish

diets can cause problems.

Some aggravations to acne, of specific interest to Barnard students, that Dr. Hochman mentioned, included anxiety about exams and other fearful situations. The acne plagued adolescent with emotional problems is, apparently, more than just a cliché. He also pointed to sleeplessness, poor diet, and the dirtiness of the city as factors that can be detrimental to a clear complexion.

Although Hochman believes that regular visits to a dermatologist are a must for acne sufferers, it seems that discipline, patience, and cleanliness are the most important weapons in the battle against acne.



Squash

(continued from page 12)

outstanding female athletes of the century. Squash increased in popularity, and the Howe Cup, started in 1928, was a tri-city event between Boston, Philadelphia, and New York—the only cities with organized squash teams.

Squash was actively played by women in New York in the thirties. However, interest came to a virtual halt in the early forties and lay dormant until 1975.

Squash always flourished in Philadelphia even to the point of calling a play the "Philadelphia" shot. In general, women have found greater acceptance at the clubs in Philadelphia than in other cities.

On the New York squash courts today, Diana Nyad, famous for her

marathon swim around Manhattan Island and for being Barnard's former swimming coach is spending more and more time playing squash. Though she is still in training for a marathon swim to Cuba from Florida this July (to be televised on ABC), she likes playing squash because "it is a game of aggression and intimidation." It is predicted that she will soon rank as one of America's top-seeded players.

For the discerning squash enthusiast and spectator, women's competitive squash has always been more enjoyable to watch. Because women have less speed and agility, they're forced to compensate with placement of the ball—the result of the confining squash is more variety of squash and a more complex game. Women undeniably play the sport with far more finesse and with ever increasing competitive spirit as more and more women discover squash.

Tests That Can Save Your Life

(continued from page 13)

ray examination of the breast). A quarter to a third of early cancers are found by X-ray. Thermography, a procedure in which the heat from the breast is picked up by a sensor and translated into a photographic image. As cancer cells produce more heat than normal cells, they show up on the picture. All women over 35 should have mammography or thermography once a year whether she feels a lump or not. Despite the various tests, 10 percent of all cancer is missed by all methods but self-examination.

The Papanicolaou (or Pap) test has cut deaths from both cervical and endometrial uterine cancer by 65 percent in recent decades by detecting the diseases early enough to cure them. Pap smears, which have been available to women since 1943, were initiated by Professor Papanicolaou, an anatomist who began studying vaginal "smears" from animals in 1917, and later perfected the technique for humans. While cancer of the uterus still kills one woman in 200, early detection facilitates successful treatment.

The simple, painless process involves removing cell material from the vagina, and scraping attached cells from the cervix (the cylindrical opening of the uterus), by implementing a slim wooden wafer. Subsequent chemical staining of this material highlights specific details of the removed cells, which are later

smears onto a microscope slide. The resulting smear undergoes high-powered microscopic examination by a skilled laboratory technician. If he discovers any significant differences from normal cell structure, he will pass the slide to a histologist to be interpreted.

William H. Kern, the chairman of the laboratory accrediting committee of the American Society of Cytology, suggests an annual pap test, but if a woman has had two consecutive negative smears in two years, then she can get by with one every two years.

Although all women can contract uterine cancer, certain women are high risk patients. For example, virgins seem to be much better protected against cervical cancer than women who have intercourse. Shortly after intercourse, altered bacteria known as haemophilus, often linked with organisms called mycoplasmas which can invade cervical cells and induce genetic changes which spur malignant growth, are found in smears. Women most likely to contract endometrial cancer in later life are both taller than average and overweight. They have a history of menstrual disturbances—irregularity, failure to menstruate, or exceptionally heavy or prolonged flow.

Whether or not you are a high-risk type, always report any bleeding between periods and, after menopause, any bleeding at all (even the slightest staining) to your doctor. The Pap test should become part of everyone's routine gynecological check-up as the safe, painless test allows early detection and, this, effective treatment of cervical cancer.

