





SEPTEMBER 1984 VOL. 2. NO. 5 \$1.75

WOMEN'S NEWS MAGAZINE



Birth Intervention What are the costs for women?

**Report:** Irish women's peace

# Let's put more women in their place.

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Send your donation to the New Democratic Party Agnes Macphail Fund, 301 Metcalfe Street, Ottawa K2P 1R9. Contributions are eligible for tax credit on federal income tax.

Authorized by Gerry Caplan, Registered Agent for the New Democratic Party of Canada.

fund

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A critical look at Canada's established birthing practices
How to Relax — And Live with Everyday Stress

HERIZONS SEPTEMBER 1984

in this isse

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## Finally, A Canadian Feminist Magazine

### Dear Readers:

Some of you have been with us through all of our changes from a volunteer feminist newspaper, to a regional magazine, to a glossy Manitoba publication — and some of you will be new readers. Thanks to your great support and after months of planning, having to hold our tongues, crossing our collective fingers, we can now tell you our exciting news. Beginning with this September issue, HERizons has grown, multiplied and expanded to make HERself available to more readers from coast to coast. Finally, a Canadian feminist magazine.

editorial

HERizons will come to you 10 times in the next year with combined January-February and June-July issues. To reflect women's diversities, as well as many of our common struggles, we are evolving into a national news and analysis magazine. Two new editors, Mary-Louise Adams in Toronto and one in the West, will gather information of concern to you in order to keep you informed about women's activities across the land. We also hope to stimulate you with new and controversial ideas and keep entertaining you with biting satire and our own sense of the absurd.

To ensure that our Manitoba readers continue to have an important focus for HERizons, we are including a regional insert of Manitoba coverage which will be a regular feature in each issue of HERizons.

More good news. Our new francophone editor, Carmen Tremblay will connect our readers, in a new way, to a vital group of women as well as overcome geographical distance to opportune francophone women to speak to each other. Bonne chance.

We are very excited about our evolution. We urge you to be an active and vocal participant. Write us letters; tell us about yourself and your community; suggest topics you want information about; submit articles. We are always so pleased to hear from you.

If you want to do more to get the word out, ask your local newsstand manager to make HERizons available in your neighbourhood and encourage your friends to subscribe.

#### from the HERizons staff

HERizons Winnipeg staff: clockwise (top left) Pat Rawson, Marie Rawson, Penni Mitchell, Brigitte Sutherland, Candice and Debbie Holmberg-Schwartz.



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The aim of this magazine is to provide an alternative means of communication with a feminist perspective in order to stimulate, to inform, to effect change, and to unify women's strengths, serving as a forum for women. HERizons magazine is located at 200-478 River Ave., Winnipeg, Manitoba, Canada R3L OC8, Phone (204) 477-1730. HERizons is published monthly, except for combined June/July and January/February issues. Subscriptions \$15 per year. Typesetting done by Xact Digicreatronics. Winnipeg. Manitoba. Printed at Lawson Graphics, Winnipeg Manitoba. HERizons Association is listed in the Alternative Press Index. Second Class Mail Registration No. 5899. Submissions welcome. Editing rights reserved and submission does not guarantee publication. A self-addressed, stamped envelope will ensure submissions are returned to author. Views expressed are those of the writer and do not necessarily reflect HERizons policy.

Dear Women:

Congratulations on your new status as a national magazine!

Your growth has been exciting to watch. It is the incredible support, faith and hard work of many, especially the staff of Herizons, that have made this possible.

We're so proud of you!

In Sisterhood, Lydia Giles The Manitoba Action Committee on the Status of Women

Dear HERizons Readers: (A day in the life of the Kipichisichakanisik Women's Peace Camp, Cole Bay, Saskatchewan)

As guests in Cole Bay, we saw some of the gross injustices that plague the people of the area...such as the continual terrorist activities of the military, (e.g. flying bombers 500 m.p.h. at tree-top level over villages that border the Primrose Lake Bombing Range which has been happening since the '50's); and continual bombing and testing of chemicals and defoliants on and around the range. Also, the very real human suffering that has been caused by the loss of land and continual destruction of the area; by pulp companies, uranium mining, tourism, and in part, by the inequalities and prejudices inherent in our social system; i.e. native and métis peoples not being respected as 1st peoples, but as 4th peoples these people are now struggling for survival.

