

THE PICARO



MOUNT SAINT VINCENT UNIVERSITY STUDENT NEWSPAPER

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New political studies course in tune with 1984

by Kelliann Evans
Staff Reporter

Which country will be the first to drop the nuclear bomb? What are the dangers of the nuclear arms race? What are the possibilities of world peace? Questions such as these will be explored in MSVU's new half-credit course, The Politics of the Arms Race, beginning in September, 1984.

The introduction of the course by the Political Studies Department reflects a long-standing concern in various academic and administrative quarters for the Mount to contribute to peace research.

Dr. E. Margaret Fulton, MSVU president, is delighted with the initiative shown by the Political Studies Department. "The times demand that we seriously pursue studies which help us to understand how the human race could have reached a point where self-annihilation may become a reality," she said. "It's the kind of programming which is entirely in keeping with the aims and goals of this university."

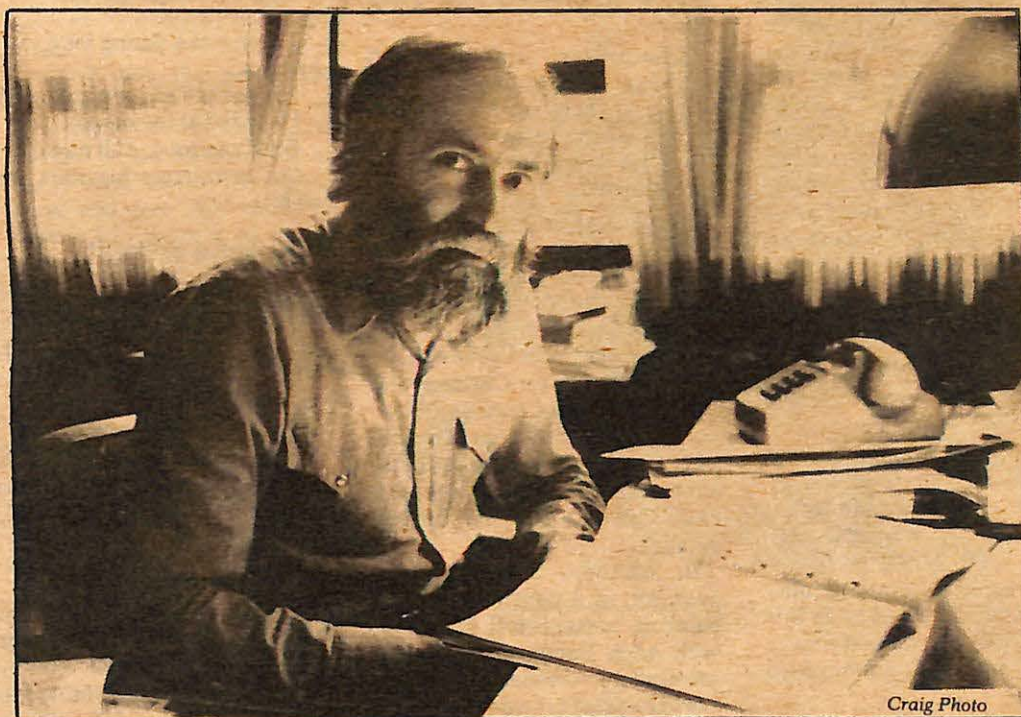
The Politics of the Arms Race may help to fill a void in peace research which seems to exist throughout Atlantic Canada. Peace and conflict studies are

gaining more attention in universities such as Queens, Waterloo and Guelph where such courses already exist. The University of Toronto has just approved a peace research course, and in the United States, there are at least 56 different peace and conflict studies programs.

Administrative support from the Mount has enabled Dr. Larry Fisk to develop Political Studies 224. "How to resolve conflict between nations is serious study," said Fisk. "This course will appeal to the students' values and emotions, not just intellect."

The course will include an analysis of the nature and roots of the revived cold war, American and Soviet policies and political cultures, plus the extent and consequences of arms production and sales. Topics will cover peace movement strategies and alternatives to war and the arms buildup. Students' fears about nuclear war, what they can do about it, and how they can respond to the situation will also be explored.

Last October, Fisk attended the International Peace Conference at Guelph University, Ontario where strategies were discussed for peace and security in



Craig Photo

"How to resolve conflict between nations is serious study." — Dr. Larry Fisk, Political Studies Department.

a nuclear age. Fisk feels he learned a lot about how to present a course such as Political Studies 224 since the speakers at the conference presented both sides of every issue.

Fisk says he has been able to

become part of a new network of academics, some of whom are already teaching courses on the subject of the conference, while others are well on the way to creating chairs of peace and fostering exchanges between coun-

tries.

Dr. Fisk expects a "conservative estimate" of 15 to 20 people to enroll in the course. Already, inquiries have been received about registration for The Politics of the Arms Race.

Duet educates hundreds of remote students

by Faye Anderson
Staff Reporter

The 1983-84 academic year is proving to be very successful for Mount Saint Vincent's newest form of education, Distance University Education via Television. Courses offered in gerontology, sociology, and business are in demand from students interested in the DUET program, which is the first system of its kind to be made available to a higher education facility outside of British Columbia.

The DUET classes are carried over the Atlantic Satellite Network and a telephone survey conducted by DUET researcher Helen Marshall showed that several hundred viewers throughout Nova Scotia, New Brunswick, Prince Edward Island, and most recently Newfoundland, are watching and enjoying the classes although they are not enrolled in the courses.

The poll also shows that the group most interested in the DUET program were housewives, and both men and women who are on shift work or who are unemployed. Of the 87 students presently enrolled in DUET, the majority of these students are watching from their home, but in some cases the program is available in the work

place as well. The Nova Scotia Hospital, for example, has three students enrolled in DUET, and the Restaurateurs' Association is also showing an interest in the system so as to make the courses available to restaurant personnel.

The DUET courses are only marginally more expensive than the courses taken in the classroom, costing the students enrolled in the televised classes only between \$16-\$20 above the regular course fee, and this is used to cover the cost of the courier service in the Halifax-Dartmouth area, and the mailing costs for the rest of the Atlantic Provinces. The system supplies a toll free number so that off-campus students watching the ASN channel can talk to the professor while lectures are in progress. Upon completion of the course DUET students will receive the courses' full or half-credit value, just as if they had taken the course in the classroom. The students are enthusiastic about the program and are doing as well, and in some cases better, than the students taking the course on campus.

Initially the funding for the DUET program was provided by the Mount, but Diana Carl, director of the DUET program,

says that they are now receiving some backing from other sources, and that Canada Employment has been helpful in providing personnel to operate the system. There are no definite plans for expansion as yet,

except to provide new courses for DUET students, and to make the program available in more areas. There is a possibility, however, that other educational institutions, encouraged by MSVU's success with the pro-

gram, will incorporate DUET into their system of education, but as far as these facilities are concerned Carl says "The interest is there, but it's still in the talking stage."

Summer job outlook

by Alison McEachern
Staff Reporter

Too early to line up your Summer '84 job, right? Wrong. . . . If you want to be one of those aided by the Canada Employment Centre for Students, you should register with the Mount's Manpower branch immediately.

"Most students start applying for jobs in March, but by that time it's often too late," says Bruna Caracristi, director of the Mount's Manpower branch. "Good jobs are posted as early as October and November."

This summer, Summer Canada will put into effect its \$170-million student work program. This program will provide 'career-enhancing' employment opportunities for 67,000 young Canadians. It will also fund the operation of 450 Canadian Employment Centres for Students which will make over 300,000 student placements.

"Students should try to find work supporting their studies," explains Caracristi. "This way you can develop contacts which can help you later."

The Student Services, Co-operative Education and Manpower Office, in an attempt to help students find that summer job, are sponsoring a series of workshops beginning Feb. 1. These workshops will deal with hidden job markets, resume writing, interviews, the transition from school to work, and looking for a summer job.

"Participation in workshops helps gather information," explains Caracristi, "and this information is related to essential work skills."

Happy New Year

Writer's workshop

The Woodlawn Mall Branch of the Dartmouth Regional Library will hold a **Writer's Workshop** on Saturday, January 14 at 1:00 p.m. Come into the library and learn how to write a fairy tale from a member of the Children's Services staff. Please note that due to the popularity of this program pre-registration is required. To register, simply call the library at 421-2317.

The Writer's Workshop program marks the beginning of a six-week **Writing Contest** in which contestants will be asked to submit an original fairy tale. The closing date of the contest will be on Saturday, February 25, 1984, and prizes will be awarded to the winners at a later date. Pre-registration is not required in order to enter the contest. Entries for the contest will be received by the Children's Services department of both the Main Library, 100 Wyse Road, and the Woodlawn Mall Branch.

Both the **Writer's Workshop** and the **Writing Contest** are open to all children between the ages of 7 and 12.

Volunteers needed

When we need help, most of us turn to our families or to our friends. We have a network of personal support which enables us to cope with life's pressures. Imagine how difficult life would be without this personal support.

Many people who are mentally handicapped do not have this support. They are almost totally isolated from the communities they live in.

Since individuals have a wide range of needs, there are several roles that the volunteer advocate may play. He/she may provide friendship and emotional support, or practical advice and as-

sistance. He/she may help his/her mentally handicapped friend to find services and resources to meet needs and solve problems. Or the advocate may speak out on behalf of his/her friend, if he/she is being treated unfairly.

Volunteers are urgently needed. For more information about the program, contact the Citizen Advocacy Office, 1546 Barrington St.—422-7583.

At the Gallery

The Mount Saint Vincent University Art Gallery is one of those hidden pleasures of university life yet to be discovered by many students. Some may not even realize that we have an art gallery or where it is located.