Hangovers

(continued from page 11)

vinced that no one else's could possibly work. Here are some pet cures, you can test them, and see which suits you best.

Vasoconstrictors, chemicals which shrink blood vessels, can ease your pounding head. Coffee does this and so does the nicotine in cigarettes. However, smoking will also deplete the sugar content of the blood causing shakes and tremors, so this isn't always a wise remedy.

According to some pharmacists, charcoal tablets taken in the morning (they look like vitamin pills) will act like sponges and absorb the congeners from the bloodstream to relieve symptoms. These are sold in some drugstores in New York.

Aspirin may relieve the headache but it may also aggravate an already beat-up stomach, so if your stomach is especially sensitive, avoid it or the pain will only worsen. Aspirin substitutes may be helpful.

As for that old cure, a hair o' the dog that bit you (bloody marys are popular wake-up drinks), all that does is delay the agony for a few more hours and numb your body.

There are no real cures for hangovers and the only preventative is abstinence. Actually, about the only thing you can do when you wake up with those familiar symptoms is to turn over, go back to sleep and wait for Monday.

PREPARE FOR
MCAT • DAT • LSAT • GMAT
GRE • OCAT • VAT • SAT
NMB I, II, III • ECFMG • FLEX • VQE
NAT'L DENTAL BOARDS • NURSING BOARDS

Flexible Programs & Hours

There IS a difference!!!

For Information Please call:
Brooklyn . . . (212) 338-8300
1075 E 16 Bldg., N.Y. 11229
Manhattan . . . (212) 832-1400
Long Island . . . (516) 538-4555
New Jersey . . . (201) 948-2882
Connecticut . . . (203) 788-1168

Stanley H. KAPLAN
EDUCATIONAL CENTER LTD.
TEST PREPARATION
SPECIALISTS SINCE 1938
535 Madison Ave., NYC 10022
(nr 54 St)

Outside N.Y. State Only CALL TOLL FREE: 800-223-1782
Centers in Major US Cities Toronto, Puerto Rico and Lugano, Switzerland

Our
40th
Year

Anybody interested in working to establish a Lesbian Studies Program as part of the curriculum contact Katharine Morrison, McIntosh, Box 796.

IN YOUR CAREER PLANNING
have you considered

LAHLOE

the next civilization?

Write today for booklet "The Challenge of Lahloe." Send name and address to:
K. Gordon Fowler, suite 465, 6320 Ackert street, Metairie, Louisiana 70003.
Enclose a dollar to cover costs (it is conditionally recoverable).

Doubling Up

(continued from page 3)

kitchen and dining area will be knocked down and a counter eating space will be substituted. The bathroom will be refurnished with an extra medicine cabinet, towel rack, shelf space or other supplementary storage area. A larger refrigerator will be provided for the kitchen. The bedroom will be redecorated with modular furniture, that is, a bed with storage space beneath and a desk attached to it. The furnishing will be "scaled to size" commented Mattia, "they'll be dream suites when we're finished with them. They'll be the most

desirable suites on campus." In addition the exhaust fans in all of Plimpton will be restored to working order. The cost of the reconstruction will be spread over several years and if the experiment is successful, several suites will be remodeled each summer.

Mattia characterized student reaction to the changes as "skeptical cynicism or cynical skepticism."

"If students were neater, the suites wouldn't feel as crowded as they do now," she observed, laughingly describing her tour of several Plimpton suites.

The situation in "600" and "620" is not definite. There would be no

remodeling if the doubling-up proposal is approved; just new furniture "scaled to size" would be put in the large rooms and work on the half-bathroom in some of the apartments would be done.

Nancy Yuan, chairperson of the Tri-Partite Housing Committee told *Bulletin* that due to the undesirability of the accommodations and the inconvenient location, the one year contract for space in International House is not being renewed by Barnard. As a result, it will not be included in this year's housing lottery.