The plight of these people is not different from the story of native, métis or inuit peoples of Canada anywhere. Yet, so many people (including those considering themselves to be politically astute) continue to ignore the genocide — physical and cultural — taking place in our own backyard.

Genocide, the destruction of land, and the preparations for war are not just happening over there, in Central America, Europe — it is happening here too. I no longer accept the antedotes, "there's nothing we can do"... "nothing I can do to change this," for if we are supporting people in their struggles against imperialist oppression, shouldn't we be doing that in this capitalist country too?

> In Sisterhood Women's Peace Camp Cole Bay, Sask. SOM OMO (306) 829-4400

Greetings:

I've just been nosing through the June-July '84 issue I borrowed from our local Women's Centre. I guess my cheque for a year's copy, will speak louder than I can about a super informative mag.

Please, if you can begin it with the June - July issue. I haven't the time to keep this issue to pursue at leisure. I have just interrupted my journey

Hé, les femmes! Surveillez le prochain numéro d'HERizons. Nous aurons quelques pages juste pour nous...!

## Letters and responses welcome from readers. Send to

HERizons Magazine 200-478 River Avenue Winnipeg, Manitoba R3L 0C8



through the Daly one to pen this, to which I would like to reply more fully.

When I can really sit down and tackle the Heavenly Met A physical properties of Pat-riot-ism of the Human'd Race, though I have a habit to monkey with ??? at-he-ism . . . love the Pen-O-cracy.

The pen is, after all my fovorite tool to catch our Ovaryan nature from enemy to en amie (en — spells and in dutch) and amie — friend in french) and sound alike that'd melt hatreds to red hats to symbolize our movement from Sad-O-state or the ??? us state to become carriers of the O'live branch — of the human' race an Am A Zon really reads — am a sun zon reading sun in dutch and when your in dutch damned if you do and damned if you don't.

Oops - I was born on a dyk - it was something to keep the floods back. I am still puzzling with the literal translation of the name of the town I was born in. Broek of langendyk. Broek - Pants or slacks - pants or slacks on the long dyk. Guess its in my genes to screw up . . . a Spin-ster — is a spyder a ster is a star - and so we come to weave our magick - may I (in dutch) spell as eye see fit - and not as it was handed down to me via my Ran dumb House dictionairy - like I'm not ready to be frozen in time - let alone be forrilized — simply put — its Men O pause ... Me no Pause for our ??? is mend it'll sing our I beams to laser the use of the means from our midst and that, mon amies, is enuff said for now. I hope - enjoy - take care and may love, light and laughter be yours. While the wings of our being are still a thought in flight and a heaven is a haven with a bird it it. While leaving the cross behind us.

#### Joanne

P.S.: As purrusual — these notes are stacked in reverse — its how the wash stacks up — and I finally decided to give in to my backward habit of always starting from the back. — Dear Nazi-feminists:

Just finished reading the article in your anti-male propaganda rag "in the name of EQUALITY." The misconceptions that you wrote about F.A.T.H.E.R.S and fathers in general was so numerous that it would take me six pages of writing to point out every hypocrisy, contradiction, and lie you have made. (The only mistake your readers could make would be to believe all that "Ms" Emberly has written.)

It's Nazi-feminists like you that turn groups like FATHER'S ASSOCIATION TO HAVE EQUAL RIGHTS (MAN) INC. into radicals. But since this group has no sexual bigotry, unlike your magazine, your plan won't succeed.

In the future if you want to discredit a men's organization, why don't you get Heather Emberly to do an article on the Shriners?

> Ron Lapp Box 1484 Wpg. R3C 2Z4

#### An Open Letter by Ann Hansen: Edited Version

When I look back on the past year and a half, I realize that I have learned a lesson. Not the kind of lesson that some people would hope I learned, but rather through direct life experience I have re-learned what I once only understood theoretically that the courts have nothing to do with justice and prison is where they punish the victims of this society.

My faith in the justice system began to erode as I grew up and saw the big businesses ripping off people by selling poorly produced products at high prices, resource companies gouging and raping the earth. governments producing nuclear arsenals capable of destroying life on earth many times over, pornographic magazines that normalized and glamorized rape, incest and sexual assault, and Indians being herded onto reservations to die. All these crimes on humanity and the earth are legal. They are protected and sanctioned by parliament, the courts, the law and the police. This was all very wrong.

In Oakalla, where I have spent the past sixteen months, I have found that seventy per cent of the prison population are Indian womyn, even though Indian people make up only one per cent of the total outside population. This disproportionate number of Indian people in prison is reflected in prison populations across the country and reflects the racism of our society.

