

# How to prevent babies and other unmentionables

By Olivia Zanger

From the Ubysey

**B**abies. Disease. It's a bitch, but you live in the 80's so face facts. Anyone who's sexually active must deal with a few realities, and birth control is a definite biggie. Pop into Student Health for a little chat with a doc about what's best for you. Here are a few of your choices:



**The CONDOM:** (a.k.a. the Rubber, Safe, Plastic Tube Sock)

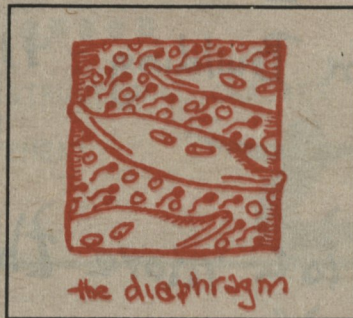
For the seven seconds of trouble it takes you to rip open the package and unroll that little latex sheath over the erect penis, look at all you get to miss out on: pregnancy, chlamidia, gonorrhoea, syphilis, herpes, AIDS, pelvic inflammatory disease, genital warts, and the list goes on.

**For Him:** Take some responsibility. Do you really want a paternity suit? Burning inflammations? Does Russian roulette with AIDS sound like fun to you?

**For Her:** Feeling awkward about bringing up the 6 letter C word to a new beau? Direct and honest is the best way. It's your body and your life, don't be shy. Slip one into his palm and whisper "No glove, no love. If it ain't on, it ain't in."

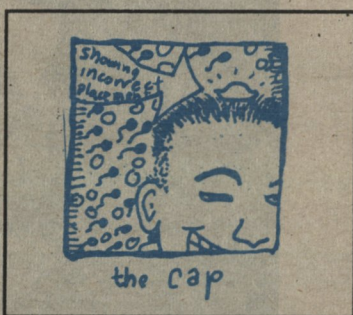
**How to:** Be prepared. Hit a drug store and comparison shop. Consider your options. Those lubricated with Nonoxyl-9 spermicide provide extra safety against AIDS and pregnancy. When the moment's right, (before contact is made), unroll it on the erect

penis. Make sure you follow all the instructions in the box. And remember, you wouldn't reuse a loaded Pampers or an old sticky Kleenex, so NEVER reuse a condom. Use a spermicidal cream or foam for the best protection, as condoms alone are usually not as effective as other methods. One final warning: Natural skin condoms don't protect you from infections- stick with latex.



**The DIAPHRAGM:** (a.k.a. the Safety Sombrero)

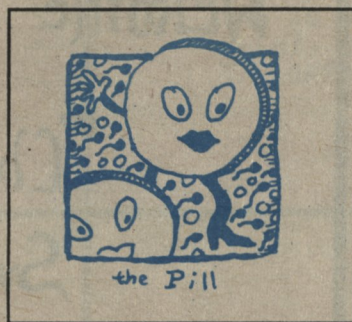
Diaphragms allow for a little more spontaneity as these can be inserted in place before all the cooing and cuddling starts. These UFO shaped pieces of spring loaded rubber fit over the cervix, and when used properly with spermicidal jelly (use lots!), they are 92-95% effective, holding the jell in place and sealing out sperms. Keep in mind, diaphragms do nothing to protect you from sexually transmitted diseases. Diaphragms must be obtained and fitted by your doctor.



**The CERVICAL CAP:** (a.k.a. the Cork)

This little suction cup like

device works similar to a diaphragm, except without the jells and foams and can stay on up to three days. Great for spontaneity, but sometimes a little difficult to place, and there's always the fear of it popping off. Like the diaphragm, it requires a trip to the doctor.



**The PILL:** (a.k.a. the Wonder of Science)

A pill a day keeps the babies away. Taken orally, at the same time every day, the pill prevents pregnancy by fooling the body into believing that you're already pregnant. Certainly the easiest and most reliable method, with a 99% effectiveness rate, the pill's drawbacks are the side effects some women get: weight gain and depression amongst them. If you are over 35 or a smoker, the pill is a BIG NO; side effects can be very serious. Choose only one: hormones OR nicotine. With advances like the new low estrogen and progesterone mini-pill, many of the side effects are greatly reduced. The pill requires a prescription and annual pap tests.