Circle the Mediterranean the easy way



On Adriatica's passenger/car ferries, you can choose either of two regularly scheduled, time-saving routes: Italy/Greece/Egypt or Italy/Greece/Cyprus/Israel

Rates start at \$120, with moderately priced restaurants, bars shops and a swimming pool all on board.

Your car? Bring it, aboard! With student discounts of up to 30%, you'll be ahead on money as well as gas!

Adriatica Passenger/Car Ferries

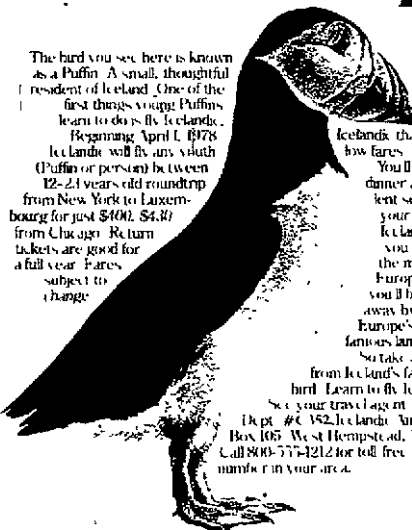
The most relaxing route around the Eastern Mediterranean

See your travel agent, or contact **extra value travel** General Sales Agents in the U.S.

5 World Trade Center, Suite 6383
New York, N.Y. 10048

Toll Free: (800) 221-5252
In NY State: (212) 466-1370, collect

Introducing a distinguished Icelandic bird who has the answer to all those confusing air fares to Europe.



The bird you see here is known as a Puffin. A small, thoughtful resident of Iceland. One of the first things young Puffins learn to do is fly. Icelandic birds will fly any youth (Puffin or person) between 12-24 years old roundtrip from New York to Luxembourg for just \$400. \$4.00 from Chicago. Return tickets are good for a full year. Fares subject to change.

But there's more to Icelandic than just low fares.

You'll get a great dinner and excellent service on your trip. And Icelandic will set you down right in the middle of Europe where you'll be just hours away by train from Europe's most famous landmarks.

So take a travel up from Iceland's favorite bird. Learn to fly Icelandic. See your travel agent. Or write Dept. #C 352, Icelandic Airlines, P.O. Box 105, West Hempstead, NY 11552. Call 800-777-1212 for toll free number in your area.

\$275

roundtrip 14-15 day APEX fare from N.Y.

\$400

roundtrip youth fare Good to age 23

Icelandic to Europe.

*\$29 from Chicago. Tickets must be reserved 15 days prior to departure and paid for within 8 days of reservation. Add \$1.00 which fee for travel on weekends.



Watch out for Two Fingers.

Imported and Bottled by Hiram Walker & Sons, Inc., Peoria, Ill. San Francisco, Calif. Tequila 80 Proof Product of Mexico

Mazel Tov Ellen & Mark

Connell

(continued from page 8)

which have met to a considerable degree the demands of the Women's Health movement. We support his stand on having a 30-day waiting period between signing the consent form and the procedure itself so that a woman will not be easily coerced into having an abortion. NOW has testified and made recommendations for improving these guidelines at the HEW regional offices in New York City. Our health committee holds workshops that deal with reproductive anatomy, birth control, common vaginal infections, home remedies, abortion and the history of women's self-help.

D.E.S.

(continued from page 13)

occurring condition, and therefore cannot be linked with DES. They cite research which shows that of the thousands of DES daughters who have adenosia, fewer than 200 of them are actually suffering from cancer. This evidence has prompted some physicians to resume the administration of DES to their pregnant patients.

In spite of this apathy, women are uniting against the DES advocates. They expect to obtain from the drug companies a fund which will go towards the formation of a DES foundation.

Carman-Reid

(continued from page 4)

If the proposal does go through, the question of how many spaces to exchange still remains: 60 is the maximum because the ratio in Reid (which has 140 spaces) would be altered. The arrangement is experimental and after one year, will be reviewed and continued or cancelled.