Exhibitions are changed monthly, offering a variety of artists and their works. A background of the featured artists is provided through use of video or pamphlets.

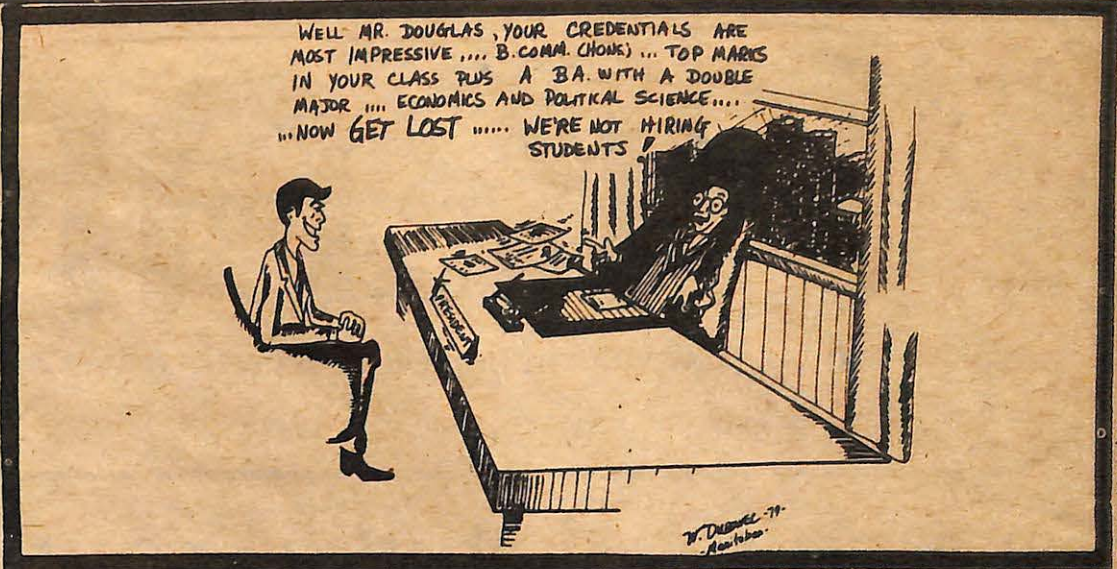
So the next time you are wondering what to do in between classes, or in your free time, drop by the Art Gallery and discover another part of the Mount and a part of yourself.

Register now for Children and Youth Drawing Classes with Susan Vey at the Mount Art Gallery. Classes take place Saturday afternoons beginning January 28th. Call 443-4450 for further details.

In addition, registration is open for an 8 part series of Oil painting classes for beginners with Andy James at the Mount Art Gallery. Classes take place Tuesday evenings and begin January 31. Call 443-4450 for further details.

Limeric

In honour of Brenda Milner's CIL Science lecture here in Octo-



ber. There was a young man who'd had fits.

His gyrus had gone on the fritz
He failed at the maze
For those long, dull days
But in mirrors his stars were all hits.

Weekend retreat

Theme: Life and Story

At Renewal Center, Mount St. Vincent—Friday, January 27th, 8:30 p.m. to January 28th at 5:00 p.m.

Cost—\$14.00 per person.
An opportunity for taking time apart to reflect, and to share faith and prayer with others.

China in slides

A slide presentation about China will be held at the Maritime Museum of the Atlantic, Lower Water Street, Halifax, on Thursday, January 19, 1984 at 8:00 p.m.

The presentation, given by Jay Perry, will feature highlights of his three week trip to China in the spring of last year. The pro-

gram is sponsored by the Canadian Hostelling Association—Nova Scotia.

There is no charge to attend. Everyone is welcome.

Trivial pursuit

The trivial pursuits tournament will hold its first game of the new year in the Multipurpose Room at 7 p.m., January 12. All teams be there.

Appointment

Mr. David Roscoe, President, St. John Ambulance, is pleased to announce the appointment of Major Peter M. Holmes as new Executive Director of the Nova Scotia Council.

Born in England, Major Holmes immigrated to Canada in 1957, and has served with the Canadian Armed Forces for the past 27 years.

Major Holmes comes directly to St. John Ambulance from the Canadian Armed Forces, where he served as Executive Assistant to the Base Commander at Canadian Forces Base Shearwater in Dartmouth.

His appointment represents another consistent step within the on-going development of St. John Ambulance as a dynamic and vital organization, having a history which spans over 900 years.



Mount Grad '83 has large two bedroom apartment to share with responsible, conscientious person. Dishwasher. Located in Bedford. Call: 835-2034 between 5 - 7 p.m. (preferably female)

Alumnae Award for Teaching Excellence



Students, alumnae and faculty are invited to nominate a full-time faculty member who has taught at least three academic years at Mount Saint Vincent University.

The nomination requires you to:

- submit two other names of students, alumnae or faculty who support your choice
- explain why your nominee should be considered
- return your nomination to the office of the Vice-President (Academic) on or before February 3, 1984.

All nominations, if accepted by the candidates, will be reviewed by an eight member selection committee made up of representatives from students, alumnae and faculty. Nomination forms may be obtained from the offices of the Deans, the Vice-President (Academic), Alumnae and Student Council; at Seton front desk and the Picaro.

ALUMNAE AWARD FOR TEACHING EXCELLENCE

Nomination Form

I wish to nominate Professor _____
of the Department of _____

Nominator's name _____

address _____

telephone _____

Names supporting the nomination are: (please print)

1. _____

2. _____

Explain why this nominee should be considered:

The nomination form should be returned to the office of the Academic Vice-President by February 3, 1984.

Cuts from Council

Video at Vinnie's

Great movies! Rock Videos! All coming to Vinnie's soon. More information on this great addition to the Pub will soon be posted. Vinnie's—for good times.

Trivial Pursuit Tournament

The Trivial Pursuit Tourney continues this Thursday, January 12, 1984, at 7:00 p.m. in the MPR.

Steaks at Vinnie's—Fridays

Steaks will soon be served at Vinnie's throughout prime-time hours—3:30 to 5:00 p.m. every Friday. For more information on this new Steak-N-Beer special, contact Student Union.

Used Book Sale

Looking for books—and lower prices? Come to the Used Book Sale on January 16 and 17 in the MPR. Buy a table for \$2 and sell your own books. Monday from 2:00 til 5:50 p.m. and Tuesday from 9:00 a.m. to 6:30 p.m. Don't let inflation hurt your education—come and buy a used book.

International Women's Week

International Women's Week is quickly approaching. Daily topics include Women in the Workforce, Women and Violence, and Nuclear Disarmament. The theme for the week is WOMEN FACE THE FUTURE. Lots of help is needed in the organization of these events. If you are interested in assisting in any way, please contact Leslie MacDonald at the Student Council Office at 443-4224.

MSVU bursary assistance program 1983-84

As outlined in the University Calendar, various bursary funds are made available during the second term of each year. Along with these, various other sources of funding are available to assist students in time of need, to facilitate their continuance in their present educational environment.

Applications and/or information on a number of programs are available at the Financial Aid Office, Rosaria 119.

Drop in to see us if you are interested in any of the following:

The Dartmouth Club—Canadian Federation of University Women Bursary value \$300.00—Made available to a mature female student (30 years of age or over) working towards a degree/diploma at an accredited university in Halifax-Metro region. Applications available at the Financial Aid Office—Deadline for Applications January 9, 1984.

The Soroptimist Foundation of Canada—annually offers a fellowship to graduate female students to assist in studies which qualify them for careers servicing other women by improving the quality of their lives. Five grants of \$5000 will be made available in 1983-84. Information/applications available at the Financial Aid Office—Deadline for applications is January 31, 1984.

Mount Saint Vincent University Bursary Funds—Funding to assist students towards completion of academic term, awarded solely on the basis of

need. Applications available at the Financial Aid Office—Deadline for applications January 31, 1984.

Mount Saint Vincent University Alumnae Bursary—awarded yearly to child of an alumna; awarded on basis of need. Applications available at the Financial Aid Office and the Alumnae Office, Evaristus Rm. 215—Deadline for application January 31, 1984.

Mount Saint Vincent University Continuing Education Scholarship—Awarded yearly to a woman over thirty years of age who is enrolled in any program except education. The award is based on involvement in student and community organizations and class participation. The student's average must be above 70 percent. The award will not be based on financial need except in the case of a tie. Applications are available at the Financial Aid Office and the Alumnae Office, Evaristus Rm. 215—Deadline for applications March 1, 1984.

Mount Saint Vincent University Campus Association of Part-Time University Students—The Association will award a credit voucher for the value of a full unit course to a part-time student who has already completed five units of credit in a degree program. This award is based primarily on financial need, but scholastic achievement will also be considered. Applications available at the Financial Aid Office and the Centre for Continuing Education—Deadline for applications March 31, 1984.

P.R. Society News

by Charlotte Martin

The first 1984 meeting of the Student Public Relations Society was held on Monday, January 9, in Seton Room 304.

Students should keep an eye open for the upcoming Video Night, to be held at Vinnie's Pub this month. As well, contest details concerning the choice of a catchy P.R. Student slogan (to use for T-Shirts, pins, etc.) will

be decided this week.

Winter Carnival is fast approaching and the society would like to sponsor two teams for the Carnival Pub Crawl (burp!) and other events, so watch for those details.

That's all for this week—Remember that society meetings are held each Monday, Seton Room 304, and all P.R. students are welcome to attend. Happy New Year!

Tutoring now available

by Elizabeth Finck Staff Reporter

Tutoring services are now available to Mount Saint Vincent students. The service is being offered through the Student Services Centre in Rosaria Centre.