Everyone I have met in prison is poor. No one owns cars, homes, land or anything. They are there because they were forced to commit crimes to survive in a society that has no place for them. They have never owned forest companies that rape whole mountains of their forests, or handled nuclear murder weapons or stolen oil from Arab lands to be sold at scalper's prices in North America.

During the voir dire, it became obvious through police testimony that the different police departments had committed illegal acts during their investigation. The Security Service in all probability watched the Wimmin's Fire Brigade (W.F.B.) do the firebombings since Julie and I had been under intensive twenty-four hour surveillance by the SS for days prior to and during the day of the firebombing. CLEU (Coordinated Law Enforcement Unit) had committed illegal break-ins to plant the bugs in our house and in Doug's apartment among other illegal activities. But despite this, the judge permitted the wire-tap evidence. This taught me that there is one law for the people and none for the police. The politics of Direct Action saw the interconnectedness of militarism, sexism, environmental destruction and imperialism. We saw that all these problems are rooted in the value system and way of thinking called capitalism and patriarchy. These values are passed on from one generation to the next through the institutions of this society - the multinational corporations, schools, mass media, church and commercial culture.

Contrary to the state's and the police's theories, Direct Action and the W.F.B. were two different groups. Of the five of us charged with the Red Hot Video firebombings, only Julie and I did the firebombing. There were no men involved with doing the firebombings. Doug, Brent and Gerry just happened to either live with Julie and I or visit us. The W.F.B. was not an ongoing underground group. it was simply a group of womyn who came together for the purpose of firebombing Red Hot Video because we felt there was no other way for us to stop the proliferation of violent pornography.

Direct Action carried out the Litton

and Cheekeye-Dunsmuir actions. I do sincerely regret that people were injured in the Litton bombing. All precautions were taken to prevent these injuries and an apology to the people injured, and an explanation as to why it happened was released almost immediately after the bombing. But I must also add that I criticize the Litton action itself because it was wrong for Direct Action to place a bomb near or in a building that people were working in regardless of the number of precautions taken to ensure that noboby got hurt. In carrying out actions, revolutionaries should never rely on the police or security guards to clear out buildings and save people's lives.

There is no excuse for these mistakes and I will always live with the pain that I am responsible for, but these mistakes should never overshadow the incredible amount of pain and suffering that Litton contributes to everyday and the potential for planetary extinction that the Cruise missile embodies. Everyday millions of people are slowly starving to death because so much money and human effort is diverted into the international war industry instead of being used to feed the people of the world. In Canada, essential social services are cut so that the government can pour more money into the war industry and mega projects. For example, the federal government has given Litton \$26.4 million in subsidies to build the guidance system of the Cruise.

Businesses such as Litton, B.C. Hydro, and Red Hot Video are the real terrorists. They are guilty of crimes against humanity and the earth, yet they are free to carry on their illegal activities while those who resist and those who are their victims remain in prison. How do we, who have no armies, weapons, power or money, stop these criminals, before they destroy the earth?

I believe if there is any hope for the future, it lies in our struggle.

#### Ann Hansen Direct Action

Ann was sentenced in B.C. court to life in prison on the charges of the Litton bombing, the BC-Hydro substation bombing, firebombing of a Red Hot Video store, conspiracy to rob a Brink's armoured truck, auto theft, possession of explosives, weapons and stolen property.

## THE WIDENING SPHERE: WOMEN IN CANADA 1870-1940 —

Beginning September 7 - 27, 1984, the Provincial Archives of Manitoba will host an exhibit from the Public Archives of Canada. This exhibit brings together some 135 archival documents that speak to the diverse experiences of Canadian women during this period. Selections range from the records of well-known Canadians like Judge Emily Murphy and artist Emily Carr to the letters of immigrant pauper girls and the diary of a widowed mother taking her children west with her on a wagon train. Other documents attest to women's involvement in benevolent societies. political associations and trade union organizations.

#### CONGRESS ON CHILD ABUSE AND NEGLECT —

The 5th Annual Congress will take place **September 16 - 19** in Montreal. Contact: Child Abuse Congress Secretariat, 3450 University St., Montreal H3A 2A7.