The freshmen living in Carman would have a Barnard residence counselor and would probably have to take at least one meal at the BHR cafeteria to give them more of a chance to get to know Barnard upperclasswomen and establish their Barnard identity.

Intercollegiate Athletic Association and



present

STUDENT-FACULTY BASKETBALL GAME

featuring the Barnard Varsity Basketball Team
and these all-time greats:

Michael Ginsburg, George Kelling, Bob McCaughey, Bob Palmer, Marion Phillips, Richard Pious, Marty Purvis, Marian Rosenwasser, John Sanders, Catherine Stimpson, Ted Stock and Duane Tananbaum.

Wednesday, March 29, 1978, 5:15 p.m., Barnard Gym

Spectators and Participants all invited for
refreshments after the game.

This Thursday March 30th

Thursday Noon Series
proudly presents

Perspectives on German Film

College Parlor

Admission Free

Lunch \$1.00

Undergrad presents

Barnard College Elections

Monday, Tuesday, Wed., April 3, 4, 5
10 am - 4 pm

in front of Barnard Library (rain location lower level McIntosh)

Seniors Can Vote

**A 33 1/3 voter turnout needed to
put Barnard Senator in Univ. Senate**

Your school is your responsibility . . .

Make the effort to vote

Undergrad x2126

Lori Gold - Election Commissioner x6655

Another Year in B.H.R.?

Or Plimpton? Or 616? ... If dorm living isn't for you, check out an existing alternative.

George Barry Ford Hall, 614 W. 114th St.

A co-ed, ecumenical community in a Christian context.

Applications for Fall term NOW

Catholic Campus Ministry Office - 110 Earl Hall

Barnard Undergrad is hosting

The 7 Sisters Conference

April 7 - 9

Saturday's Agenda

Breakfast 9:30 - 11

Discussion Groups

10-11 Student Health Care

11-12 Student Governance Systems

12 - 1 Relations with Alumnae

Lunch 1 - 2

1 - 2 Food Services and Housing

2 - 2:30 Career Services and Internship Program

3:30 - 4:15 Women's Center

4:15 - 5 Sports

5 - 6 Student Run Programs

Then ... dinner and fun in the Big Apple

Sunday's Agenda

Brunch 11:30 - 2:30

12 - 1 Slide Show

1 ERA and the 7 Sisters with Speaker to be announced

Activities open to all Columbia and Barnard Undergraduates

RSVP! x2126 Undergrad, x6655 Lori Gold.

P.S. Students wishing to house delegates should get in touch with Lori Gold immediately.

MacDermott

(continued from page 3)

percent of those vacation benefits."

In a written response to the letter from MacDermott addressed to the employees, Harriott claims that the letter was "propagandist" and issued only as a means of "blindfolding" the employees to gain their "sympathy so (MacDermott) can continue to abuse and exploit" them. Harriott argues that Barnard "lied" to him concerning the union's stand with MacDermott. He said in a meeting with Doris Coster (then Dean of Students) on January 9, 1978, he "was assured that the contract would be in full force binding MacDermott and the union, based on the agreement between the college and the T.J. MacDermott Corporation."

After an incident occurring on March 1st, which resulted in the suspension of an employee, "for no just cause," Harriott and the Vice-President of the union Edward Murray, went to Margaret Lowe, the Director of Personnel who reinforced his conviction that the contract "was in full force."

After this negotiations between MacDermott and the union broke down, Harriott argues that "although Barnard created this problem they have been very naive toward Local 264 and more so to their employees . . ."

Harriott believes the reason the college "lied to" him was that they "wanted someone in here fast and lied not to have to settle the demands of the union." He said he proceeded with the negotiations on the assumption that the old contract was binding. The college didn't bring the union in on the talks they had with MacDermott and he alleges the college made a "backward deal with MacDermott and lied their way out. When we found what they did we had a problem. We were demanding things from MacDermott that weren't even there."

