

AFS/FEA: Qu'est-ce que c'est?

The Atlantic Federation of Students/ Federation des Etudiants Atlantique is a student organization concerned with student issues in the Atlantic provinces.

The AFS/FEA was established in the 1974-1975 academic year. Its productive efforts were hampered by a lack of organizational structure and finances.

In other parts of the country, most provinces were getting their student bodies organized into a provincial organization. On the federal level, the National Union of Students - Union nationale des etudiants was becoming more active and effective. It was becoming blatantly obvious that more concentrated work on the provincial and regional levels would be required if the interests of Atlantic students were to be comprehensively represented and promoted.

In response to the growing recognition of the need for a stronger, more effective AFS/FEA, several local student leaders began to call for a thorough re-evaluation of the future needs and direction of the organization. This in turn encouraged other student leaders, many of whom had previously discounted the AFS/FEA due to its lackluster record of the past, to become more involved in the AFS/FEA. In September of 1976, the AFS/FEA executive gathered to draw up recommendations to bring to the AFS/FEA Fall plenary session. These recommendations called for a stricter membership criteria and a substantially larger membership fee, to be levied on a per-capita basis.

At that Fall Conference, (October 29-31, 1976) and the subsequent Special

Plenary Session (November 27, 1976), both hosted by Mount Allison University in Sackville, N.B., sweeping changes in the structure and financing of AFS/FEA were ratified by a resounding majority of local delegations. These changes, will have the following effects:

- Increased direct responsibility and accountability of the AFS/FEA to Atlantic Students.
- Greater communication amongst Atlantic students and their local Unions
- Increased services to Atlantic students
- A more effective ability to represent students concerns to provincial and regional governmental

cont'd on page 3



THE PICARO

volume 13

number 4

January 22, 1977



Exploring and learning at the same time ... story on page 6

L.U. Students cheated

QUEBEC CITY (CUP) — A four-month strike by Laval University professors which cancelled classes for 25,000 students, has ended with faculty making considerable gains in their demands.

After 18 months of bargaining and the longest strike at any Canadian university, the faculty union voted 85 per cent Dec. 23 to approve a contract that provides a 34 per cent wage hike as well as a grievance procedure, job security, a sabbatical leave system, a salary structure and increased decision-making power in the university.

Students began the first of two thirteen week terms Jan. 11. Classes will extend to early July, instead of the usual mid-April, to make up lost time.

Last Chance for Student Aid Appeals!

By Mary Lou Brousseau

Students are reminded that February 15, 1977, is the last date that applications for appeals will be accepted by the Provincial Student Aid Office. If you wish to appeal your loan, you are urged to contact Mrs. Mary-Lou Brousseau in the Student Services corridor, Rosaria Hall as soon as possible so that all appeals will be received by the main office before February 15.

A student may base an appeal on either/or summer savings or parents' contributions. If a student is considering basing an appeal on their summer savings, the following items would have to be taken into consideration. Students are expected to save the amounts of money from their summer earnings according to their year of study.

Year of Study
Entering

Undergraduate

1	\$360
2	\$859
3	\$965

Students may request a review on their summer savings for one of three reasons. (1) The student tried to find a job but was unable to obtain one. This must be proven by a Canada Manpower Certificate stating that you had checked with them a number of times throughout the summer but there was no work available. You may also be requested to submit five letters from five places where you tried to obtain work. (2) If you were suffering from

an illness or an injury and can support this by a medical certificate, you can appeal your loan. (3) If you worked during the summer (full-time) and were only able to earn a small amount, less than the Student Aid office required, you can show a statement of your financial activities which must be supported by a letter from your summer employer which shows the period worked plus the gross amount paid to you for that period. Expenses which can be claimed are: room and board, local transportation, and miscellaneous of \$15.00 per week for the amount of time worked. If you take a summer course, tuition and book fees may be claimed.

cont on page 4...

Letters to the Editor

Catholic or catholic?!?

TO THE PICARO:

One cannot but be intrigued by the wording contained in the advertisement published in the January 14th number of the Halifax Mail-Star (page 14) for the position of President of Mount St. Vincent University. Under the category "Qualifications", what is meant by the clause (candidates should possess...) "attitudes compatible with the character and Catholic tradition of the University"? Why is the word "Catholic" capitalized? Does it refer to adherence to the Roman Catholic faith in which tradition the University was founded and has existed in the past? If so, one would have thought the word "Roman" would have been included; but then the University would find itself in unequivocal contravention of the Human Rights Act of the Province of Nova Scotia. That would be just as unacceptable as, it would seem, would be a candidate who is not compatible with the character and Catholic tradition of the University.

The word "catholic" (small 'c'), according to my Gage Canadian dictionary means "of interest or use to all; including all; universal."

Indeed, appropriate attitudes, one would think for the president of a university. But, why the capital "C"? That same dictionary says "Catholic" (large 'C') means "of the Christian church governed by the Pope; Roman Catholic." Thus, by this dictionary, at least, the ad is perhaps *de jure* as well as *de facto* in contravention of the aforementioned statute of the realm. Does this mean that the university of whoever placed this ad on behalf of the University purposefully sought to publically make mockery of our Human Rights Act with respect to legitimate bases for employment with that university. I suspect not. I suspect that the authors of that ad did not connect the Gage Canadian Dictionary, nor the Oxford dictionary which offers similar definition, but perhaps some other dictionary which only defines 'catholic' with a small 'c'. Nevertheless, the question begs an adequate answer in a democratic society which purports to find discrimination on such bases as religion to be unacceptable.

As one reader, I infer from that as that Protestants, Jews, Hindus,

Moslems, Agnostics and other non-Catholics need not apply for the position. One is reminded of the ads that appeared in mid-nineteenth century Boston that said "Irish need not apply." I expect that the careful semantics of this ad keep it within the letter, if not the spirit of the law. Nevertheless, as one non-Catholic part-time member of the faculty of Mount St. Vincent I find the ad distasteful to say the least. As a taxpayer in a jurisdiction in which all universities are publically financed (with Catholic, Protestant, Jewish, and other dollars) I find this ad unacceptable.

Notwithstanding the "Catholic" tradition of this university, I believe the framers of this ad owe the public and the university community a retraction and an apology, and ought seriously to contemplate their own resignation from this public institution in as much as their own attitudes are clearly incompatible with the attitudes and traditions of our democratic society.

Yours truly,
Peter L. McCreath

Continuing Education Student Complains

I have several complaints that I would like to bring to the attention of the Student Council.

First, as a Continuing Education student, I am finding it extremely difficult to find out what is happening within the Student Council. I keep looking on bulletin boards for minutes, but as yet have to find something to that effect.