The tutors are students who have been recommended by faculty to Student Services. Marg Shackleton, a counsellor at Student Services, says a student may find talking to a peer easier than a professor and says student tutors may also have more time than a professor has to devote to tutoring.

"Sometimes a student may find the teaching style of the tutor different and/or easier to understand than the professors," said Shackleton.

To obtain a tutor a student must go to the health office (the file is kept there for convenience) and give their name and student I.D. number to the secretary. Students will then be able to go through the file and pick a tutor in their problem area.

"We would like more tutors, we probably have around 40 to 50 now," said Shackleton. Shackleton says they don't have enough tutors in some subject areas such as statistics—an area there is many requests for help in.

Shackleton says, "Our biggest problem is getting names of students to tutor in the first place and then a lot of students don't have the time to tutor."

Previously, Student Services gathered names of students who would probably make good tutors through the faculty. Shackleton says a new way to gather



Marg Shackleton, Counsellor with MSVU Student Services, Rosaria Centre.

names will have to be thought of so more eligible students can be approached to become tutors.

Fees are decided upon between the student and tutor. Student Services has set a guideline

of between five and seven dollars an hour. However, Shackleton emphasizes it is only a guideline and is not binding.

Thin is beautiful?

Elizabeth Finck Staff Reporter

"Thirty-six-24-36, and thin is beautiful" is very much a part of our society's way of thinking. Many people in our society are aware of this and the medical problems, such as anorexia nervosa, this line of thinking has resulted in.

This year Student Services at Mount Saint Vincent is seeing more and more women with eating problems, not just anorexia nervosa but also a more recent "big sister" to anorexia called bulimia.

Marg Shackleton, a counsellor at Student Services, says a lot of students come to the Mount already anorexic. Shackleton says the most familiar eating disorder is anorexia nervosa but there is another that has only been diagnosed within the past two or three years called bulimia.

Anorexia tends to start in adolescents around the ages of 12 and 13. Bulimia occurs in older teenagers and women in their early twenties.

Weight loss is not the only symptom of anorexia nervosa. Shackleton says, "They have a dreadful fear of being fat, their body image is so distorted that anorexics see themselves as fat even if they weigh only eighty pounds."

Turning away from food is a way of coping with life for

anorexics. They also do not acknowledge what they are doing as abnormal. "We associate good feelings with food, ironically an anorexic turns away from food often because she feels that is the only thing in her life she can control," said Shackleton. She added anorexics often want to please others so much they feel the only thing in their life they can control is food.

Bulimics, on the other hand, turn to food. Bulimics binge eat, gorging themselves on inordinate amounts of food and then self-induce vomiting up to five or six times a day. Bulimics also take laxatives to help get rid of food, sometimes up to 50 laxatives a day. Bulimics are aware they are doing something abnormal and are very secretive. Shackleton says a bulimic may go so far as to case all bathrooms in a building to know which ones are quiet at certain times so nobody will find them getting sick.

The level of acidity in vomit and the number of times a bulimic vomits can cause severe stomach problems. The excessive vomiting can also cause serious dental problems because the acidity in the vomit can erode tooth enamel.

"Eating behaviour is only a symptom of both problems," said Shackleton. She explained

that how much control over our lives we feel we have and our self-esteem are usually the underlying problems.

According to Shackleton these esteem problems are counselled. "We don't counsel them to eat," she said.

Shackleton says the Student Services department is in an ideal position to help students and other members of the Mount community with these problems. "Everybody is in the same department, counselling, nutrition, and the health office—we can approach problems in a team effort," she said.

This month Student Services is starting group therapy. Shackleton says peer support is important and can't be gained through individual counselling.

Shackleton says she wants students having problems to come on an individual basis first. Everything is kept confidential and students aren't pushed or pressured.

Between 25% and 30% of the college age population suffers from anorexia nervosa and bulimia. "We are seeing more this year than before but we know there is more out there needing help," said Shackleton.

For help and/or information contact:

Student Services,
Rosaria Centre
Phone: 443-4450 ext. 358

Keep Christmas

If you were dreaming of a white Christmas you certainly got it this year. Somehow, that glistening white blanket is how we picture everything for two, short, blissful weeks—our world covered with the spirit of peace and love which Christmas celebrates.

Because it's Christmas, many poor children receive toys and attention. Community organizations energetically prepare the Christmas feast for the lonely person on the street and television networks give prime time to charity fundraising drives.

Because it's Christmas, people stop to notice the wars and bloodshed in Lebanon or elsewhere, and may seriously listen to the year-end reports of the nuclear arms build-up.

Because it's Christmas, we present gifts and spend time with family and friends. For many of us that leave Halifax at Christmas, "going home" is a chance to reach out to old confidantes and bolster some lagging friendships weakened by time and lack of communication.

Because it's Christmas, we often forego our personal vanities and needs and eat and drink with a vengeance. We leave our books closed or our work at the office. With tensions relieved, and our urge to give presents and understanding to loved ones, we tend to be less self-centered "me" creatures. We're happier and more pleasant to be around.

Even if Christmas is just the excuse needed to do all these things, it is a fitting opportunity and a wonderful time. Yet with 50 more weeks in each year to live in a world that could certainly use more peace and love, too many people trash the Christmas spirit with the dry tree and tattered gift wrappings.

B.J.

Letters

To the Editor:

This is in response to assertions made in Kelly Smith's editorial in the Picaro supplement, Mounting Research, November 23.

In the editorial, she suggests that "standards have significantly slackened in the past fifteen years or so in universities. Degrees are now tailored to meet the needs of the university's suffering financial status. We now have degrees that encourage people to enroll to keep the institution alive, not the ideals per se (sic). (Thus, the BPR, and the soon-to-be tourism degree)."

Ms. Smith cites no evidence for her assertion that standards have slackened. She would be advised to review the processes by which standards are maintained at the Mount. Degree programs are approved according to academic rather than market standards, even though—heaven forbid—there may be a need in the wider community for a particular degree program.

That, as Ms. Smith knows, was the case in the introduction of the BPR program. It was designed to meet academic standards set in the United States for public relations programs (there were no suitable Canadian precedents). It was introduced to "answer a need for university trained public relations professionals in Canada" (calendar description). The need was documented in research carried out before the program was introduced.

Of course, the university hoped students would enroll in the new program. It would be rather difficult to offer a program in which no students enrolled.

Ms. Smith would have been welcome to check these minor details with any of the public relations program faculty.

Yours sincerely
Jon White
Co-ordinator

To the Editor:

It was 11:00 last night when a Sister came from upstairs to tell our R.A. (residence assistant) that the noise in the 1200 wing was too loud, and she could not sleep. Ah! Residence life at

Mount St. Vincent University. We are young, full of energy, which is divided among study time, eating time, sleeping time, and fun time. Unfortunately, for some "fun time" dominates the selected categories. Now, at any other university this could be acceptable, provided you do your work. But not at "The Mount"! There are rules to be respected. To name just a few: quiet hours, no men past the first set of Vincent Hall double doors, which are 30 feet from the front desk, and no drinking in residence. I don't consider myself irresponsible, a sexfiend or an alcoholic... but an adult! The girls are all friendly and I can honestly say I like living in residence and realized the "rules" before I came. But after living here four months I feel I have the right to form an opinion on the rules governing me.

First, we don't need to abide by 12 quiet hours for studying. The academics of a university, unquestionably play an important role in a student's life, but other university students maintain their average without quiet hours. Quite often, three or four of us will be in a room, talking and laughing, when the R.A. or Don will come to the room and tell us to be quiet. The University has supplied us with study lounges and libraries to do work, they have supplied us with our room to relax in.

For instance, family friends are getting married and my mother asked me to buy a bottle of wine to go along with the gift. I would keep it in my room until I could get the gift to them, but it's against the rules to have alcohol in your room. Other university residences are well-kept and are not under constant chaos due to disorderly people who have been drinking. Why then, does The Mount think that we will be so uncontrollable if alcohol is allowed in the residence. Or do they think it is so improper for young women to consume alcohol. That would be hypocritical, considering the Mount is geared to women's liberation.

Last but not least, we have the rule of no males in residence. Why?! Not every boy that we may invite up to our residence,

do we like more than a friend. Why should the Mount discriminate against our friends who want to come visit? I live thousands of miles from my parents and I have started a new part of my life, which includes gaining more independence. Along with independence comes acquiring the ability to make decisions. What we have learned and all of what we will learn, will help in the decisions we will have to make. At 18 to 21, we will have an understanding of the way we want to deal with our relationships. For these reasons we should be allowed to have boys in the residence. If they are worried about the residents not being able to handle their sexlife, the rules of the Mount are not going to help them. If that's what a girl has in mind, males being kept out of the rooms, won't really stop her.

Are we, as females, concerned with the "ball, heel, toe" method of proper walking or learning the 3 steps of sitting, as Marie Kelly told us how it was when

she lived in residence 40 years ago, when interviewed by David Wile for the Picaro. Is this their excuse for the rules? They want to make sure we are couth sophisticated ladies. We are here to become educated, either for self-fulfillment or independence. This is the 80's, where educational institutions, such as The Mount, are set up to prepare women for the working world. Encouraging more women to stand up and be recognized as intelligent, motivated, determined members of the community. I am proud to be a woman, for all its femininity and capability. As Marie Kelly said "They took an uncouth Cape Bretoner and did a good job of refining her."

I just hope that the girls in residence at Dalhousie, St. Mary's or Kings, don't consider themselves any less a "lady", because they did not have The Mount to refine them.