## MEN: CHANGING OURSELVES CHALLENGING PATRIARCHY —

This conference will be held from September 21 - 23 at the Grindstone Island Centre (a non-profit co-op for social change education). Contact: Grindstone, P.O. Box 564, Station P, Toronto M5S 2T1 (416) 923-4215.

#### MATCH -

is an international center matching women's needs and resources in Canada and the Third World, MATCH represents a network of over 40 Canadian women's and community groups, along with over 800 individuals, that contribute to small "grass roots" projects overseas.

MATCH will hold its annual meeting on **September 21 - 23** in Ottawa, Ontario in preparation for United Nations End-Of-Decade Conference for Women in Nairobi, Kenya. Contact: Sharon Scholzberg Gray, 171 Nepean St., Ste. 401, Ottawa K2P 0B4 (613) 238-1312.

#### ORGANIZING FOR THE INTER-NATIONAL YEAR OF LESBIAN AND GAY ACTION (IGA) —

includes a conference and march September 28-30 demanding that lesbians and gay men be entitled without discrimination to all the rights and freedoms set forth in the United Nations Universal Declaration of Human Rights. An international



petition of signatures will be presented to the UN, the European Economic Community and Amnesty International on **December 10**, the international day of human rights. Contact: Lesbian and Gay Organizing Committee, P.O. Box 1498, New York, NY 10000.

#### SINGLE MOTHERS SYMPOSIUM -

sponsored by the Toronto YWCA, will be held for the sixth time in **October**, **1984.** For information contact Debbie Anderson at (416) 683-2531.

#### INTERNATIONAL FEMINIST UNIVERSITY —

A fund to establish a feminist university has been organized by Berit As. The model for the university calls for small groups of non-academic and academic women to combine education, research and action of particular interest around women's concerns, in locations around the world. For more information about participating or proposing a location, for an "IFU Unit" contact Berit As, Asst. Professor, University of Oslo, Institute of Psychology, Box 1094, Blindern, Oslo 3, Norway. Please enclose a small sum to cover postage.

### THE URGENCY FOR TRUE SECURITY: WOMEN'S ALTER-NATIVES FOR NEGOTIATING PEACE —

is a five day international conference in the planning stages for the Spring of 1985 at Mount St. Vincent University, Halifax, Canada. We realize full well that to bring off something as complex and important as an international conference on peace we require major funding. Our funding committee is setting up a fund where individuals and organizations may contribute. Today is not too soon to start! For information contact Marion Kerans, 6236 Willow Street, Halifax, Nova Scotia B3L 1N9 (902) 425-3573.

### MAKE PLANS FOR POLITICAL THEATRE IN YOUR AREA —

A Play on Peace and Disarmament. produced by Le Théâtre Parminon from Québec, will be touring in French and English in Ontario and in the West in 1985. Centered on two clowns who are well informed on war games, this 45-minute play treats a serious subject in a light way. All performances are followed by a public discussion which focusses on collective solutions to the social issues presented in the play. To book Le Théâtre for your community write or call Danielle Roy, La Coopérative des traveilleuses et travailleurs de théâtre des Bois-Francs, C.P. 158, Victoriaville. Ouébec G6P 6S8 (819) 758-0577.

#### WOMEN: IMAGES, ROLE-MODELS

A conference organized by the Canadian Research Institute for the Advancement of Women (CRIAW) to be held November 9, 10, 11, 1984 at the Université du Québec à Montréal, to bring together all women who have an interest in the question of collective images and representations of women in everyday life. Women of different social walks will come together, speak their differences and share their experiences through various means, such as workshops, group discussions, poetry, plays, music, films. This conference welcomes artists, women's groups, creators, women from different ethnic groups, as well as university and professional women. For information call: Evelyne Tardy or Marie Vallee, Organizing Committee, (514) 282-4522 or 282-4430.

#### ONLY IN THE UNITED STATES YOU SAY --

Women U.S.A. HOT Line offers weekly news reports of actions which mass media do not report, especially not in advance, such as demonstrations, lobbying, letter-writing campaigns, and current status of legislation. The HOT Line can be called day or night, 7 days a week at toll-free number:

800-221-4945 (New York State: 212-344-2531). For more information or to make contributions, write to Women U.S.A., 76 Beaver Street, New York, NY 10005 (212) 422-1492 (office).