Several weeks ago I gave my home and business numbers to a Student Council member to be passed on to the

Senior Class President. I wished to have information regarding the graduation ring and photos. I have not been contacted yet. Following in this vein, there should be such information posted where Continuing Education students can find out what is happening. One must not forget that we are taking only one or two courses and, as a result, are unable to attend meetings and glean information from full-time students.

Finally, I feel that the university in asking students to fill out course evaluation sheets, is working with an unbalanced representation. Those students who have withdrawn from a course(s) can, I am certain, contri-

bute valuable opinions as to how the course was being presented. Those of us who have withdrawn from courses, have done so for a reason.

As a post script, I would like to mention the intercollegiate Junior Varsity Basketball Tournament that is being held here on the 12th and 13th of February. I am working closely with Marg Ellis on this tournament, and we are finding it difficult to locate volunteers to help with various aspects of the tournament. The main excuse seems to be lack of time. Somehow, I have found time, and I manage to hold a job and fit in classes. I guess I have time because I care.

Ruth Drysdale

Our Apologies

Anyone who read page four of our last issue is probably curious as to what happened to create such a mess. Parts of stories were mixed with others, headlines were missing, and there were gaps in the page.

There is a very good explanation for the mess. The layout for the paper was done mostly by two Picaro staff members who were very tired after a long production week-end. The same staff members didn't ensure that the copy was glued down securely.

Because of this, on the way to the Printers an accident occurred. The copy that wasn't taped down fell off, and when the printers received it they stuck some of the pieces back down on the page without reading it. The end result was the page four that you read two weeks ago.

The people here at the Picaro apologize for the mess-up and any confusion that might have resulted from it.



the picaro
mount saint vincent university
halifax, nova scotia

MEMBER: CUP. The Picaro is published biweekly by the MSVU Student Union.
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Eng. Composition Stumps Students

VANCOUVER(CUP)--For the third consecutive year, more than one-third of the University of British Columbia's first-year English students have failed a composition exam.

English 100 chair Jonathan Wisenthal said Jan. 6 the failure rate on the exam was 37 percent. Last year, 38 per cent of the first year students failed.

Wisenthal said the exam--three content questions on a short essay by Aldous Huxley and a choice of two essay topics--was fair and reflected marks the students received for the rest of their term work.

"The marks students receive on the composition exam are generally in agreement with the marks given them by their professors," Wisenthal said.

"Every attempt is made to arrive at a just mark, but there are inequities in any type of exam," English professor Warren Stevenson said.



"I CRAMMED SO MUCH FOR THIS EXAM I GOT CONSTIPATION!"

But, Stevenson said, a good student in one of the sections set aside for students who do especially

well in the placement exams at the beginning of the year failed the exam.

"I'm not sure how to interpret that," he said. But he said he agreed in principle with the exam.

Another English professor, Rick Coe, said the exam did a good job of separating the borderline cases.

But, he said, "An exam designed to be fair to borderline students may not necessarily be fair to the best students."

"A degree is a certificate which indicates to employers that the holder has certain skills and knowledge," he said. "The exam is one way of ensuring graduates have the necessary control of the language."

Wisenthal said he had hoped the remedial sections would have decreased the failure rate.

But, he said, the failure rates on the final exams have so far been considerably lower than the Christmas failure rate.

* * * * *

AFS ~ NUS (con't) . . .

cont'd from page 1

bodies.

While an effective AFS/FEA can benefit Atlantic Students in a number of ways, perhaps its greatest service to students lies in its abilities to voice our concerns and promote our interests to Atlantic governments. Certainly, the driving motivation to establish and build the AFS/FEA has been to provide this service. To provide an opportunity to identify our common concerns and to express these concerns to government bodies and related agencies associated with post-secondary education in the region.

Many of the concerns listed below have already been identified by the AFS/FEA as common problems facing all Atlantic students. It must be stressed that only through unity among students can we hope to influence the policies of our governments on these matters.

- Financing of post-secondary education
- Student Aid
- Employment-unemployment
- Differential Fees

These and many other issues, such as inadequate housing, worsening conditions for maintenance and support staffs, status of women, etc. all require immediate attention. The complexity of these issues requires a stronger

and better prepared AFS/FEA. As well, local work must be intensified to involve more students in solving these problems.

This, then, is the basic dual role of an Atlantic federation of students---to inform and assist local campuses in dealing with these various issues in terms of how they affect their individual institutions, and secondly, to initiate and coordinate action between the Atlantic campuses to deal with the various issues in terms of how they affect the entire region.

The National Union of Students/Union nationale des etudiants (NUS/UNE) was formed in 1972 in response to the need for a national student organization which would provide:

- a concrete forum through which ideas may be exchanged
- a means for students to work collectively towards implementing policies in areas of common interest
- lobbying, research and information services.

Over the past two and a half years, the membership has focused on five principle issues: the financing of post-secondary education and student aid; the role of women in post-secondary education; housing; student employment and unemploy-

ment; and, the financing and organization of student unions.

Administrators and teachers have active national organizations, the Association of Universities and Colleges of Canada (AUCC) and the Canadian Association of University Teachers (CAUT). A national organization for students helps to maintain some balance among the major groups in the post-secondary community.

As students in the Atlantic, we are affected by both federal government decisions and provincial/regional decisions. To effectively combat such problems as student aid (the loan portion is controlled by the federal government, the bursary portion by the provinces). We must be able to approach the government at both levels. The National Union of Students/Union Nationale des Etudiants and the Atlantic Federation of Students/Federation des Etudiants Atlantique are fraternal organizations, working in harmony to improve the student's situation. They are not mirror images; they complement and work hand in hand to help us--the students.

Catch-22! 'gotcha'

EDMONTON (CUP) -- A University of Alberta student found himself in the middle of a Catch 22 while trying to claim a \$150 provincial scholarship the first week in January.

John Douglas, an education student, approached an administration office wicket where the secretary informed him that the scholarship was in.

"Do you have your ID card?" she asked.

As he pulled out his ID card the woman looked through his file and informed him "I'm sorry, I can't give you your cheque now. Your fees are unpaid."

"I need the cheque to pay my fees," Douglas replied.

"Sorry, Catch 22," she said.

"I am not authorized to distribute cheques if fees are not paid."

"But," Douglas protested, "With the cheque I can pay my fees."

"No cheque if fees unpaid."

"But..."

"Catch 22."

"But..."

Douglas ended up applying for a short term \$150 loan at his local bank.

NUS
AFS
REFERENDA
COMING
SOON!
(think about it!!)



APPEALS: (con't)

PARENTAL CONTRIBUTION

If you have been assessed as a Group A student (financially dependent upon parents) your parents are expected to assist you with your educational expenses. The amount of financial contribution that is based on the amount of family income and the number of dependents in your family.