**SPERMICIDAL FOAMS or CREAMS:** (a.k.a. Goop, Muck)

Inserted suppository style or with a gadget similar to a loaded turkey baster, they're relatively easy to use and work by blocking, trapping and killing sperm cells. For it to be effective, you must apply the spermicide

several minutes before intercourse and reapply as directed.

The cons of spermicides are that they have been known to be a little messy. Their use has also been known to prevent certain sex acts which certain right wing fundamentalists would like to see stopped anyway. If the whole topic leaves a bad taste in your mouth, you're getting the picture...



**The SPONGE:** (a.k.a. the Love Loofah)

Sponges work like disposable diaphragms (without the need to be fit by the doctor) and spermicide combined, blocking the cervix and killing sperm. As easy to use as an O.B. tampon, they can be positioned up to 24 hours before sex and must be left in place 6 hours after the fact. Sponges are currently not available in Canada, so if this is for you, think "BLAINE".



**The MORNING AFTER PILL:** (a.k.a. the Big Ooops)

So, say you were at the Pit last night and you wake up in the morning with a pair of unfamiliar briefs hanging from your bedpost. You've been irresponsible. Very.

Hurry on over to the drug store, and you can get the morning after pill up to three days after you've had unprotected sex. You'll be filling your body with massive doses of hormones that prevent any

fertilized egg from implanting itself, thereby stopping pregnancy in 98% of all cases. You're safe for now, but the pill is rough on your body, so you can expect all kinds of nasty side effects.

While you're over at Student Health, talk to them about a better method of contraception.



**STERILIZATION:** (a.k.a. the Knife)

A rather extreme option for those who are sure they never want lil' tots saying "DA!" A vasectomy involves snipping the sperm pipeline. While the op is reversible 70% of the time, that 30% failure rate can be real gloomy one day if you're suddenly struck with the de-sire to go forth and multiply.



**The RHYTHM METHOD:** (a.k.a. the Beat Off)

What do you call a woman who uses the rhythm method? Mommy. The least effective of all forms of birth control, the rhythm methods attempts at avoiding pregnancy with abstinence during a woman's fertile period, which is no easy task to determine. Better than nothing, but not by much.

Open and frank conversation between you, your partner and your doctor as to the best method to suit your concerns and lifestyle is the way. Relax about discussing it, but don't procrastinate.

## New Book From History Professor

Earlier this year a conference of the British Liberal Party voted to merge with another small party, the social Democrats. The result of the merger was a new political organization called the Social and Liberal Democratic Party. Journalistic wags immediately abbreviated this awkward title to 'the Salad Party', and many Liberals refused to join a group with such a 'silly, foolish name', as one of them put it.

In recent decades Britain's once-great Liberal party has

fallen upon hard times. The 400 Members of Parliament it commanded early in the 20th Century dropped to a low of only 6 in 1970. Several anticipated revivals failed to materialize. Creation of 'the Salad Party' may mean the end of its historic Liberal predecessor - although a number of Liberals say they will fight to restore the old party.

A new book by Don M. Creigher, professor of history at the University of PEI, analyzes not the

end of the British Liberal Party, but its beginning. **FREEDOM AND ORDER; THE GROWTH OF BRITISH LIBERALISM BEFORE 1868** (North York, Ontario: Captus Press) traces and interprets the rise of the Liberal political ideology, and the Liberal Party itself, from the roots of liberal ideas in the 17th century up to the consolidation of an institutionalized party in the late 1860's.

Intended for university students and general readers, **FREEDOM AND ORDER** examines

how the ideas associated with liberalism became an integral part of the British constitution in the late 17th century. The book next explains how liberalism became particularly identified with the politicians called Whigs, how it was challenged in the late 18th century by the French Revolution and the rise of an industrial society, and why the reformers called Radicals criticized the liberal ideology.

In progressively greater detail, **FREEDOM AND ORDER** follows the political competition after 1815 of the Whigs and Radicals, and the gradual sinking of their differences within an emerging Liberal party.

Professor Creigher shows that the amalgamation of the various interests constituting the Liberal party was not completed before 1868, and derived from the new political realities in Britain created by the 1867 Reform Act. **FREEDOM AND ORDER** ends with the formation of the first true Liberal government by William E. Gladstone, the party's greatest leader.

Professor Creigher, a specialist in British history, is author or co-author of five other books.

Dr. Creigher's book is available at the UPEI bookstore for only \$12.95. It is a paperback of 117 pages, including notes, bibliography, and index.