The proposals MacDermott had given the union on February 20th were "totally unacceptable," according to Harriott, because they just consisted of laws and rights that the union already knows. He considers the proposals, "B.S. proposals" and acknowledges them as "just a start." He doesn't foresee a strike to settle the negotiations because he doesn't believe the idea would be receptive among the employees who are now working without a contract.

by Gabrielle Belson

They'll be arriving pretty soon now. Uniformed servants are bustling about in anticipation, as if they too sensed the impending excitement. It is 4:15, the Chock Hour, and the place is Chock Full O' Nuts. It is the site where "the elite meet to eat." Here, some men and women recall the days of the Algonquin Club while others think of the royal chamber, where petitioners sought redress for their grievances. Writers cull ideas here. Often one will scribble notes as he or she prepares to embark on the first rite of passage in this secret society--"writing-an-On the Road-type-piece."

The fast-food restaurant, formerly located where George Boys now stands, provides endless sources of amusement for the many who pass through its hallowed revolving portals--and the many who don't. "It's better than television," said one member of 3 Brooks (east corner), who claims a perfect (and comfortably detached) view of the goings on.

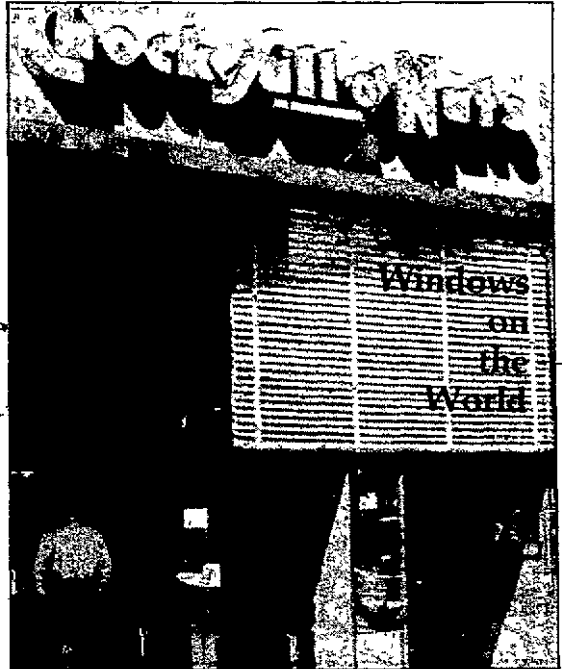
Codes of behavior are as strictly adhered to as diets. A suit of armor replaces jacket and tie as the mandatory garb. Liquids--coffee (black or regular), tea, tab and "elixir of vitriol"--are the nectar of the Gods. (Solid food is rarely consumed.) Mute sub-

Requiem for a Bygone Era

mission to a hierarchical caste system exists nowhere in the U.S. as it does here. Handmaidens, usually groupies of the day's royalty, are employed to supply cigarettes, crossword puzzles, campus publications (for news of the outside world), newcomers, and of course, more coffee. For here, and only here, life really is measured in coffee spoons.

Fencing matches provide further entertainment. These too have their own rules--and language. They are conducted in cryptic, a dialect whose odd inflections and monosyllabic vocabulary--"wrong," "No," "Stop," and other such negative imperatives--are common parlance as individuals struggle through the arduous task of picking up the shards of shattered illusions. "Is she going to good today?" is the standard opener in a duel to the death. "I'm being pelted with metaphors" the indication that your sparring partner is weakening. And a dramatic exit with coat tails flying signals the end of round 2,765,342. Seconds, or "henchmen" deal with the "ex," present and future lovers who parade--however transiently--through this spa for modern day Olympians. Boundary lines constantly shift at a moment's notice, placing bewildered partners on a new team and leaving former teammates alone.