If your parents are not contributing the amount assessed, they will have to justify a lower contribution.

This contribution can be reviewed but your parents must provide a list with amounts of any expenses they believe are of an exceptional nature not faced by a family under the same circumstances. These expenses would include uninsured medical, dental and drug bills, maintenance of a grandparent, aunt or uncle, sister or brother. These exceptional expenses do

not include mortgage payments, rent payments or other costs incurred in running a household. Please note that an explanation in detail is required for any exceptional expenses so claimed.

Some documents that may be needed for an appeal are:

illness of father, mother applicant-- medical certificate, dental repair, medical and drug expenses--copy of receipts, major unexpected repairs to your house-- copy of receipts and

invoices showing method of payment, unemployment--attestation by Manpower Centre, strike--attestation by Labour Union and bankruptcy-- attestation by Trustee.

If your bursary has not arrived from the Canada Student Loans chances are you better check to see if you have taken care of two details:

- did you fill out your CERTIFICATE OF REGISTRATION and leave it with the Registrar's office or the Student Aid Officer, Student Services Dept. (yellow colored form)?

- did you fill out and mail to the Student Aid Office on Fenwick Street, your REPORT OF SUMMER EARNINGS (blue colored form)?

If the provincial student aid office did not receive both of these forms, your bursary will never arrive.

If you are not sure these forms were not completed, please check with the campus student aid office immediately or call the provincial student aid office at 426-4191 to see if they have both forms in your file.

For students waiting for out of province Student Loan bursary cheques, please check the bulletin boards outside Rosaria cafeteria and the snack bar, second floor SAC, to see if the business office has received yours. Cheques for all provinces will be arriving periodically over the next two months and names will be posted as cheques are received.

- - -

From God to ???

DENVER (CPS-CUP)--- If God is dead, what's left? Plenty, according to a recent Gallup poll which indicated that millions of Americans are turning to transcendental meditation, yoga, astrology, and the charismatic movement.

Six million Americans have embraced TM according to the poll. A few years ago the TM pitch said that if one percent of the population repeated their coded mantras twice a day, peace, and freedom and other facsimiles would appear.

Yoga runs a strong second to TM, with 5 million participating, and the charismatic movement, a religious group which interests itself in holding prayer group and understanding many languages, registered 3 million followers in the poll.

Astrology claims 32 million devotees, mostly women, with 90 percent of Americans polled knowing their astrological signs,

Eastern religions have pulled in 2 million Americans, the poll found.



A Career in Chiropractic

The Chiropractic Profession is playing a significant role in the delivery of health care to the public of Canada. There are opportunities for both men and women in this growing profession.

If you have a strong desire to serve your fellow man, possess manual dexterity, highly developed eye-hand skills and have a minimum of one year university experience with credits in Chemistry, Psychology and Biology, please write:

The Registrar
Canadian Memorial Chiropractic College
1900 Bayview Avenue
Toronto, Ontario M4G 3E6

Final Registration Date for 1977 classes is February 28th.

Engineering is one thing. Engineering for us is quite another.

There's nothing dull about engineering your own challenge. And that's where your Engineering career in the Canadian Armed Forces begins. From there, your career possibilities are unlimited. In the Canadian Forces, the different engineering disciplines are divided into 5 major classifications:

- Maritime Engineering
- Military Engineering
- Land Ordnance Engineering
- Aerospace Engineering
- Electronic and Communications Engineering.

You'll work with varied and sophisticated equipment on challenging projects in many parts of the world, face the responsibilities of leadership entrusted to you as an officer in the Canadian Armed Forces, and you'll enjoy the opportunity of working in all fields of engineering without being overly limited to any one.

Accepted qualified applicants will be given officer rank on entry, and an excellent salary along with many benefits. Security, promotions and opportunities for post-graduate training all add up to a worthwhile and personally rewarding career. If that's what you're looking for, it's time we got together.

Write, including your engineering qualifications to date, to the Director of Recruiting and Selection, National Defence Headquarters, Ottawa, Ontario, or visit your nearest Canadian Armed Forces Recruiting Centre, listed under "Recruiting" in the Yellow Pages.

ASK US
ABOUT YOU.



THE CANADIAN
ARMED FORCES.



WINTER CARNIVAL WEEK

THURSDAY, FEB. 3rd:

a) CAREER DAY--Takes place in Rosaria Lounge. Professionals from a wide range of occupations will be available from 9:00am- 4:00pm for an interview, to answer any questions you may have or just some plain old conversation.

b) MOVIE--Showing at the Seton Auditorium at 8:00pm is "MONTY PYTHON". Admission is \$1.00 or a show of your Winter Carnival Pass.

FRIDAY, FEB. 4th:

DOUBLE-DECKER DANCE featuring "Tight Squeeze" in the Rosaria cafeteria, a Disco in the Rosaria lounge, and a casino in the downstairs area. Tickets are \$3.50 or your Winter Carnival Pass. Doors open at 8:30pm and close at 10:30 pm, while the band starts at 9:00 pm and ends at 1:00 pm.

SATURDAY, FEB. 5th:

a) SKATING--Takes place at 1:30 pm at the pond behind Evaristus.

b) TOBOGANNING: On Mount Hill. Bring your toboggans, crazy carpets and/or cafeteria trays. Starts at 1:30pm. Challenge your friends, another floor, or even your profs.! Come one come all,

the more the merrier!

c) SNOW SCULPTURES: Come out and show us your talent! Put the names of the participants in your group, the name and position of your sculpture, on a piece of paper and pass it in at the Student Store. The rules are as follows:

- (1) Sculpture must be larger than 3' x 3'.
- (2) Must be more than 5 in a group
- (3) Sculpture must be on campus.
- (4) May start anytime
- (5) Must be finished by 3:00pm , Saturday, Feb. 5th, .That's when the judging starts!

Judging is based upon 3 categories

- (1) Funniest
- (2) Most original
- (3) Best related to the Winter Carnival theme.

d) WINE CELLAR: Starts at 9:00 pm and ends at 12:30 Am, in the Rosaria lounge. Only a \$1.50 or a Winter Carnival Pass. For a quiet evening be sure to get out and hear folk artist, Ron Steman, perform.

SUNDAY, FEB. 6th:

ROCK CONCERT featuring-
*****LIVERPOOL*****

in Seton Academic Centre. THE show starts at 8:00 pm. Advance tickets and Winter Carnival Pass accepted only. Mount-Dal students: \$4.00 Non-students: \$4.50 If you like the Beatles you'll like Liverpool.