Leslie Bowes
Vincent Hall

Picaro Positions Available

Advertising Manager
Secretary
Sports Editor
Entertainment Editor

If interested in any of these positions contact Elizabeth Finck or Beverly Jobe at the Picaro office. Phone: 443-4450, ext. 195. Honorarium of \$25.00 per month per position.

Deadline Friday, January 13, 1984.

PODIUM

Abortion—No easy solution

by Kim MacDonald

Abortion is an issue which most people would rather avoid—the women who are involved, the health professions and the public.

But it is here. It will continue to be here. Only its dimensions will change with time.

Because concern with abortion cuts deeply into moral principles and professional ethics, it is a charged emotional issue.

On the one side we have staunch Pro-Life campaigners—seeing only that an innocent life is being taken, not perhaps that one—the mother's, is being saved.

Canadians have been blind to what is actually happening. We have avoided seeking effective and direct ways to accommodate different outlooks. One attitude has been, "Leave well enough alone. Perhaps it will go away."

There can be no easy solution.

The Criminal Code of Canada states that to procure a legal abortion, a hospital therapeutic abortion committee, composed of three doctors not involved in the abortion applications, must review the case.

Some smaller hospitals, in towns and rural areas, lack the number of doctors required to set them up. The interpretation of the law differs from one hospital to another and therefore this system does not provide equal accessibility for all Canadian women.

Delays by these committees lead to later terminations, increasing the risks even more.

Studies have shown that it is generally safer to get an abortion at an independent clinic. Here doctors have expertise and more opportunity to counsel women choosing whether to have an abortion. Abortions are the least important thing on a hospital's busy schedule.

More women, who were turned down by therapeutic abortion committees or who want to avoid all our Canadian red tape, are crossing the border to clinics in the United States.

Here is just another instance of Canada lagging behind the rest of the world.

Can we ignore the simple fact that some women want abortions, regardless of legality, and that our red tape is causing unnecessary risks to health and driving women to other options.

Is this a choice for a committee to sit and ponder and waste away valuable time or a decision between one woman and her physician. Come on Canadians wake up!



THE PICARO

The Picaro is the student newspaper at Mount Saint Vincent University and is published weekly by the MSVU Student Union. The Picaro is a member of Canadian University Press and subscribes to its statement of principles.

Deadline for all copy is Friday noon, the week preceding publication. All copy should be submitted typed, double spaced. Letters to the Editor and Podium pieces are welcomed for publication, but we ask that all submissions be signed. Names may, however, be withheld by request. The Picaro staff reserve the right to edit all copy for reasons of length or legality. Please refrain from sending letters exceeding 200 words in length. Local Advertisers—You can reach us by phone or mail. Our address is:

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Letters

To the Editor:

It seems a shame that so little coverage has been given to Dr. As's lecture series while she has been a resident at the Mount. For those who attended the last lecture on rape, incest, pornography and battery it was an enlightening and optimistic outlook on the incredible strides women have made in these areas against seemingly insurmountable odds. It has been, and will continue to be, an uphill fight all the way.

Against the disapproving nature of most politicians, the adversity of anti-feminists, et al, women have not only brought to light the inherent injustices of the above, particularly battery; but have constructed the means, no matter how initial and rudimentary, at this stage, for dealing with these problems.

I have always felt that a slave deserved more praise and recognition than Abraham Lincoln because she lived with her wrists and ankles in shackles. But society doesn't operate that way. Dr. As pointed out those things which shackle women, so when something is accomplished, it is done at one tenth the odds of a male. Rather than resign herself to the hopelessness at the proliferation of pornography, and with violence increasingly portrayed and sanctioned toward women in this society, and the potential loss in women's status in the eighties—she warns us not to allow ourselves to be used as men's scapegoats and reminds us that an oppressor cannot liberate himself, women must do it.

Her lecture revealed alarming statistics on the incidence of incestual sexual crimes against female children (25%); that 66% of an average number of males interviewed would like to rape a woman once, an indication of a social sickness of incredible proportion, and that pornography is now the third largest industry in the U.S. She places blame on the early writing of Christianity that portrayed Eve as secondary to Adam—conceived second, from his rib. She further explains that the greater likelihood was that the scar on Eve's stomach probably indicated something different happened and that she was there first. It is similar to tracing anti-Semitism's roots to early Christian doctrine blaming Jews for the killing of Christ. That women are the perpetrators of evil in a world filled with crimes by men indicates the same scapegoat mentality.

The lesson to be learned from history and all else is that women have to face up to their responsibilities as women first. They must write and study their own culture, fight for justice and for themselves etc. It is not right for most women to live in a world made better for them by a few who sacrificed and gave their time, energy and thought to just causes.

R. Little
Halifax, N.S.

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4. A draw will be made from all entries received by the contest organization on October 14, December 1, 1983 and the contest closing date, February 15, 1984. Prizes will be awarded as follows: one Bronco II will be awarded from all entries received by NOON October 14, December 1, 1983 and February 15, 1984 respectively. Entries other than the winning one in the October 14 draw will automatically be entered for the December 1, 1983 draw. Entries other than the winning one in the December 1, 1983 draw will automatically be entered for the final draw, February 15, 1984. Chances of winning are dependent upon the total number of entries received as of each draw. The drawn entrants, in order to win, will be required to first correctly answer an arithmetical, skill-testing question, within a pre-determined time limit. Decisions of the contest organization shall be final. By entering, winners agree to the use of their name, address and photograph for resulting publicity in connection with this contest. The winners will also be required to sign a legal document stating compliance with the contest rules. The names of the winners may be obtained by sending a stamped, self-addressed envelope to: Telecom Canada, 410 Laurier Ave. W., Room 950, Box 2410, Station "D", Ottawa, Ontario, K1P 6H5.
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Telecom Canada

Cops step up spy tactics

VANCOUVER (CUP)—When it comes to eavesdropping, the days of shady looking operatives creeping stealthily around a house planting "bugs" in the walls and phone are quickly disappearing.

Police can now monitor private conversations in a room or building without even going near their target, thanks to rapidly developing technology.

Surveillance techniques are becoming so sophisticated a police wiretap can be placed on someone's telephone simply by punching the phone number into a VDT unit several miles away.

And police use of surveillance against political activists is steadily increasing across the country.

These points were made at a recent Vancouver workshop where Don Stewart, head of the Civil Liberties Action Security Project, called B.C. "the wiretapping capital of Canada."

Stewart called surveillance a "complete and absolute intrusion into our lives."

"You can't really know how much of an invasion of privacy it is until you sit down and read the transcripts. They know more about you than you do yourself."

Citing lawyers, journalists, B.C. Tel employees, and civil servants as sources, Stewart said the RCMP, the Co-ordinated Law Enforcement Agency and B.C. Tel frequently work together to place wiretapping of phones.

Stewart said a B.C. Tel employee recently testified in court that he had personally placed 400 wiretaps in the last four years in this province. He added the wiretapping process is becoming more efficient and streamlined.

"The entire process usually takes less than one hour and sometimes as little as 20 minutes."

Stewart described a typical wiretapping process:

After obtaining authorization from a Supreme or County Court judge (required only in cases where evidence is needed for prosecution) the police phone one of two technicians in the security division of B.C. Tel. They in turn connect wires from the target phone to the "intercept room" in a police facility.

Police tape recorders are activated when the target phone is lifted off its receiver and the call, time, and date are automatically recorded.

Stewart said an informed source from B.C. Tel told him there are 3,700 phone lines, including pay phones, in the Lower Mainland under continuous wiretap. An experienced lawyer also told him that figure "was not out of line."

Thomas MacKay, a member of the Coalition to Defeat Bill C-157 (the proposed legislation to create a civilian security service) also spoke at the workshop.

"This bill will legalize everything we've heard tonight and more," said MacKay. "It will widen the RCMP's powers."

There is a certain amount of fear, anger, and frustration over this bill, and it affects everyone, not just the radicals in this room."

T-shirt propaganda?

HALIFAX (CUP)—Roger Lewis is interested in propaganda.

Lewis, student union president at Nova Scotia College of Art and Design, decided to experiment with the whole idea of propaganda as an academic project.

Lewis printed up a dozen red and yellow T-shirts reading "NSCAD teaches communism." He sees this T-shirt as a "celebration of a kind of left heritage" at NSCAD.

But the college administration is not celebrating with Lewis.

He says the administration is worried about the public response and specifically the response of the Nova Scotia Royal Commission on post secondary education.

"They are afraid the T-shirt will reinforce some negative misconceptions about the school," Lewis said. "I can't really say NSCAD teaches communism, but it provides an atmosphere for left politics."

"I was thinking about posters and propaganda and it was originally a poster idea," said Lewis. "I wasn't thinking of what propaganda said but the motives behind it."



"There wasn't one aspect of our lives that wasn't regulated in some way by the school. But we were young, and when you are young, everything seems natural. And I still think that my experience there has contributed to gracious living."

Marie Kelly graduated from the Mount Saint Vincent Academy in 1949, when most of our parents were still teen-agers. She laughingly considers herself one of:

The Survivors

by David Wile

Turn and Retreat

Every Easter, a week before we went home, we used to have a retreat. The term "retreat" implies a retreat from everything worldly whereby the students would concentrate on the spiritual side of life. A specialized retreat priest would come to the Mount to oversee the proceedings. This was his sole job, to conduct retreats at various convents, colleges, or board schools.

We had to maintain total silence for three days. We were not permitted to speak to each other. Heaven help you if they ever caught you talking. Thus, to avoid the temptation we would wander about the campus in meditation with our hands clasped in front of us and with our heads towards the earth.

