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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 a 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 Charleton'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.

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Food Service

By Ruth Edgett

The Student Union has won the first round in the dispute over food services and the possible use of The Barn as a concession location during the summer.

The SU previously refused a proposal from Student Services for the use of the barn. It has since been told by the university administration that there is no danger of having The Barn expropriated for that purpose if it doesn't agree to future proposals.

SU President Jack Keefe gave that news to student representatives Sunday night at the union's regular meeting.

Keefe said the SU has also received a promise that there will be student representation on a committee which will be formed to select a food service operator. Although the SU didn't agree to the first food service proposal, it has left itself open to future submissions. Student Services, in other years has leased the Barn for summer conventions and events.

RETRACTIONS

The **Netted Gem** apologizes to the UPEI Women's Committee for a statement appearing in the story "Lack of business for buddy system?" in the November 17 issue. Co-ordinator Ronalda Murphy did not state that the administration has shown a lack of interest in the project, and the Women's Committee has not yet made an official request for more lighting on campus.

The **Netted Gem** regrets any impression created of a negative attitude on the part of the UPEI administration.

As well, in the November 10 story "Ottawa CFS meeting pivotal", the **Netted Gem** stated that students at Holland College voted last year to reject CFS. Actually, the students voted to take out potential membership in the organization. Once again, we deeply regret any inconvenience caused.



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Students' Ten Commandments

Thou shalt not copy from others—let them do it for you.

Thou shalt not drive teachers to the grave—let them take the bus.

Thou shalt not flunk in April—do it in December and avoid the spring rush.

Thou shalt not push in the halls—trip, it's easier.

Thou shalt not whisper in class—shout, it attracts more attention.

Thou shalt not write on the desks—engrave, it lasts longer.

Thou shalt not throw erasers—throw chalk, it hurts more.

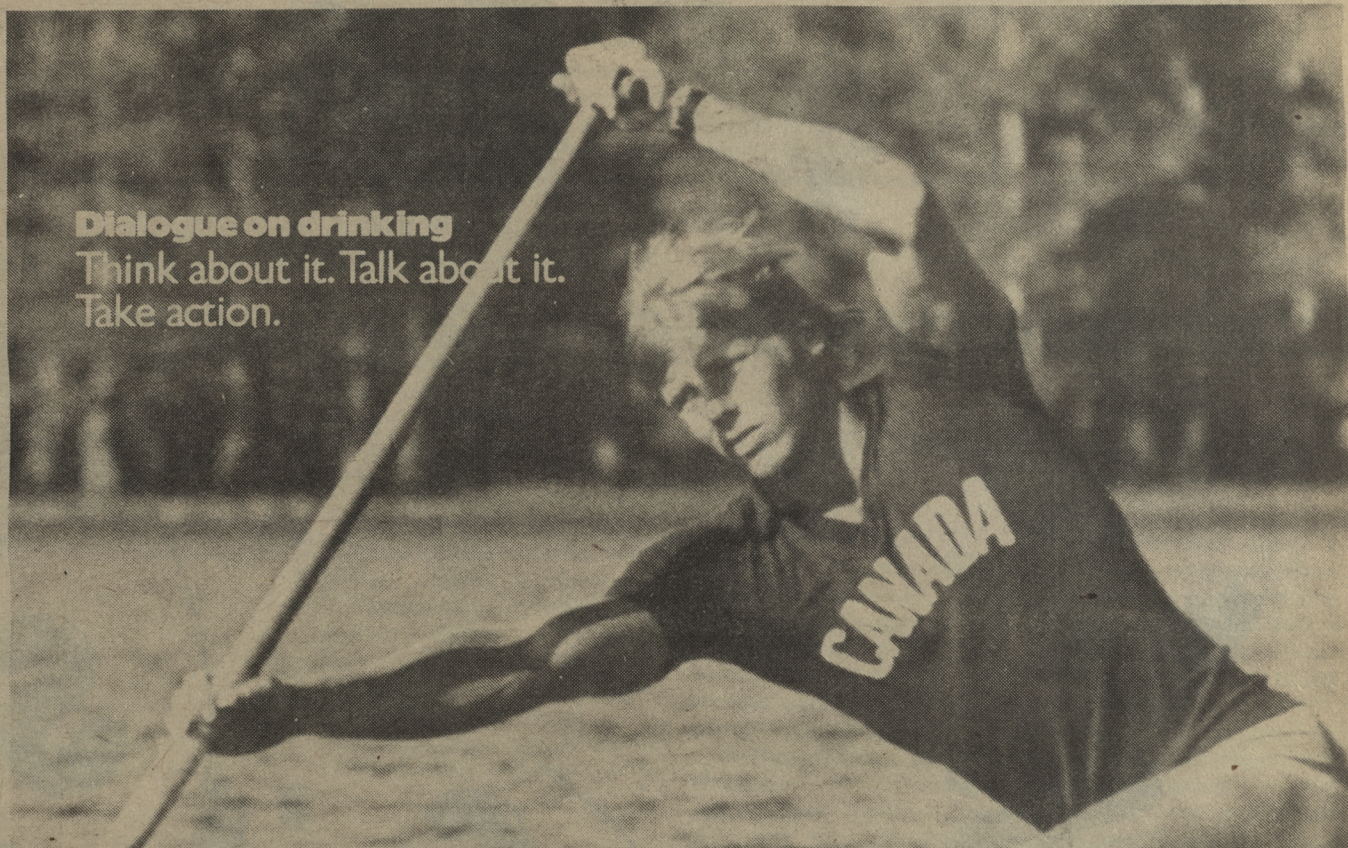
Thou shalt not rip school books—one match will burn 'em all.

Thou shalt not write on the board with pencils—use a pen, it can't be removed.

Thou shalt not be late—skip the whole day.

Anonymous

Dialogue on drinking
Think about it. Talk about it.
Take action.



TAKE ACTION ON OVER-DRINKING.

"I like the taste of a cold beer on a hot day, but I certainly don't think you have to get the gang together with a couple of cases of beer just to celebrate the fact you've had a bit of exercise."

JOHN WOOD
OLYMPIC SILVER MEDALLIST

Canada



Health and Welfare Canada

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