Tickets for all Winter Carnival events will be on sale at the Student Store. During the week before festivities begin, a "Journey to the Future" booth will be set up outside Rosaria lounge, where tickets, beer mugs and pins will be sold. The standing prices are as follows:

Movie-\$1.00
Double-Decker Dance-\$3.50
Wine Cellar-\$ 1.50
"Liverpool" Concert-\$4.00-Mt.-Dal.
\$4.50 Others

Winter Carnival Pass-\$9.00

***NOTE: I.D. must be shown to purchase any of the above, as well as when attending these events.



Liverpool & Tight Squeeze

child day care center at the mount

Mount Saint Vincent University is providing a program for young children in association with its Child Study and Child Development courses.

The Child Study Centre concerns itself with the individual needs (social, emotional, physical and intellectual) of each child. The role of play is recognized as the basic way in which children learn about themselves, each

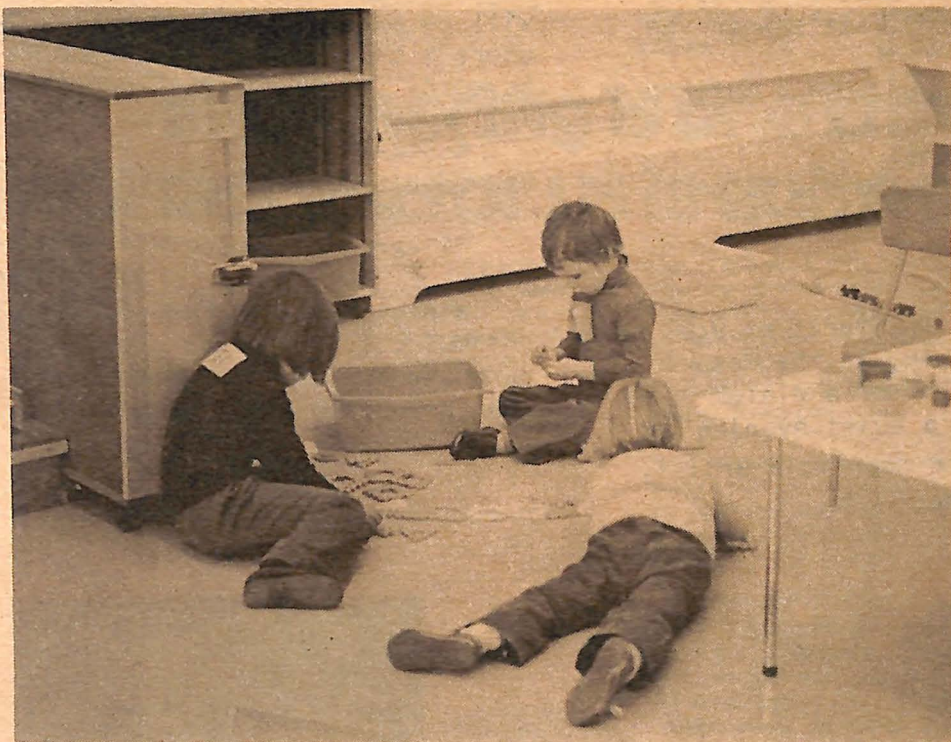
other, and their environment. Through play and through the experiences children seek for themselves, they continuously explore and test ideas, building on them so that learning develops easily and naturally. Generally the program will offer:

(1) INDOOR, INDIVIDUAL AND SMALL GROUP ACTIVITIES, for example: block building, cooking, dramatic play,

manipulative and constructive play, puzzles, cognitive activities, art, and music experiences.

(2) LARGER GROUP ACTIVITIES, for example: movement, music, stories, puppets and discussions.

(3) OUTDOOR ACTIVITIES, to encourage large muscle co-ordination, social inter-action and an appreciation of the environment.



Photos by Jeff Turner

CHILDREN AT PLAY AT THE NEW CHILD DAY CARE

CENTER AT THE BACK OF SETON ACADEMIC CENTER

BJTs & PJCEES:

LITTLE MAN ON CAMPUS

by Bibler

Our Boo-Boo!



"Yes, I know you made an 'A' on your final—but you just look like a 'C' student."

The Elections Committee regret the omissions in their paper "Election Involvement 77" such as: the missing page numbers and dates, and whatever else might seem to be a little strange. The people who worked on the paper are sorry for the confusion.

Kathy Harrigan, Don Carney, Nancy Hoegg, Pam Duncan, Elspeth MacLean, Margie Gillis, Jane Hutchinson, Nancy Matchett, Stephanie Pinkham, Nadine Smith, PhotoPool, and the Advertisers...

Nominations!

Nominations for Student Council positions will open Monday, January 31st and will close February 6th.

GET INVOLVED !!!

Art Gallery

ALL STUDENTS be sure to visit the Art Gallery and see the exciting exhibit of the Third Annual university community Art, Craft, Baking, Hobby and Talent Show. There until February 6th.

New Entertainment POLICY

MSVU Student Union Entertainment Directors, Paula Montford and Kathy Harrigan, have announced a new entertainment policy:

"Due to recent problems with non-university students, the following policy is now in effect:

Only those with University I.D.'s will be admitted at the door. Anyone without University I.D. MUST be signed-in 24 hours in advance of the event by a Mount student. Guests are to be signed in, and their tickets purchased at the Student Store in Rosaria Hall."

WHERE IS
THE
COPY??

what
copy?

THE NEWS
COPY FOR THE
PICARO

you mean all the stories
about the exciting going
on around campus??

YEAH!

i
don't
know..

MAYBE YOU CAN HELP
US FIND IT!

Can you live and breathe and eat cafeteria food at the same time? And still wake up the next morning? Congratulations!! You have just qualified to work on the Picaro, and produce an exciting student publication, and even if you didn't fit the qualifications you can still come down any-

ways. Our next staff meeting will be February 2nd at 7pm, at the Picaro Office. If you can't come but would like to help us, you can contact us at the Picaro 443-4224. Also present at the meeting will be Sue Johnson, Atlantic fieldworker for Canadian University Press to discuss with interested students about student newspapers.

Do You Know What You Are Mixing ?

WINNIPEG (CUP) -- Some of the drugs (pills, cough medicines, tonics, etc.) you take every day - and may not even think of as drugs can become dangerous, even fatal when used in combinations.

A not uncommon situation:

A succesful working wife and mother attended a theatre party where she had several cocktails. Hoping for a restful sleep when she got home, she took two sleeping pills. It was the last thing she did.