## Monique Begin's Farewell a Liberal Loss.

Penni Mitchell

Monique Begin isn't a politician anymore. This could be why many of the women who came to hear her speak in Winnipeg before the federal election left disappointed. She delivered a speech that was more passion than Liberal party policy and she spoke to her audience as a woman, not as a Liberal politician. Ms. Begin said she hopes to stay involved in social change, which, in her words, is what politics is all about. She stressed the importance of women candidates in this election and the positive impact women politicians will continue to have.

Ms. Begin describes herself as being "strong on bread and butter issues for women." She is a woman whose status-of-women-consciousness has permeated her political life and it is for this reason that she is adamant about a much-needed overhaul of the Canada Assistance Plan, which she describes as being geared to chronic poverty in its present state.

In assessing her role as Minister of Health and Welfare, Ms. Begin regretted that she didn't achieve putting in place a Guaranteed Annual Income, and she said that her predecessor should overhaul the Canada Assistance Plan to eliminate all the inquities in it. Other areas of major concern for women over the next five to ten years, she said, should be day care and medical research, where she says not nearly enough has been done to improve the lives of women.

While she was clearly not making herself answerable for Liberal policies Ms. Begin did hint that MP Judy Erola might be a possible contender for the portfolio of Health and Welfare next time around.



Former Health Minister Monique Begin.



LOW WAGES FOR HOUSEWORK — The People's Republic of China, which once denounced hiring maids and other servants as 'bourgeois', now says that household help is necessary and reflects people's prosperity.

An article in the *Beijing Economic Daily* states that more than 30,000 people in the city are now employed as maids. 'This still fails to meet the city's needs for household help. With steady increases in residents' incomes, they can afford to employ help.'

Party newspapers announced the formation of a Housework Service Company in Beijing, organized by the local Women's Association. Wages for maids average £7 per month, about 25% of an average worker's salary.

It would seem that the People's Republic, like almost anywhere else in the world, places a low value on 'women's work' done in the home.

> Household Workers; Rights, U.S.A.



A DECADE IN PRINT - The Yukon Women's Newspaper, The Optimist, celebrated its 10th anniversary with their June issue. Congratulations! In an insert they recall some of the last 10 years of coverage. One example was "Women Start Transit System." Those small green buses which form part of the fleet operated by Whitehorse Transit are souvenirs of when the bus system was managed by the Yukon Women's Mini-bus Society. In 1974 a group of Whitehorse women acted on their concern about the isolation that homemakers in the suburbs were experiencing. At that time, there were not even any grocery stores other than in the downtown area. The women obtained research funds from the Company of Young Canadians, and based on their findings, successfully applied for grants for the system from the federal, territorial, and reluctant city governments.

# Smoke gets in your workplace

Smoke in the workplace is a health hazard in itself, but combined with already existing chemicals and workplace agents, can even further jeopardize health.

In the newsletter of the Manitoba Environment and Workplace Safety and Health, the division warns that smoking may transform workplace chemicals into more harmful agents. It says that polymer fume fever outbreaks are evidence of this danger, and also cites gold-mining as another particularly dangerous workplace to smoke cigarettes. The combined effects of smoking on already existing chemicals can compound the effect on the human lungs.

## Rural Canadian and Third World Women Come Together

One hundred twenty women from farm. labour and womens' organizations, churches, international development agencies, universities, the press and government, met to share their common experience, and to work on strategies for change. I was one of seven participants from Manitoba who made international development herstory in June, 1984 at the Women and Food Production Conference (Guelph, Ontario) sponsored by the Women and Development Working Group of the Canadian Council for International Cooperation, a national umbrella organization of Canadian aid agencies.

The conference began with a challenge. Marie Burge, staff worker with the National Farmers' Union in PEI, urged participants to grasp the weekend as part of a historical process. Canadian and Third World sisters in struggle were called to challenge those who own the world's capital and to take a fair share for ourselves.

She suggested an international womens organization to represent the interests of farm workers, to open lines of communication among women and to form the common language of social change. She stressed that most Canadian farmers are exploited labour. Few Canadian farmers actually own their own land, machinery, etc., nor do they earn enough to pay for their labour. "Most farmers are workers who give their labour that others will profit ... Farmers must be aware of the influence of the transnational corporation in the international flow of capital and of food," says Marie Burge.

Marie Burge's keynote address set the tone for the weekend. The next day was hectic and intense as participants moved between general sessions on Current Problems, Alternatives and small group discussions. Their stories were representative of the triple day of most Third World women — the multiple roles of childrearer, food producer/preparer and

#### Laura Sundberg

income-generator. Family responsibilities are similar to Canadian women-raising children, nursing the sick, responsibility for elders. Food preparation, however, often includes walking long distances for water several times daily, gathering fuel and growing, harvesting food. Income generation depends on the region, whether it is cheese/milk production in Egypt, working in textile factories in Israel or planting in Upper Volta.