We used to have a dozen or so Protestant or Jewish girls at school who did not have to participate in the retreat and who were allowed to leave early for their Easter break. But there were a few who lived too far away or were from broken homes who had to stay at the Mount during our retreat. And they would pose the greatest source of temptation to us because, of course, they were allowed to talk among themselves although they were not allowed to disturb us. It was hard to watch them, free to go horseback riding while we had to silently meditate on life. Also, the few non-Catholics would soon get lonely and it was sometimes hard for us not to talk back to them.

And of course there were those who could not resist the temptation and seized the opportunity to cause mischief. The nuns trusted our piety and counted on us not being so bad during retreat, so they reduced their supervision. Also some of the staff had their own retreat so there were definitely less nuns to watch over us. For those who were so inclined there was much more opportunity to break rules. Also, with the few non-Catholics still in attendance it was easy for us to blame "those foul Protestants" for our misdeeds.

I do remember of a few girls who enlisted the aid of a Protestant friend to get away during a retreat. The Protestant girl, under the pretense of ostensibly going for a horseback ride by herself, cached away her Catholic friends' jodhpurs (riding breeches) and riding boots in the stable. Later, the girls let their meditative wandering take them up to the stable where they all took a brief retreat from their retreat.

But God must have punished her because one of the retreatants was thrown from her horse which resulted in a broken collar bone or arm. The other girls were so scared that they didn't tell anyone about it, and the poor girl wasn't rescued until her horse came back alone and they went out searching for her.

The retreats themselves were done in religious motifs. There was basically personal meditation interspersed with lectures on topics like Saying "No" To Boyfriends. Our day began with a mass, then we would take a short break and have our first small lecture of the day. Then we were expected to meditate on this and we were even encouraged to write down our thoughts for future reference. Then we would have another lecture followed by more meditation. Afterwards we had our lunch . . . in silence, of course, and then we had a short break. In the evening there was benediction and afterwards we were permitted to speak privately with our retreat priest.

Also there was always a little soft-sell speech aimed to those who one day might join the order of some other order. There was absolutely no pressure put on us to become religious, but it was just a little section devoted to vocations in case there were any embryonic religionists in the group. Although the term wasn't used then, it amounted to what we would call recruiting, today. Indeed, there was always a number of girls that graduated each year that stayed with one order or another.

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The propaganda of pornography

Pornography is imposed on people. Any woman who feels humiliated when she walks past a magazine rack laden with pornographic magazines while men are flipping through the pages is a victim of pornography.

Porn is hate material full of misogyny. It is difficult for women to face, as it cannot be discussed in the same manner as the Crow Rate. This is because pornography hurts women personally.

Many women, and men as well (contrary to the criticism mentioned earlier) are developing an appreciation for their sexuality, for its right to exist in a manner not decreed by pornography but rather as part of an individual human being. These people are demanding only the right to be considered as such; they are certainly not trying to impose social mores on other people nor are they being prudish. They are not denying sexuality, rather they are fighting against lies about their sexuality.

There are all kinds of statistical debates going on about whether or not pornography reduces or increases hostile behavior towards women. It is time to turn from numbers to real life: Crisis Centers have observed an increasingly noticeable link developing between pornography and sexual abuse. Women report demands made on them by husbands to imitate pornography. Violence is often used against them if they refuse to comply.

A study done by the University of Pennsylvania showed that the more pornography men and women are exposed to, the less they consider rape a serious crime. In the study, researchers asked members of various groups to suggest an appropriate prison term in the case of a local man who had been convicted of raping a woman but had not yet been sentenced.



There were four groups: a "massive exposure" group that saw 36 erotic films; an "intermediate exposure" group that saw 18 erotic films and 18 non-erotic films; a "no exposure group" that saw no films at all. All films were of the same length.

The results were as follows: men from the "no exposure" group recommended sentences averaging 94 months, nearly twice as much as the 49 month sentence recommended by the men in the "massive exposure" group. The results for women were similar; though women from both groups suggested longer prison sentences than men had. Women from the "massive exposure" group recommended sentences of 77 months, and those from the "no exposure" group recommended 143 months.

Another discovery was: the more pornography that both the men and the women in the study were exposed to, the less offensive and objectionable they considered it to be, and the less they thought it should be restricted.

Canadian writer Margaret Atwood considers an interesting parallel to the abuses of sex: social drinking has not been banned as a solution to the problems of alcoholism but laws have been established to combat abuses of alcohol that may result in harm to other people.

The Playboy-type of pornography is not the savior of sexuality its defenders claim it to be. It is the most prevalent, pervasive and subtle form of pornography in our society, employing subversive psychology and sociology to present an image of women. "Soft-core" pornography affects women in more subtle ways than the explicit violence depicted in "hard-core" porn. It decrees what is female and attaches a false image to the female body. It is an objectified and humiliating image whereby a woman's body exists as a commodity designed for male pleasure. Scenes which include no male involvement or violence such as a woman masturbating or having sex with another woman, are created for sexual pleasure of men.

The pill remains controversial

by B.J. Sibbald
reprinted from the Charlatan
by Canadian University Press

1981 marked the 20th anniversary of the introduction of the birth control pill to North America. In 1961 the pill was marketed after being tested on only 132 Puerto Rican women. Not surprisingly, 20 years later new side effects from the pill are still being discovered.

Some argue that the 90 million women on the pill around the world are part of a huge experiment. Others say in most cases the pill is safe, and enough research has been done. No one knows for sure.

"It's time women took the responsibility of birth control out of their doctors' hands and back into their own," said Anne-Marie Smart, organizer for The Women as Reproducers group. "Women think they are choosing the most effective method but they aren't taking all things into consideration. We have to ask ourselves if the side effects are worth it. We have to stop letting ourselves be used as guinea pigs."

The list of possible side effects associated with the pill is long and frightening: blood clots, heart attacks, headaches, chemical diabetes, loss of libido, depression, nausea, urinary tract infection, vaginitis, sterility, breast change, weight gain, skin problems, and depression are some of the known side effects. The list grows every year.

According to Doctor Linda Coll at the Carleton University Health Services, the more serious side effects are rare and usually only come about if some other risk factor is involved.

"The pill is only one risk factor," she said. "If the use of the pill is combined with things like smoking, diabetes, lack of exercise, hypertension, increased age or obesity, then the risk of major side effects increases. Depending on the overall picture, a doctor can assess the risks an individual is taking."

The statistics on pill-related side effects vary depending upon who is doing the study.

For drug companies, the pill is big bucks, with 90 million women paying between \$3.50 and \$7.00 a month for it. Nevertheless the companies admit in a warning pamphlet enclosed in each packet that "In a small number of women potentially serious side effects may occur."

The problem is, as Smart points out, that the vast majority of studies are done by drug companies because they have the money. It is in their best interest to downplay the risks.

Doctors Barbara Seaman and Gideon Seaman, in their book *Women and the Crisis in Sex Hormones* examined a wide range of studies done by a variety of doctors and came up with figures that show more

than just a few women are affected:

- 5 per cent of pill users get high blood pressure
- 13 per cent get chemical diabetes
- 30 per cent get mild to severe depression
- 5 per cent are infertile—and sometimes permanently sterile—when they stop.

While the risks associated with taking the pill have been reduced over the years, they haven't disappeared. When the pill was first introduced it contained massive doses of synthetic estrogen and progestin hormones. At that time, 5 milligrams of these hormones was the norm. Now most pills contain 50 micrograms.

The so-called "minipills", which contain 50 micrograms of estrogen or less, build up a mucus over the cervix entrance so that sperm may not enter. The stronger types of pills inhibit ovulation.

Dr. Coll said the lower the dosage the safer the pill is. But the lower dosage pills have to be taken regularly every 24 hours or their effectiveness is reduced. Anne Marie Smart said while the mini pill may be safer it is still putting estrogen into the system. The risk of a variety of unpleasant side effects still exists.

"We have to stop letting ourselves be used as guinea pigs."

"It's up to the individual to look at the information, examine the risks and decide if it is worthwhile for her to take the pill," said Smart. "It's easier for doctors to give the pill than to teach another birth control method. I'm not blaming doctors. Ultimately it is the woman's responsibility."

Dr. Coll said it is the responsibility of the physician to screen patients well. "In the 18 to 24 age group, 85 percent of patients can take the pill but they still have to give a complete family history and have an internal physical before we give them a prescription. There has been a tremendous amount of research done on the pill and most of it indicates it is tremendously safe. If you stress the side effects, no-one will take the pill."

Ann Marie Smart doesn't think anyone should use the pill. There are other methods, she said, which should be looked into. For example, she cited cervical caps, which are widely used in Europe but rare in North America.

Basically, a cervical cap is similar to a diaphragm but it is smaller. The cap fits snugly around the cervix and is more effective. Smart said cervical caps aren't easily available in North America. She blames this

both on drug companies who lobby against the cervical cap and on women who don't demand it. "The pill is so popular," she said. "Women have been spoiled by the simplicity of the pill and it is difficult for them to adapt to other, less invisible methods."

Research is being done on new methods of birth control but prospects for the foreseeable future look bleak. The already infamous pill for men is in the research stages still, and more is known about it now than was known about the pill before it was mass-marketed.

The World Health Organization gave \$300,000 to a Chinese herbalist to do research on a contraceptive tea. These may one day be solutions to the birth control puzzle but their effectiveness has yet to be proven.

It seems that the effectiveness of the pill is also coming under fire. Theoretically, there is a pregnancy rate of 5 per cent among pill users. But in actual use they show a failure rate of 2 to 5 per cent.

Pregnancy can occur if you forget to take your pill for two or more days, if you try to juggle your pill schedule, if you don't use a back-up method of birth control on your first two weeks on the pill and occasionally when you change from one brand of pills to another. Recent research has also shown that some types of drugs may interfere with the effectiveness of the pill.