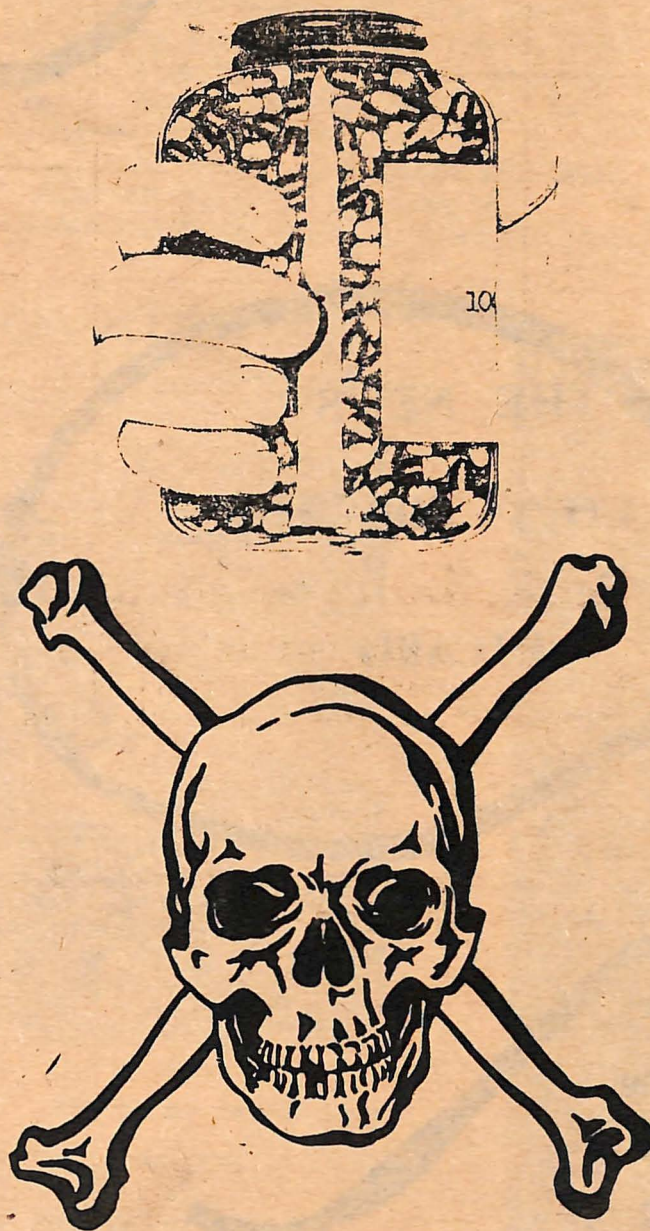
A business executive depressed by every day pressures swallowed a prescribed antidepressant capsule, and sat down to lunch hoping to forget his problems. He sipped wine, nibbled Camembert cheese and keeled over, paralyzed on one side of his body. He had a stroke.

Both these people made a common mistake. They swallowed chemicals that are individually beneficial, but lethal in combination.

A brief sampling of some common drug interactions.

Many people take vitamin pills, tranquilizers, and birth control pills by habit- like cleaning their teeth. They don't think of these as Medication. Many of the "over the counter" preparations such as cough syrups, antihistamines, and tonics contain appreciable amounts of alcohol.

Some foods interact with drugs-- milk and dairy products as outlined in below chart. Aged cheese, broad beans, bananas, pineapple, tomatoes and lemon combined with certain antidepressants



cause blood pressure to increase to dangerous levels.

People with stomach trouble who are on certain tranquilizers often destroy the effect of the drug by taking antacids (Maalox, Aluminum gel, Gelusil, etc.) which cause malabsorption of the tranquilizer.

The generally "innocent" drug ASPIRIN is irritating to the stomach and bowel and does interact with other drug which,

- increases susceptibility to ulcers
- lowers salt excretion 3-4 hours after consumption
- increases action of anticoagulants causing bleeding

It should be noted that not all drug combinations can be harmful. Some combinations are very beneficial. REMEMBER: Drugs are foreign to the body and basically affect the kidneys and liver (neither one can you live without!)

1. Tell your doctor about all medications you're taking, even infrequent over-the-counter drugs.
2. If you change doctors do not continue with a former physician's prescription without checking with your present doctor.
3. Avoid self treatment with non-prescription drugs while taking prescription drugs.
4. Do not take old prescription drugs. (Some decompose or chemically change in time.)
5. Do not trade medicine with friends with similar symptoms. Their drug needs may be entirely different from yours.
6. Do not take any drugs if you are going to a cocktail party.

Drug

Tranquilizers (some)
Tranquilizers
Tranquilizers

Tranquilizers

Analgesics (Aspirin)
Certain Painkillers

Antihistamines
(used for allergic reactions)

Antidepressants

Antibiotics
(tetracycline)
(penicillin G.) (Sulfa)

Furoxone

Combined With

Alcohol
Barbiturates
Antihypertensive drugs
(blood pressure pills)
Diuretics

Anticoagulant
Tranquilizers
Diabetic Drugs

Alcohol

Barbiturates

Alcohol
Amphetamines
Barbiturates
Tranquilizers

Milk or antacids

Anticoagulant
Diabetic pills
Alcohol

Interaction

Increases effect of both
Increases effect of both
Can dangerously decrease B.P.

Causes shock

Could cause bleeding
Increases sedation
May drop blood sugar level too low

Increases sedation

Nullifies both

Depresses Central Nervous System
Increases effect of Amphetamines
Makes Barbiturates more Potent
Markedly increases effect of tranquilizer

Makes antibiotic less effective

Makes anticoagulant more potent
Makes Diabetic Pills too powerful
Could skyrocket blood pressure

-ATHLETICS-

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
4:30 5:00				Basketball Team Practice			
5:30 6:00	Badminton		Badminton	"	Badminton		
6:30 7:00	"	Fitness	Coaching	" Netball	"		
7:30 8:00	Volleyball	Modern Dance	Basketball	"	Free		
8:30 9:00	"	Free	"	Halifax K.'s	Free		
9:30 10:00	"	Free	"	Basketball Team			
10:30 11:00							

SWIM 'n BOWL!

Bowling has started on wednesdays at the Halifax Bowling Center. About 25 students have taken advantage of the \$.150 for three strings including shoes. Bowling starts around 4:30 and is over at 6:30.

Yoga classes are taking place on mondaysat 7:30 pm in E. 220 and fridays at 12:30 in Assisi Lounge. Not many students have taken advantage of this activity and the half price deal that includes 10 weeks for \$10.

Swimming at the sea king motel pool will be on wednsdays and thursdays at 7pm to 8pm. Because it is a small pool you must sign up outside the recreation office in Rosaria. Also you must be responsible for your own transportation though the Acadia lines bus runs at convenient times.

