

# New book explores chronic fatigue syndrome

by Sean McQuaid

Jean Trainor, Director of the PEI division of the Nightingale Research Foundation, presented a new medical text to the librarian at Robertson Library on March 29. The book's subject is Myalgic Encephalomyelitis, better known as Chronic Fatigue Syndrome, and the text's editor is Dr. Byron M Hyde. The researchers of this disease had their first major meeting at the Cambridge Symposium, which was chaired by Dr. Hyde in 1990. Hyde gathered and compiled much of their combined findings as editor of this book, and it was following the symposium that the World Health Organization designated this illness officially as M.E. (Myalgic Encephalomyelitis). Despite this, many doctors still regard the disease as a myth or a psychological disorder, the so-called "yuppie flu" (since the people affected most early and most frequently have been well-educated, high-functioning, busy people). The disease is more than just burnout or a figment of the imagination, though. Research is ongoing in many countries, though in Canada research dollars have been scarce, provided mostly by the Nightingale Research Foundation which Hyde founded using his own funds. "Brain-mapping" techniques have been developed which

show actual changes in the brains of those who have the disease. M.E. is a disease of the immune system and it is contracted from carriers of the virus, which is hard to avoid since carriers are not usually chronically ill, nor have they been diagnosed. It is most active for the first ten days, and a diagnosis usually comes much later than that, and people do not know they are carriers at first. The virus leaves you mentally and physically drained and exercise or exertion is only hurtful. Those suffering from it feel utter and complete exhaustion, and its effects are long-term. Victims must learn to rest and decrease stress and physical exertion in their lifestyles. The disease resembles polio or a mutated version thereof, affecting the mind and the muscles. There is a drug called amprogen that relieves symptoms, but it costs sixty-four dollars a shot and must be taken intravenously three times a week, making it expensive and dangerous since the frequent intravenous injections can promote systemic infections. Still, it is the only drug available thus far. While some doctors still dispute the disease's existence, others search for an understanding of it and a cure. In the meantime, students at UPEI and other interested parties can consult Hyde's book for information on this mysterious ailment. ●



Jean Trainor

## Career Day

April 2nd at 1:00 in the Psychology Lounge  
This event will discuss what jobs are available for individuals with a BA degree in Psychology. Guest Speakers will be in attendance to discuss their jobs and what is available for people who cannot or do not want to go to graduate school. Beverages and snacks will be provided.

## ATTENTION ALL STUDENTS

I'd like to invite you all to the great SENIOR WEEK Events from May 3rd to 7th, 1993. There are lots of events open to anyone 19yrs and over, such as:

- Bob Lambert, Monday, May 3
  - Mike O'Connor, Tuesday, May 4
  - Terry Kelly, Wednesday, May 5
  - Bats in the Belfrey (Convocation Ball at CP), Thursday, May 6
  - Mike Woods, Friday, May 7
- ... and much more!

Come party with the 1993 Grads!!

Melanie Johnston  
Senior Class President

## Safe sex

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### CONDOMS:

C.M. Roland (Editor of Rubber Chemistry and Technology) writes in the April 22, 1992 Washington Times Letter section, "...the rubber comprising latex condoms has intrinsic voids about 5 microns (0.00002 inches) in size [about 10 times smaller than sperm].

"Contrarily, the AIDS virus is only 0.1 micron in size. Since this is...50 times smaller than the voids inherent in rubber, the virus can readily pass through the condom..."

"A reluctance to stake one's life on the ability of a condom to prevent HIV infection bespeaks wisdom..."

Remember - even in preventing pregnancy, condoms have a 12% failure rate! ●