Another recent realization is that the pill is best only for women in their late teens through to their late twenties. After this, the risk of side effects increases considerably. However, authorities still disagree on how long a woman should stay on the pill. Some studies, like those cited in *Our Bodies, Ourselves* by the Boston Women's Health Book collective, indicate that women should go off the pill for 2 or 3 months every 3 or 4 years. But Dr. Coll disagrees. "If you are non-smoker and young, it is probably okay to take the pill for as long as five years. You should then go off for a year so the cycles can get regular again."

Smart stresses the necessity of being informed. "Who knows the long-term effects of the pill," she said. "Where are the studies on prolonged use, on early use? I wouldn't recommend the pill for anyone, but if they are going to use it they should be aware of what they are getting into. They should demand information."

There is a wide variety of literature available through Carleton's Health Services, Peer Counselling, and the Women's Centre. Doctors can only tell you so much during your check-up, it is up to you to discover the rest.

Campus Comment

by Elizabeth Finck and Glen Craig
Craig Photo

Question:
What was your New Year's resolution?



Jo-Anne MacDonald, B.B.A.: "To lose weight."



Henry Moulton, B.A.: "To try and find as many George Orwell jokes as I can."

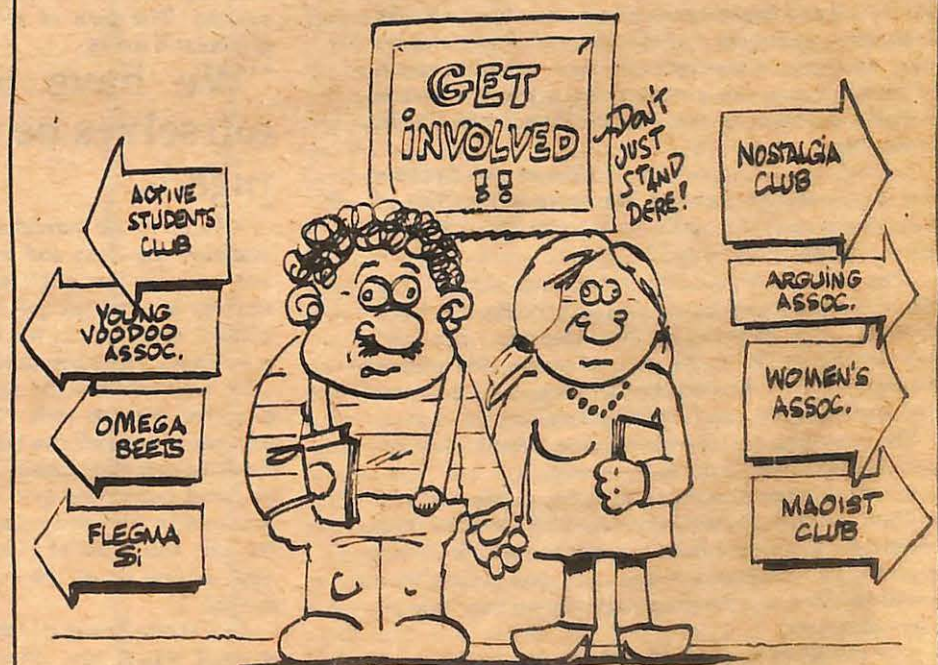


Glen Smith, B.B.A.: "I don't have one."

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JOE

Vinnies— The place to party in '84

by Shelah Allen
Staff Reporter

Despite disappointing attendance at major events, the Student Union has deemed last term's entertainment activities "somewhat of a success".

Entertainment Director, Henry Moulton said the Student Union lost money on major events such as Sheriff, Willy Hop, Mad Hash, and Blaze, but made up for the loss on the strength of the Wednesday night pubs.

The reason for the lack of enthusiasm shown by Mount students seems a mystery. Moulton noted that an entertainment survey run earlier this year in an attempt to pin down our preferences was unsuccessful, with no forms returned. "We surmised the students wanted new stuff, and it seemed those who attended the events had a good time. We're just disappointed more didn't show up," said Moulton.

Due to the low attendance at major dances last term, Moulton said, there will be noticeably fewer this term. However, there will be a number of other features to compensate for the change.

Winter Carnival is coming up at the end of January, with two major events planned. Tuesday night will feature **Guilt**, and Friday evening **The Mason Chapman Band** will play. Incidentally, Wednesday is the President's holiday and no classes will be held. Also, Moulton added, the Student Union is hoping to have all of the week's activities declared Wet/Dry as to allow even under-aged students to enjoy all the festivities, even the pub.

The other major event of the term will be a dance in mid-March which will feature (tentatively) **The X-men** from Montreal.

"The groups we've booked are some of the finest touring acts of the calibre we can afford," Moulton said. "It would be encouraging if people turned out to these events."

The MSVU pub, the "all new" Vinnies, could prove to be the pulse of university life this term. Vinnies now boasts shuffle board, darts, video games, and a new bar appearance. Soon it will have a full-sized video screen.

The screen will be placed in the pub on a trial basis and if, during that time, enough sup-

port is given to the fund raising campaign, it will become a permanent fixture. Special events such as comedy night, rock video night, and movie night could then be held in addition to the regular Wednesday night pubs.

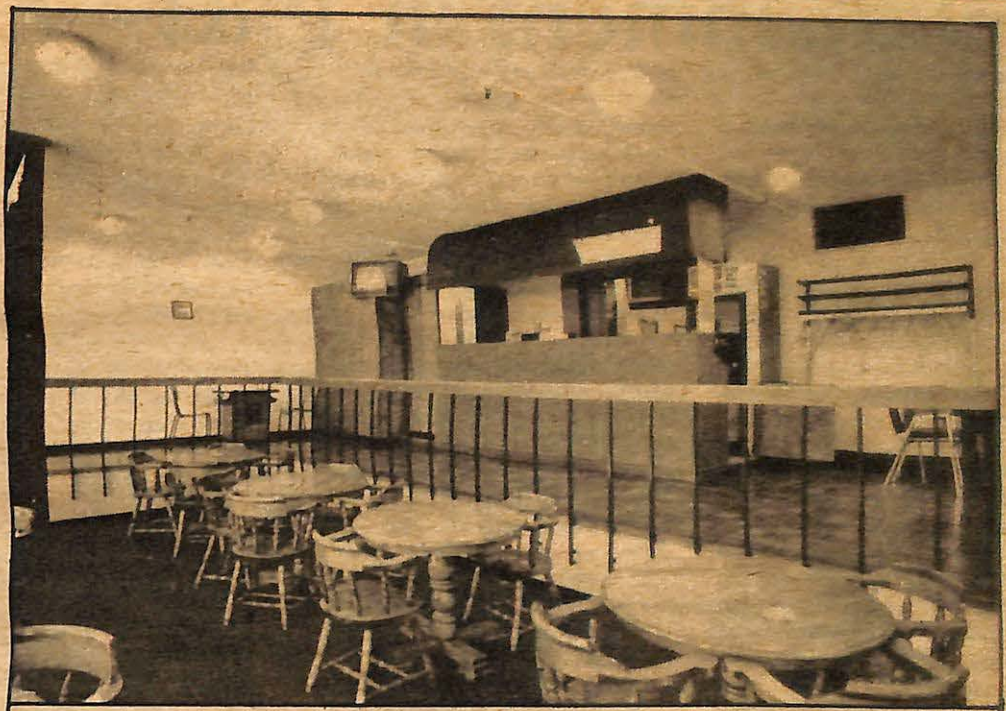
A few other pub events are planned for the term including amateur night, society nights, occasional visits from Doris Ma-

son, and the continuation of Prime Time held Wednesdays, 9-10 p.m. and Fridays, 3:30 - 5:30 p.m. when you can get "the cheapest beer in town" at \$1.10 a brew.

"It was the pub committee's goal to improve the pub and give it more atmosphere," said Moulton. The committee which includes Karen MacDonald, Glen

Smith, Frank DeMont, Mike MacLean, and Moulton, seems to have fulfilled their objective.

We all need a break from the academics sometimes and what better way than at Vinnies or at one of the major events. As Moulton said, "You don't have to disregard studies for leisure."



Vinnie's Pub, Rosaria Centre, gets a new look for the new year.

Snap!— All sides of The Jam are covered

by David Cushing
Staff Reporter

The Jam-SNAP!
(Polydor)

One of England's premier bands called it quits last year which means that their record company has done the obvious and released a compilation album of the band's music (and a double one at that). While most such albums can be a mess (witness the Doors' **Weird Scenes Inside the Goldmine**) this one ranks up there with the Beatles' Red and Blue collections.

I was surprised to see the Jam collection on the racks. Let's be honest-The Jam were an English band and never had much of an impact on North America beyond a small cult following. So an album like **SNAP!** can be looked at two ways: as the Jam's attempt to encapsule their career in one neat package or as Polydor's attempt to make some more money off The Jam. The Jam have done all right but whether Polydor realizes their goal remains to be seen.

The Jam was an English modern mod trio headed by their guitarist, vocalist and songwriter Paul Weller. Behind Weller's punchy chords and bitter vocals were Bruce Foxton with his thick bass lines and vocal support and Rick Buckler on drums providing the necessary wallop to drive every Jam song to a level of frenzied exuberance. Their intensity and emphatic delivery made even their worst songs scintillating and made their best songs churning anthemic songs for England's youth.