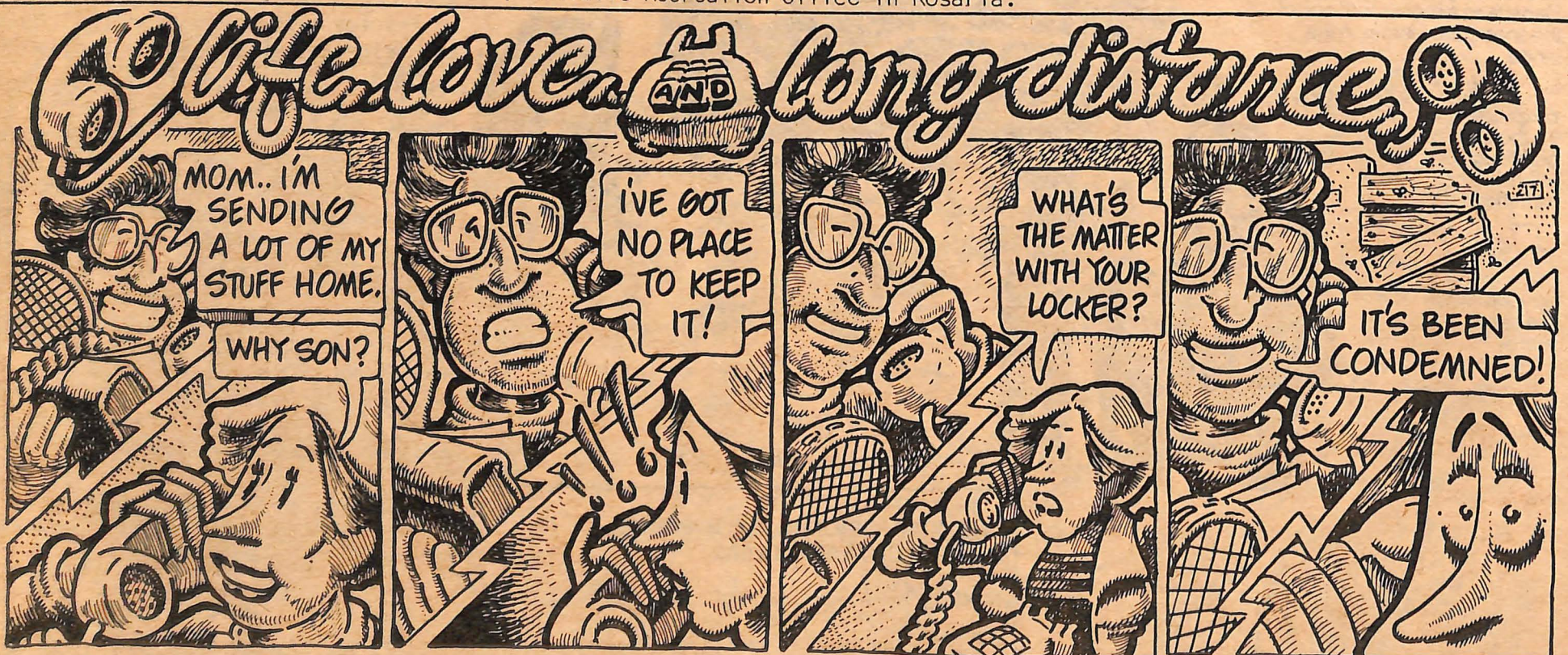
Basketball Team (8/0)

DID YOU KNOW THAT THE MOUNT HAS A WINNING BASKETBALL TEAM? Well it does and it competes on a weekly basis in the Metro Ladies Basketball Association "A" league. Out of eight games they have played they have remained undefeated.

On January 28thand 29th the basketball team will compete with UNB and other teams in a tournament in Truro. February 12 and 13 the AUAA women's "B" basketball Tournament.

will be held at the Mount. This will give students here a chance to see their team in action. As the Mount is is hosting the AUAA tournament this year some volunteer help will be needed inthe form of timers, scorers,etc.. If you wish to help give your name to Margaret Ellis or Ruth Drysdale at the Athletic Recreation Office in Rosaria.

... I'VE JUST GOT TO CATCH THIS ONE - IF I DO IT MEANS WE WIN THIS GAME, GUARANTEEING US A PLACE IN THE REGIONAL PLAYOFFS, MAKING ME A HERO TO THE TEAM, AND EARNING ME THE RESPECT OF MY PARENTS - BESIDES, IT WAS HIT BY A GIRL ...



Set up your weekend, with Long Distance.

Breast Cancer:

SELF-EXAMINATION

Known by many names and euphemisms, breasts are one of our most powerful sexual symbols. And with all the cultural preoccupation with size, shape, proportion and display (of our own breasts or someone else's) come strong taboos which help define our relationship with these breasts (our own or someone else's).

Prevailing norms confine touching breasts to the bedroom. It's okay within the context of sexual encounters. Lovers touch and caress your breasts, and once a year doctor gets to do it (which makes a lot of women uncomfortable).

The upshot of years of cultural conditioning is that most women don't feel right about touching their own

breasts. It's as if breasts have status only as sexual symbols, and are disassociated from the rest of your body.

But breasts are functioning parts of our bodies that need health care attention. They are composed of different types of tissues, mostly fatty tissues and milk ducts. The muscles around the breast are their main support—the breasts have no muscle structure themselves. Breasts are affected by hormone changes in the body, most noticeably building up fluid and fibrous tissue each month in preparation for possible pregnancy. When conception does not occur, the excess fluid is drained through the lymph system, and reabsorbed by the body. Often, these

fluids are not drained completely, and lumps may form. 80 per cent of lumps noticed in the breasts are caused by this retention of fluids. These lumps are called cysts or fibroadenomas are usually round and move fairly freely under the skin. They are not cancerous. Quite often, they disappear after a month or so. If, when doing regular breast self-examination (BSE) you noticed a lump which stays around for more than a month, you should get your doctor to check it.

At first, BSE should be done every few days for the first two months, so that you get to know how the structure of your breast feels at all parts of its cycle. Later, it should be done once a month, about a week after your period. Below is a list of steps to follow for complete self-examination.

When you go to a doctor, be sure to get both a breast examination and instruction in BSE if you don't already do it regularly. Once a physician has examined your breasts, don't assume that you are protected until your next visit. To be effective BSE must be done monthly. You are the only one who can keep track of the changes in your breast tissue. Most breast cancers are discovered by women themselves rather than by doctors.

Men are affected by breast cancer also, and should make a habit of noticing any changes that occur in the nipple, or in the skin around the nipple. If lumps or changes in skin texture or any discharge from the nipple occurs, get a doctor to investigate.

STEPS FOR SELF EXAMINATION

1. Sit or stand in front of mirror, with your arms relaxed at your sides. Check your breasts carefully for any changes in shape, for puckering of the skin, for a flattening or bulging, or any discharge from the nipples.
2. Raise your arms over your head, and check for the same things.
- 3&4. Lie down. (On a bed or couch, or in the tub with soapy fingers.) Raise your right arm above your head, with the elbow lying flat. Feel your right breast gently and firmly with the fingers of your left hand held together flat. Press with small circular motions, covering the whole area. The most common location of tumors is between the nipple and the armpit, so give special attention to this area. Any lumps or thickening of the tissue should be noticed. On the lower part of your breast, there is a ridge of firm tissue. This is normal.
5. Now bring your left arm down to your side, and still using the flat part of your fingers, feel under your armpit.
6. Use the same procedure on your left side. Remember to go slowly, covering one section at a time.