In the Alternatives general session. five panelists shared success stories that inspired participants. The panelists were: Kushi Kabir, a Bangladeshi who has worked with rural women in her country: Sithembiso Nyoni, staff worker with the **Organization of Rural Associations** for Progress (ORAP) in Zimbawe -Liz Willick, a Saskatchewan farmer who works with the South Saskatchewan Committee for World Development: Monique Bernard, a Quebec farmer, member of the 'Femmes et agriculture' de l'union des producteurs agricoles du Quebec and the President/founder of l'Association des femmes colaboratrices: and Earlene Horne, worker with the Rural Transformation Collective and National Farmers' Union in St. Vincent.

Their session focused on the need to work together to define our problems, to create a sense of our past, to educate ourselves, to set up a structure/strategy to deal with the problems, and to determine who our allies are and take collective action. Sithembise spoke of a project in Zimbawe in which a group of women realized the need to produce more indigenous crops, but their husbands refused. The women then decided to produce a cookbook using only recipes with these indigenous ingredients. As these delicious dishes gained in popularity, so did the need for more crops, until the women had achieved their goal.

Monique spoke of the need for financial independence for women as a way to be heard and Liz stressed the need to create our own history by



**Rita** Corbin

learning about past successes and failures of Canadian women. Earlene called on participants to recognize that "powerlessness is deliberate on the part of the power holders....We must situate the struggle of women amongst the struggle of working people in general....Education for women is education for intervention."

There were many other dimensions to the weekend. A resolution was passed in support of Nicaraguan farm workers, and denouncing U.S. intervention in that country. Singers Denise Guenette and Heather Bishop performed Saturday evening and the Concerned Farm Women, an Ontario group, presented a fashion show that stressed the multiple responsibilities of farm women, yet looked at the lighter side of farm life. There were native women from the Yukon and Northwest Territories who added their experience and observations to the sessions. Finally, there were the controversies common to any gathering. "Those feminists" and "those farm women" occasionally clashed, but generally there was a feeling of sisterhood, of solidarity and of common purpose.

Laura Sundberg is the interim project officer for the Women and Development Project, Manitoba Council for International Cooperation. If you would like more information about the conference, write or call the Women & Development Project, MCIC, 418 Wardlaw Avenue, Winnipeg, Manitoba, R3L OL7.

# PORNOGRAPHY Update

## Change OUT of Sergio Valente

Media Watch, a national organization working to eliminate sexism in the media, was successful in applying pressure to Vancouver transit authorities recently after an offensive advertisement for Sergio Valente jeans was removed from buses.

The ad, headed with the caption "Change into Sergio Valente" depicted a woman lying on the sand, with her rear end raised and covered with a man's hand. The man looks angry, his hand is clenched into a fist, pointed at her. The ad suggests that if you wear Sergio Valente jeans you will "change into" a cool, macho man, possibly one who threatens to beat up women. The message to women, is that this brutality is chic; it's part of the image she is supposed to buy.

Feminists in Vancouver didn't buy the message. Instead, they persistently complained to Vancouver transit authorities. After much persistence, they finally got through to the general manager, who agreed to look into the matter. They also registered complaints with the local Thrifty's outlet and with the Toronto agency who created the ad. Within a few days, Media Watch had received a call from the transit department that the ad would be pulled from the buses.

> — information from Tova Wagman in Vancouver



## No More TV Porn?

A House of Commons subcommittee on broadcasting has recommended that women and the handicapped be included in the list of minorities protected from abusive programming on pay television.

The proposals include a prohibition against the distribution of programs containing any abusive comment, or in the case of television and pay television, "pictorial representation which, when taken in context, would be offensive on the basis of race, national or ethnic origin, colour, religion, sex, age and mental or physical disability.

Also included in the subcommittee report was a recommendation that the government negotiate with other countries to ensure that signals relaying abusive programs will not be received in Canada.

NDP MP Lynne McDonald first proposed the changes more than a year ago, and the committee was established after her private members' bill to amend the Broadcast Act was introduced, but not passed by the House of Commons.