The Jam began as a Who influenced punk band in 1977 but quickly evolved into a band with their own sound and by the time of the **All Mod Cons** LP, they

had staked out their own style and outlook. Weller wrote about the attitudes of the English youth and the problems which they faced in society. Their fans took them to heart as their spokesmen. The music had by now become a snappy new wave sound, influenced heavily by the early Motown sound but still drew its force from the Sex Pistols and the early Clash.

In making a compilation of The Jam's music the problem isn't with finding enough material but with deciding which songs to leave out, even in a double album such as **SNAP!**. Part of the problem was resolved last year with the band's last release, **Dig the New Breed**, an excellent compilation of live performances over the band's career. Many of these songs (in their studio versions) could easily have made it onto **SNAP!** but it seems that the logic was to avoid excess duplication.

So what did they put on the album?!! Over its four sides the album retraces the band's beginnings as a punk band, through its mature, powerful albums and onto its final albums where the band cleaned up its sound and took off into new directions which Weller would pursue with The Style Council.

The first side is dedicated mostly to their first two albums. This includes the song which announced the Jam's staunch new stance, "The Modern World". The next five songs come from the **All Mod Cons** album and each of them is a gem, especially the tranquil "English Rose" and the Kinks' "David Watts", while not forgetting the cataclysmic "A Bomb in Wardour Street".

The next six songs come from their textured, militant and per-

haps best album, **Setting Sons**. The songs are all superb but missing is their rambunctious version of Martha and the Vandellas' "(Love is like a) Heat-wave". The single "Going Underground/Dreams of Children", which went No. 1 in England, is also included. The three songs from **Sound Effects** are the best of that erratic LP and a sparkling demo version of one of their most quiet yet angry (and best) songs, "That's Entertainment" has been substituted for the cluttered original.

The remaining songs depict Weller's desire to clean up the sound of the Jam into a more soulful band. "Absolute Beginners" (from the same LP) is one of the few Jam songs featuring horns which actually worked. "Town Called Malice" from **The Gift** is oddly at the same time exciting and chilling—the sound says happy, the lyrics say rebellion. Although "Precious" is one of the weakest songs on **The Gift** it has been included on **SNAP!**. It does show how Weller was trying to change the band but I still would have preferred to hear "Happy Together" of "The Gift".

The last two songs are the band's last singles. "The Bitterest Pill" is a soft, string soaked piece of soul unlike anything else The Jam had done and much more like the Style Council. But "Beat Surrender" is all the Jam ever was and wanted to be; it's an anthem but it's joyous, tough; with its horns, keyboards, female singers and its punk flare still alive, it's one of their best.

SNAP! misses out on a few good songs and includes a couple of questionable selections but it accurately sums up the sound of The Jam. On top of

that, it makes for great listening, especially at gorgeously high volumes. By itself **SNAP!** is an excellent album but with **Dig the New Breed**, all sides of the Jam are covered.

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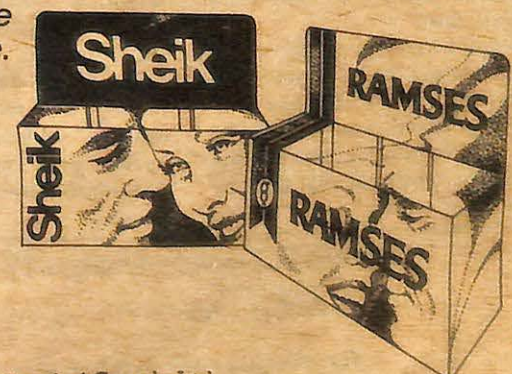
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Entertainment in 1983—A Review

by Barrie Dunn
Staff Reporter

It wasn't the best of times, it wasn't the worst of times, but 1983 will not be remembered as an eventful year in the entertainment world.

The film industry gave us the occasional work of inspiration, the usual banalities, and there were some films which were eagerly anticipated but coolly received. In Canada, the film industry had yet found its niche, and it is beginning to look like it will forever wander in a nascent stage. There was some good news, however. The Applebaum-Hebert Report suggested that the CBC contract its film work to independent producers, thus easing the CBC's tightfisted centralist policy of casting nepotism.

The television industry showed signs of emerging from the decade-long artistic recession. In spite of contrived media events, such as the ABC TV film, "The Day After," TV is beginning to employ quality actors. This is a welcome relief from the incompetent screen personalities we have had to endure.

There is good news for Canadian performers with the Canadian Content Legislation. CBC,

at least, will try to maintain its integrity by producing more shows. CTV, meanwhile, will continue to use expatriate Canadians plus a bit of foreign talent, while filming a production in Toronto, and call it "Canadian". In spite of our self-deprecating personalities as Canadians, Canadian shows are good.

Locally, the theatre scene experienced continued growth and Halifax can even boast having two professional companies: Neptune and Actors' Tryworks. Kwacha Playhouse, the only black theatre east of Montreal, has arrived and has also produced some superb work.

So, enough proselytizing, here are the Best and Worst of 1983:

FILM—Five Best:

1. Never Cry Wolf—A sensitive adaptation of Farley Mowat's novel, "Never Cry Wolf" was cinematic artistry.

2. King Of Comedy—A box office bomb, but a film with Robert De Niro, America's most gifted actor, and Jerry Lewis, America's most obnoxious comedian, can't be all that bad.

3. The Year of Living Danger-

ously—If the Australians can do it, why can't we? I don't know, but they are doing it, and better than Hollywood.

4. Zelig—A brilliant parody of "Reds", Zelig starred the great Woody Allen and Mia Farrow. Well, one out of two isn't bad.

5. Terms of Endearment—My choice as the thinking person's soap opera; Nicholson and McLaine may win Oscars.

Five Worst:

1. Stayin' Alive—Who says you can't fool all of the people all of the time?

2. Jaws 3-D—If you bought a ticket for this film, I have some swampland in Florida you may be interested in.

3. Two of a Kind—I'm not trying to pick on Travolta because he is a fine actor. However, he picks garbage scripts.

4. Superman III—Had enough?

5. Rumblefish—I liked Coppola better as a filmmaker, not a

garbage collector.

TELEVISION—Five Best:

1. Buffalo Bill—Dabney Coleman and supporting cast are creative, brilliant, and poignant.

2. Newhart—Bob Newhart and Steve Kaufman (ex-Canadian Second City Performer) perform comedy as it was meant to be done.

3. Hill Street Blues—Outshines anything in its genre; Travanti is superb.

4. Tighten the Traces/Haul in the Reins—Written and performed by Robbie O'Neill. Not as good as the stage production, but nonetheless, a joy to watch.

5. Fifth Estate—Better than "60 Minutes" Eric Malling has made an art of investigative reporting.

Five Worst:

1. Yellow Rose of Texas—Full of offensive stereotypes and inane writing.

2. Dallas, Falcon Crest and

Dynasty—These shows should be aired together in the afternoon where they belong.

3. Knight Rider—My mother, the car?

4. Manimal—Is there no limit to idiocy?

5. The Day After—Only America can trivialize nuclear war.

STAGE—Five Best:

1. Buried Child—Actors' Tryworks; a riveting performance by Joseph Rutten.

2. God's Trombone—Kwacha Playhouse; Walter Borden is a man with a vision.

3. West Side Story—Neptune Theatre; energetic and true to Bernstein's music.

4. Tighten the Traces/Haul in the Reins—O'Neill's portrayal of Leo Kennedy was a tour de force.

5. The Elephant Man—Actors' Tryworks; Robbie O'Neill and Caitlyn Colquhoun gave moving performances.

Canadian women artists

by Krista Eisener
Staff Reporter

Until January 29 the exhibit in the upstairs gallery will be of photographs taken by Canadian Women of 1841-1941. This interesting exhibit, which has been assembled by Canadian photo historian Laura Jones, gives insight into what the life of Canadians was like during the middle of the last century up till the 1940's. On Sunday, January 22, at 3 p.m. Laura Jones will be here to talk about, as well as show slides on, her research about women photographers.

The exhibit downstairs is of

the works of art done by 10 Canadian Women Artists from 1914 to 1945. It features the works of painters Prudence Heward, Emily Carr, Sarah Robertson, Lillias Torrence Newton, Pegi Nicol MacLeod, Marian Scott, and sculptures by Florence Wyle, Francis Loring, Jacobine Jones and Elizabeth Wyn Wood.

These two exhibits, which are being circulated by the London Regional Art Gallery, London, Ontario, have been described by gallery director Mary Sparling as being two of the best exhibits the gallery has had.

How to beat the system and cheat others

by Kevin McGilly
reprinted from the X-Weekly
by Canadian University Press

ANTAGONISH—Mike (not his real name) receives both a Nova Scotia bursary and a Canada Student Loan.

He admits he doesn't need the money.

Mike's father owns his own company and so he plows all his profits "back into the company" and declares no personal income. This means when the government asks Mike what his parents make, and whether they can make a "parental contribution" to his education costs, he can say his father doesn't have an income.

Mike's family is definitely middle class.

When Mike fills out the application forms for loans and bursaries, he does what the government suggests and claims he only saved 40 per cent of his summer earnings. In fact he saves a lot more.

Finally, when the government asks Mike what kind of savings he has, Mike only tells them how much money he has in three bank accounts.

Mike has four bank accounts, and not surprisingly, the one he neglects to mention has the largest balance.

What does Mike do with his bursary money? Over the last two years, he has bought himself an impressive stereo system.

And what does he do with the loans? That's what the fourth bank account is for.