Now... more than ever the RCMP offers a rewarding career

If you've ever considered a career in law enforcement, now's the time to talk to the Royal Canadian Mounted Police. The opportunities have never been greater.

For instance, the RCMP is accepting applications from both men and women, married and single. And the salary scale has increased considerably. It starts at \$12,750. per year (\$245. weekly) with regular increases to \$17,625. (\$339. weekly) in the first four years.

If accepted as a member of the Force, you'll receive intensive training in all aspects of police work such as law, investigation, first aid and community relations. Then you'll be posted to a detachment where there's every chance to put your knowledge and talents to work; to earn promotion and, equally important, be proud of what you're doing for yourself and for Canada as a member of one of the finest police forces in the world.

So if you're a Canadian citizen 18 or over and in good physical condition, think about a career with the RCMP.

Call or write your nearest office or use the coupon. We'd like to tell you more.



THE COMMISSIONER, R.C.M. POLICE,
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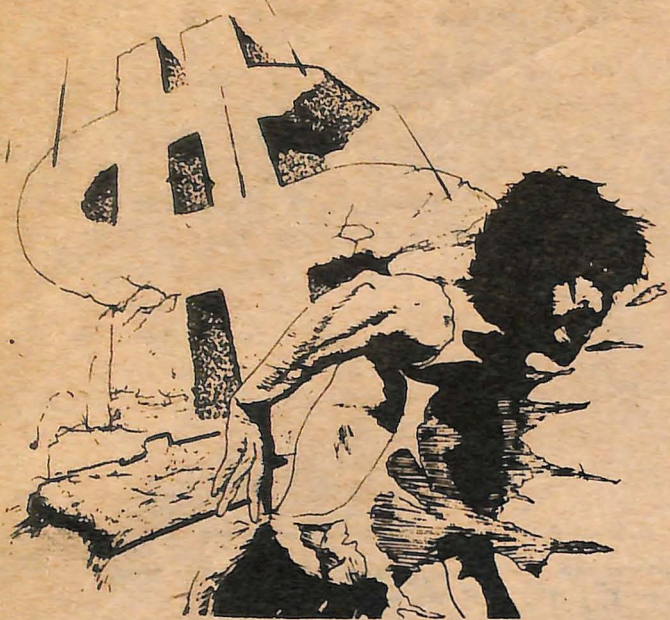
NAME
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The RCMP
It could be for you



AFS/FEA NOVA SCOTIA CAUCUS MEETS



Student leaders at a 22 January meeting of the Nova Scotia caucus of the Atlantic Federation of Students/Federation des Etudiants Atlantiques, (AFS/FEA) decided that the organization should begin a program of action to oppose the expected province-wide tuition fee increase.

At the caucus meeting held in Antigonish last Saturday, student leaders were reminded that in the 22 January issue of the Halifax Chronicle Herald several University presidents were predicting tuition fee increases.

The recent change in the Fiscal Arrangements Act (FAA) which determines the rate of Federal/Provincial funding of Post Secondary Education, places the burden of policy decisions at the Provincial level.

AFS/FEA Treasurer Ronny MacNeil advised delegates that the organization had not been able to raise the expected \$7,500 in emergency funds.

Delegates decided to continue fund raising although no vote was taken. MacNeil announced that \$3,550 was raised, \$200 of which was from University of Toronto (SAC).

The imminent fee referenda were discussed, and delegates decided (pending the hiring of a staff person) to have most of the work done by the individual campuses although Halifax will have a co-ordinating committee for the five metro campuses.

In response to the advertisements for an AFS/FEA staff person, two applications were received, although more were expected. Delegates reaffirmed vocally their earlier decision to make bilingualism mandatory for the staff person.

Representatives from St. Francis Xavier University produced a position paper on financial controls for AFS/FEA which was accepted in general by the membership. As well, Xavier delegate Mike MacInnis, prepared a list of proposals for revisions to the Student Aid Programme.

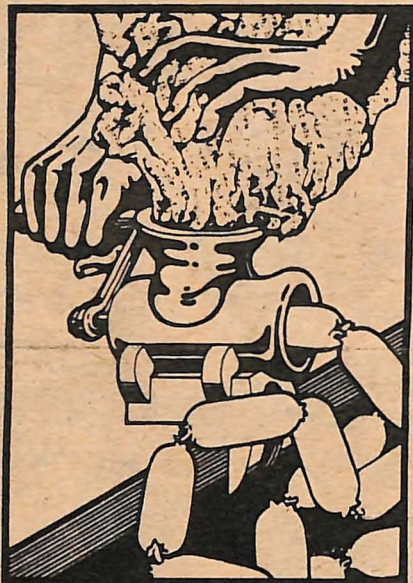
Delegates discussed strategy for both student aid and financing post secondary education Questions.

Metro High Schools Act

Mark Lee, President of the Federation of High School Students (FHSS) told delegates to a meeting of the Nova Scotia Caucus of the Atlantic Federation of Students (AFS) last weekend, that present activities are in three areas: textbooks, libraries and cafeterias.

FHSS is a union of the High School students in Halifax and Dartmouth. Presently FHSS is the only organized group of high school students in the Atlantic.

Cafeteria food, Lee told the delegates, was a way that "most of the students were getting ripped off." He explained that Beaver Foods, an institutional caterer, has not fulfilled the nutritional promises it made to obtain the contracts. Lee,