Pressure from women's groups across the country has led to the establishment of the proposed guidelines, after First Choice pay television first started broadcasting pornography over public airwaves in 1983. The proposed guidelines have not been passed by the House of Commons.

## Minneapolis (almost) takes action on porn

Minneapolis city council passed an ordinance recently defining pornography as a violation of women's civil rights, but then voted to delay implementation until challenge of a similar content is resolved in Indianapolis.

The ordinance would make pornography a form of discrimination under city civil rights laws and would provide for relief of victims if a hearing committee of the Civil Rights Commission found that they had been discriminated against. The other ordinances passed by city council would prohibit distribution of obscene materials portraying violence against women and the display of sexually explicit materials where they can be seen by minors.

## Judge fines pornographers

In sentencing a Winnipeg film distributor with possession and distribution of pornography, a Winnipeg judge, in his decision on the case, noted that the films "portray women in a most degrading way. They are exploited, portrayed as desiring pleasure from pain, by being humiliated and treated only as an object of male domination, sexually or in cruel or violent bondage."

Judge Patrick Ferg, in fining Solar News and store manager Nehru Ramsingh with fines totalling \$5,300 commented that "all of the films I viewed exploit sex." The plots are "thin," and films have "no artistic merit." He went on to describe the dialogue as "mundane, insipid and simple-minded in the extreme." Ferg did not find the movie *Deep Throat* or *Bordello* "the least bit offensive."

Unfortunately, Ferg chose not to impose prison terms, even though Manitoba Attorney-General Roland Penner issued directives last winter that pornography distributers would be treated more harshly by the courts. The three obscene films in Ferg's decision are Swedish Erotica, Bad Girls and California Gigolo.

The defence lawyer called in the lawyer of the Manitoba Association of Rights and Liberties to try to give some credibility to the freedom-ofspeech argument, but Judge Ferg rejected the notion that the right to distribute adult magazines is guaranteed under the Charter of Rights. Judge Ferg also mentioned in his decision that he is "very indebted to The Hon. Judge Borins for his exhaustive illumination of the law in his recent decision." Judge Borins is an Ontario judge who made a recent precident-setting decision on pornography in which he noted that pornography is the degradation of women.

Generalising on the content of the pornographic films, Ferg noted that: "Women are portrayed in these films as pining away their lives waiting for a huge male penis to come along, in the person of a so-called sex therapist or window washer..."

## Never too soon for Equality Megan Glassco

A discussion and workshop entitled, "Visible Minorities; Education and Employment: Where Do We Go From Here?" held recently at the University of Winnipeg focussed on the recommendations presented in Equality Now!, the report of the special committee of the House of Commons on the participation of visible minorities in Canadian society.

Dr. Dorothy Wills, a professor at Vanier College in Montreal, was the keynote speaker. As a prominent member of the Black community she had insight to offer on the experience of visible minorities' experiences in Canada.

According to Dr. Wills, the eighty recommendations embodied in *Equality Now!* reflect the concerns accurately and represent the tools necessary to right the wrongs which place visible minorities in the position of second class citizens. To ensure that these recommendations become actualized they must not be confined to the level of rhetoric. Visible minority Canadians must guard their rights and lobby to guarantee that the principles in the Charter of Rights and Freedoms permeate all institutions in this country.

Dr. Wills called for changes in the school system to accommodate diversity and to increase equality of opportunity. Schools need to develop an environment that doesn't offend minority students. To do that they must accept cultural and racial differences to foster a feeling of belonging in minority children. Multicultural education is for all Canadians and should be integral to all subject matter in the classroom. Finally, Dr. Wills demanded that multiculturalism include multiracialism and that all school boards formulate policies against racism.

In conclusion, Wills spoke about the futility of working in isolation and of the necessity for unity and communication. "If we don't unite as visible minority persons, the squeaking wheel will never squeak loud enough to be recognized. If we are not active in our own case, who will be?" For Wills, Canada is not a white man's society: "It is our society", she says.



## Belliegram

CO-ED BEAUTY? - In Maine, a plan to dump state fair beauty pageants in which titles such as Beef Queen and the Apple Princess are conferred upon young women is raising a few hackles. Maine's associate agriculture commissioner, Barbara Gottschalk, thought that, in light of changes in women's roles, it would be more appropriate for the state agency to hold co-ed events to select "commodity am bassadors" rather than encouraging the selection of beauty queens. Said 80-year-old Raynor Crossman, president of the association which oversees Main's state fairs, "I think it'd be - queer."