The ambience of this place changes as rapidly as do the moods of its clientele. Chock full of reticence, it suggests a meeting place for the Watergate conspirators. Chock full of recriminations, it breeds blatant hostility, defensive sarcasm and playful--but nevertheless powerful--regrets. Chock full o' Nuts, it



caters to narcissistic ventures into the realm of kitchen psychology.

There are many who cannot abide this place. These folk are perhaps too easily fazed by direct confrontation with an army of self-taught "neurotics," blindly following their would-be "shrink" (who is reputed to be a mean little man with a moustache and a chip on his shoulder.) Others do not like our generation's answer to Masters and Johnson. Many resent shallow renditions of the Algonquin North and weak mimicry of *The Great Gatsby*. Still others cannot fathom a place where students have last names but not firsts, where professors have first names, but not lasts. These are the lucky people who are oblivious to self-inflicted insanity and can view Chock Full O' Nuts as just a place to get a good cup of coffee + and perhaps even a donut.

-EPILOGUE-

It's spring now, and the era has died. Coat tails have been shed and Chock is empty and peaceful once again. Occasionally a wave of nostalgia will wash over one or two of the "regulars" like a massive tidal wave, and they'll be drawn back to the safety of this glass womb. But the baseball season really has arrived and "outdoors" games prevail. See ya at the plate guys!

finis

READ FASTER \$98

5 weeks guaranteed course DOUBLE or TRIPLE your speed. Understand more, retain more. Nationally known professor. Class forming now.

READING SKILLS 864-5112

People Looking for
Part-time Work
— Earn Good Money —
Need your own: bicycle, car,
truck, motorcycle
Call 751-7767



Commuter Action Organization presents

THE OPEN HOUSE

with President Mattfeld
and members of the administration.

Thurs., March 30th - 12-2 p.m.
Rm. 110, lower level McIntosh

Refreshments will be served

RESIDENT STUDENTS SENIORS, COMMUTERS ZONE I

Room selection will take place

April 3rd - 7th, 1978

Any student who is eligible to take part in room drawing and who has not received information and forms please contact the housing office; Room 210 McIntosh, 280-3095.



zooprax

Tuesday, March 28th

"SEVEN-PERCENT SOLUTION"

directed by Herbert Ross with Alan Arkin, Vanessa Redgrave, Robert Duval
Altschul Hall, Barnard, 7:00 - 9:00 11:00

Contraception

(continued from page 14)

squeamish about inserting and removing them 4) and its failure rate. The advantages are that there are no side effects or dangers.

The Condom

Condoms are the only contraceptive method now available to men. A condom is a rubber sheath, designed to fit over the man's penis to catch the semen. It must be unrolled on to the penis after it is erect, but before any sperm might have been discharged. It has an efficiency rate of 85-95 percent, depending on how careful the couple is.

The advantages are that 1) they are cheap, available and easy to use 2) they provide some protection against VD. The disadvantages are that 1) since it has to be put on just before intercourse, it can be seen as an interruption 2) it can cut down on the man's sensation 3) men don't like to use them.

They are available at all drugstores for about \$1.50 per package of 3.

Foam

Foam is a white cream that looks like shaving cream, which contains an effective sperm killing chemical. It comes in a can with a plunger-type applicator. The woman inserts two applicators full of foam into her vagina about 15 minutes before intercourse, where it spreads out and kills the sperm before it can go into the cervical canal. It is not very effective on its own, but is very good in conjunction with condoms (together they offer close to 100 percent protection or if extra caution is desired, like at mid month).

Advantages are that 1) it is easily available and 2) it is effective in preventing the spread of VD. Disadvantages are 1) it is not effective enough 2) foreplay must be interrupted for insertion 3) some people are allergic to the spermicidal chemicals.

Rhythm

This is the only method that is approved by the Catholic church. It is complicated but basically, when a woman uses the rhythm method, she keeps careful track of when she ovulates by keeping a written record of her temperature, which fluctuates regularly with her hormones. When the thermometer says that she is ovulating, she simply abstains from intercourse.