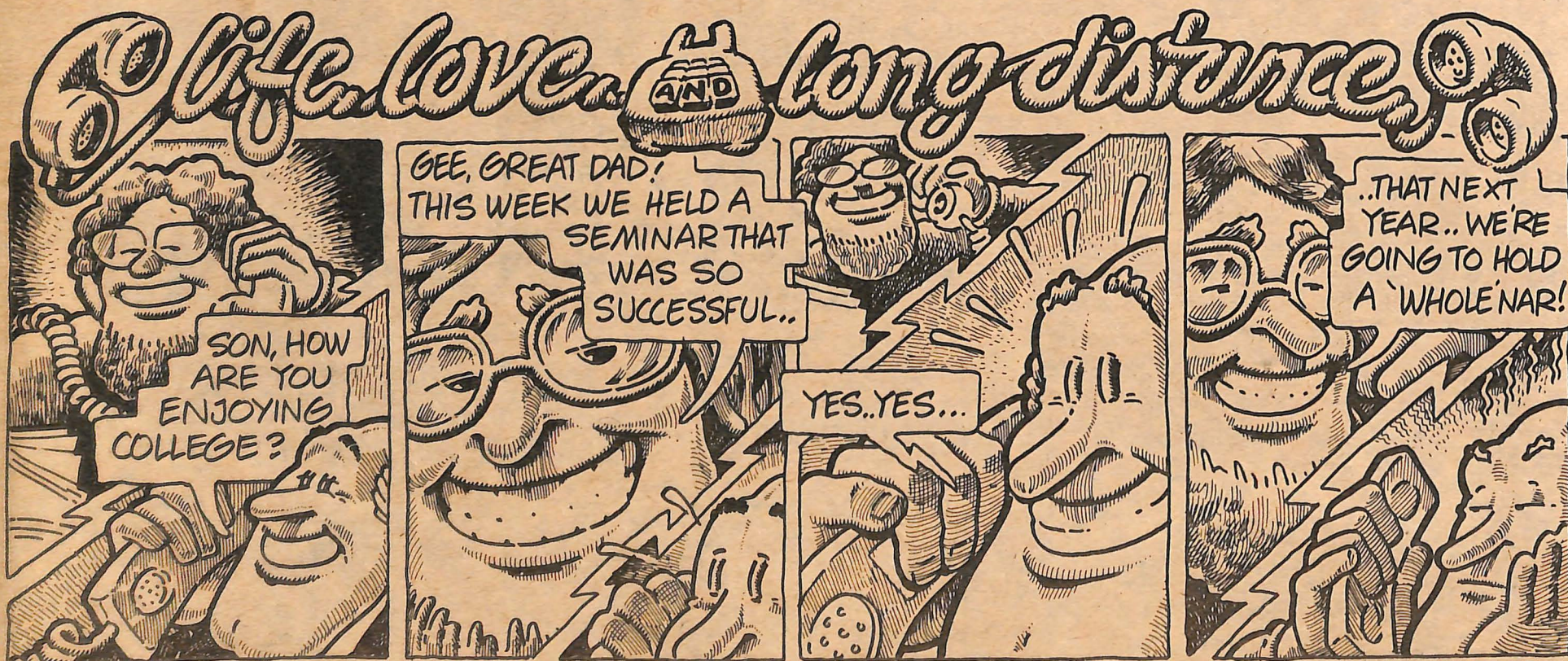
and FHSS member Helen MacDonnell, told delegates that at one of the con't on page 12...

Tuition Increase?

The Council of the Association of Atlantic Universities has asked the Maritime Premiers to increase the 1977-78 operating grants provided to Maritime Universities. A news release issued by the CAAU Tuesday, January 25, requested an increase of at least 12.5 percent above the 1976-77 levels.

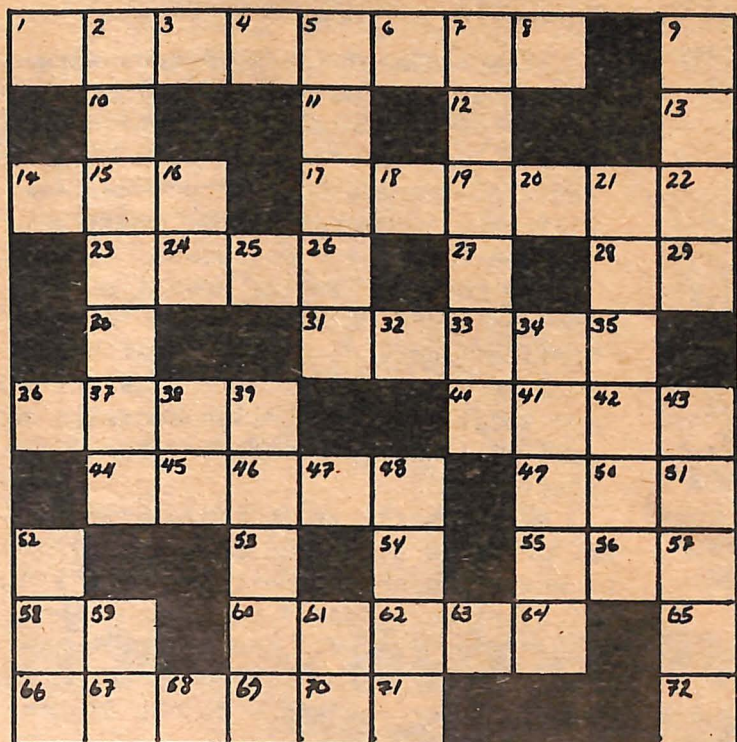
Only an increase in provincial funding can forestall a tuition increase, the CAAU suggested at a news conference Friday, January 21.

CAAU spokespersons would not rule out the possibility of tuition increases even if provincial funding is increased by 12.5 percent.



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ACROSS

1. Responsible
14. sheep
17. deranged
23. ground grains
28. conjunction for if not
31. notable incidence
36. least whole number
40. ebony
44. deviation
49. water
55. ocean
58. Destrict Attorney
60. to come together as one
67. egg box

DOWN

2. view critically
5. nimble
7. hear
9. arrangement of theatre rows
16. first person pronoun
21. to observe
34. sound
38. prefix for not
39. fresh water fish
43. prepared
48. used to guide horse
52. aide-de-campe
59. alcoholics annymous
61. negative

High Schools (con't)

high schools an excess of \$10,000 was made in profit from the sale of cafeteria food. The money was given to the school administration. Lee said that he didn't understand why the "money made couldn't be returned to the cafeteria to lower the prices." FHSS members also found that at a second high school the food listed on the menu was seldom offered. A complaint to the Board of Health closed the cafeteria at one school for several days.

In the choosing of text books and library books, the students found that they had little influence in the selection, although they were able to have some books added to course lists. They plan to determine why particular books are picked and offer advice on the selection of them.

FHSS will soon be presenting a brief to the Maritime Provinces Higher Education Commission on "The present and future of Higher Education in the Maritimes."

On a motion of AFS/FEA secretary Don Soucy, delegates unanimously approved recognition of FHSS. Soucy, Vice-President External of NSCAD, together with Dalhousie Arts representative Bernie MacDonnell provided the impetus for the formation of FHSS, as MEEOC (Metro Equal Education Opportunity committee). The organization's name was changed when the organization decided to expand outside Halifax-Dartmouth regions.

Soucy and MacDon-nell ushered the organization through it's formative stages although Soucy told delegates that FHSS quickly "started to make it's own decision, which was to ignore a lot of what we said."

As proof of the maturity of the organization, Soucy commented that FHSS was doing work on cafeterias and course and library books, that all student unions should be doing.

Last Week's Solution