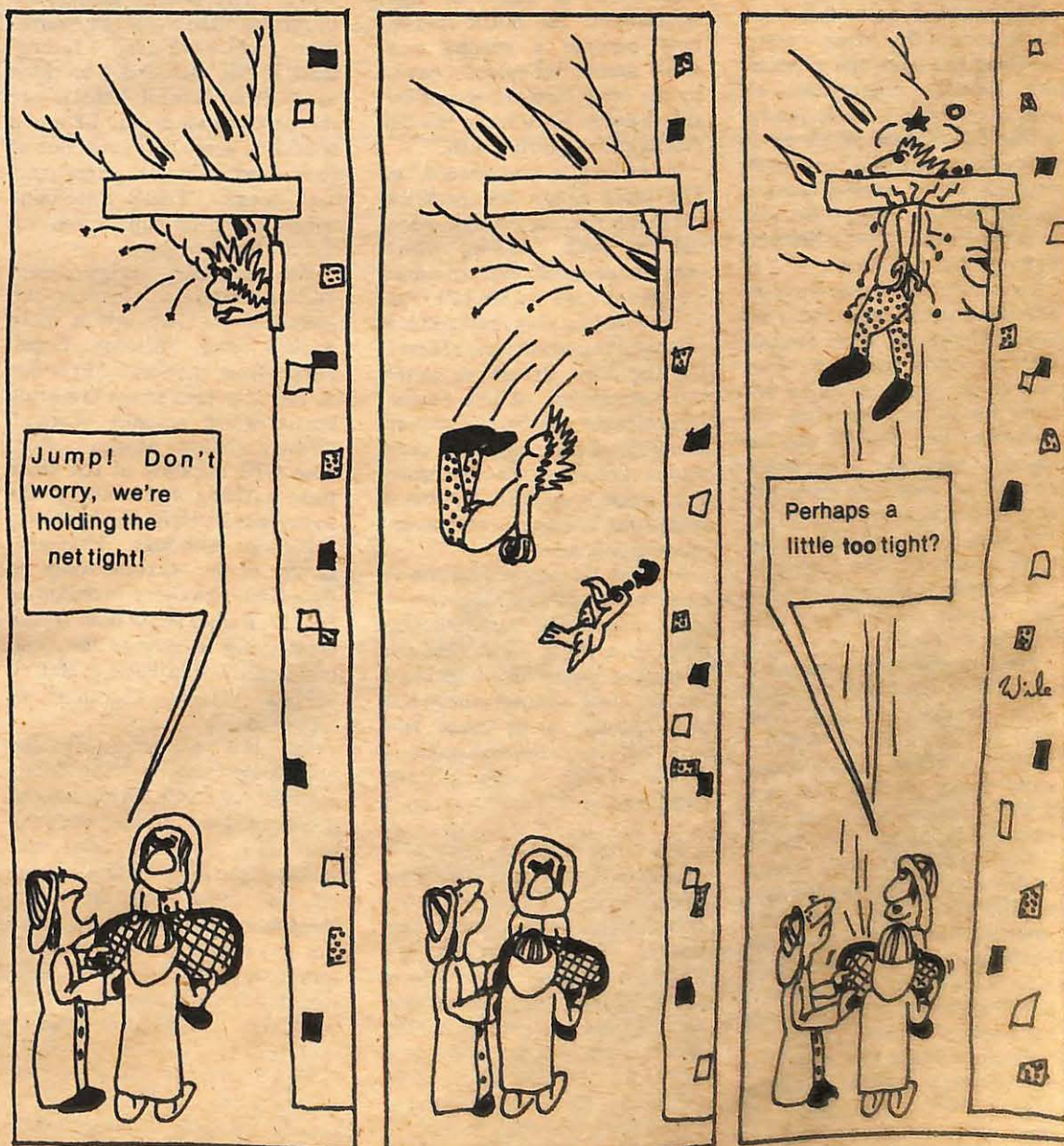
What about the others who can't go to university because they can't get a loan? "If someone else were doing it," Mike says, "I would say it's unfair. But I don't give a shit until I get out of here."

Mike isn't doing anything that most people wouldn't do. In the case of student aid, what one person gets and doesn't need, can deprive someone who really needs it.

All The Wile

THE RESCUE

by David Wile



Weekly Gross Indignity

for the Cream Puff:

He bites his nails so much his stomach needs a manicure.

'Space invaders' stress

(RNR/CUP)—There's more fuel for the controversy surrounding video games: researchers at Britain's Birmingham University say kids who play "Space Invaders" show exactly the same stress symptoms as a managing director facing a difficult board meeting.

And, they say, video game addicts face the same risks of long

term heart and circulatory disease.

Psychologist Douglas Carros says some players' heartbeats increase to the level of joggers', even though they're standing still. The games, he says, act like a pep pill, which may explain why some players report getting a "buzz" while destroying monsters from outer space.



Alden Earville relaxes at Rosaria Centre



Anxious Mount students await fall results.

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Women's Basketball

January 11
January 12
January 18

Booster Night, exhibition game 6:30 p.m.
Thursday, at Kings 7:30 p.m.
Wednesday, at home vs Kings 7:00 p.m.

Women's Volleyball

January 12
January 18

Thursday, at TUNS 7:30 p.m.
Booster night at TUNS
Wednesday, at Kings 7:30 p.m.

Men's Hockey

January 13

Friday, N.S.C.C. semi-final at SMU Arena 1:00 p.m., Mystics vs Kings

Mystics have three wins and one loss. Come out and support the boys.

January 14

Saturday, Championship game at Devonshire arena 7:30 p.m., UCCB vs winners of the semi-final.

Men's Basketball

January 9
January 11

Monday, MSVU vs SAPHER 8:30 p.m.
Booster night, exhibition game 8:00 p.m.

Badminton

January 14

Saturday, NSCC Tournament at NSAC 10:00 a.m.

by Craig Munroe

The 9,000 plus hockey fans who filled the Metro Centre last Saturday night to watch our Olympic team match their talents against the Soviet Union All-Star team were indeed treated to an entertaining display of hockey talent. In the end, the Russians squeezed out a 6-5 victory, their sixth in the series at press time. But Canada's 1-1-6 record (excluding the final two games) is not of great consequence. More important is the experience our young team is gaining.

It is unconceivable to believe that we could send a team into the Olympics without ample experience, experience that can be best obtained by playing the U.S.S.R. Even though our opponents were not the actual team which we will face in the opening of the Winter Olympic Games, the Soviets had eight Olympians on their squad, and obviously played the same style.

From watching the contest, it became apparent that our Olympic team will not be of the same calibre as the team to be sent by the Russians, but the Americans proved four years ago that Olympic gold does not only go to the most talented team. Granted, the U.S. had a fine hockey team in 1980, but in an entire series of games it is doubtful that they would have prevailed over the big red machine. The difference between one game and a series is enormous, especially is such an emotional event as the Olympics. Our young men demonstrated the ability to play a disciplined game of hockey on Saturday night, something that must be done if the Russians are to be upset. They also showed that they will not be a pushover for the U.S.S.R., or any other opponent.

Therefore, let's not approach the 1984 Winter Olympics with a defeatist attitude. As well, let us remember that miracles can happen—our team is definitely good enough to increase the chances of such an event taking place this winter!

Ask the nutritionist

by Jill Smith

ARE ALL FAST FOODS "JUNK FOODS?"

No, not at all. Unfortunately they do tend to be higher in calories, saturated fat and salt. This means that if you ate exclusively at this type of restaurant, you would increase your risk of becoming overweight, developing high blood pressure and having a heart attack.

ARE SOME CHOICES BETTER THAN OTHERS?

Use Canada's Food Guide as a basis for deciding good meal choices. Choose one choice from each food group for each meal. From the milk group you could choose a milkshake, milk or the cheese on a hamburger. From the meat group, any source of meat, fish, or poultry would be acceptable. A hamburger bun or cookies will fill the need in the bread and cereal group. The fruit and vegetable group is not well represented at most fast food establishments but juice or a salad are sometimes available. Hot apple pies are not considered a choice from the fruit and vegetable group.

WHAT ABOUT CALORIES?

If you eat at a take-out restaurant for a meal, you can have one third of your daily caloric requirements at that time. A female between 19 and 35 needs approximately 2100 calories each day to maintain her weight. Each meal would then be 700 calories. If you are trying to lose two pounds a week, you would

need 1100-1200 calories per day. This would mean you could only eat 400 calories for a meal. You need many nutrients to enable your body to function properly. If you follow Canada's Food Guide, you will get them. If you simply count calories you may or may not. Some of the foods available at fast food restaurants are:

MacDonald's	Calories
Plain Hamburger	282
Cheeseburger	305
Big Mac	552
Fillet of Fish	226
Apple Pie	318
Vanilla shake	312
8 oz. milk	152
6 oz. unsweetened orange juice	80
1 pkg. cookies	294
Burger King	
Hamburger	235
Whopper	603
Dairy Queen	
Chili Dog	330
Brazier Deluxe	540
Large fries	300
Onion Rings	300
Pizza Hut	
Thin & Crispy	502
Supreme 1/2 of 10"	
Thick & Chewy	655
Supreme 1/2 of 10"	

WHAT SHOULD YOU CHOOSE AT A FAST FOOD RESTAURANT?

Go to a fast food restaurant instead of a meal, not in addition to one. Follow Canada's Food Guide and make wise nutritional choices. If you are trying to diet, choose a cheeseburger and orange juice.

Sports Shorts


by Dan Chamberlain
Staff Reporter

January 12, 1984

The women's basketball team travels to King's for a re-match after their opening game loss to King's. Game time is 7:30. The women's volleyball team plays the Technical University of Nova Scotia (TUNS). The game will be played at TUNS at 7:30.

January 13, 1984

The MSVU hockey team plays King's in semi-final action at the Nova Scotia Small College Conference Championships. Game time is 1:00 p.m. at Saint Mary's University. The winner will meet UCCB in the finals.



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