**Gay Community News** 

## The National Organization of Women (NOW)

NOW has condemned the escalating violence against reproductive health centres in the United States citing over 100 incidents had taken place over the past year. Repeated arson and firebombings are taking place throughout the country. The Everett Feminist Women's Health Centre in Washington State was fire damaged to the extend of \$100,000 the day the centre's defense committee entered court to seek a permanent injunction against harassment by anti abortion forces. The fire destroyed the lab and staff room. What may be even more serious in the long run , however, are the financial repercussions of continued attacks.

After earlier firebombings, the center's insurance company, Safeco, (a Mormon-owned business which has been picketed by NOW for employment discrimination) cancelled the clinic's policy; suspended the agent who had sold the policy; and dragged its feet in making the claim. The clinic took out a policy with another company, but since this last attack. the clinic cannot buy fire insurance at all. Without insurance the clinic's landlord, the Everett Olympic Bank. has decided that "prudent business practices" demand that it terminate the clinic's lease.

Forest Grove, Oregon, saw two failed arson attempts at the Bours Birth and Surgery Clinic. The clinic, which houses a general practice, including abortion centre and a birthing centre, has been the target of anti-abortion demonstrators for the past two years. Both incendiary devices burnt themselves out before doing more than \$1000 damage. No message was found, and police have no suspects.

Following the NOW condemnation of these violent acts, ABC news interviewed an incarcerated firebomber, who called himself a member of "The Army of God". He expressed the view that adherens of "The Army of God" were springing up country-wide.

## **Reproductive Health Update**

## Gallup Attempts to Censor Polling Questions

National Vice-President Catherine Daw of the Canadian Abortion Rights Action League (CARAL) wrote Gallup early in November of 1983 requesting that they include two abortion questions in their next national omnibus survey: Do you agree or disagree: (1) The abortion decision should rest with the woman concerned in consultation with her physician. (2) Since fewer than 25 percent of general public hospitals in Canada perform abortions, do you support the establishment of specialized clinics where early abortions would be provided. Several weeks later, CARAL was shocked to learn that Gallup's internal review committee had decided that the abortion issue could not be "addressed in any realistic fashion through the Gallup omnibus because of the very delicate nature of the subject matter."

Gallup informed Daw that they wanted to find a question that would

be agreeable to both sides (choice and anti-abortion groups) and approach the "Right-to-Life" groups to pay half of the cost. "While recognizing Gallup's right as a private firm to refuse our business, we also felt that we could not let their handling of this issue go unchallenged," explained Daw after further recommended changes on the part of Gallup in negotiations with CARAL. CARAL outlined a number of points; either the abortion issue was too controversial to handle or it was not. Why did Gallup consider their questions to be less controversial? Why was the question on the abortion decision considered inappropriate, since Gallup had asked almost identical questions at least three times in the past for itself? It would seem that anti-choice harassment has had its intended effect in intimidating an organization whose job it is to provide objective information to the public," says Daw.

## Condoms Fly in Protest

(New Zealand) — On the last day of May, a group of New Zealand women released 92 helium-filled balloons (one for every male representative) at the opening of their parliament. The women were demanding the right to safe contraception and abortion. Abortion is currently permitted on grounds of danger to the woman's health, fetal abnormality and rape or incest.



## Women At Risk: AIDS

Although you wouldn't know it by reading your daily newspaper, women and children are both at risk of contracting AIDS. According to statistics from the Centre for Disease Control in Atlanta (which is the central U.S. documentation centre for AIDS since 1981). 151 women have had AIDS. Sixteen were Haitian, and 76 reported intravenous drug use. Sixty-eight AIDS women have died. While women account for only seven per cent of the AIDS victims in the U.S., they represent 14 per cent of Canadian AIDS victims. Besides Haitians and women who report IV use, are many who are partners of male IV users. The other women at risk are partners of bisexual men or women who receive multiple blood transfusions: there have been no cases of women at risk transmitting AIDS to female lovers.

The development of AIDS may also have repercussions for women who use sperm donations from gay men to become pregnant, although there has not been a case of a woman or child contracting AIDS from insemination. However, several infants and small children of parents at risk have developed AIDS and statistics last year reported that four Canadian children died of AIDS: two were Haitian, one black and one caucasian. One of the children contracted AIDS after receiving blood transfusions from multiple donors. An article in Kinesis newspaper in British Columbia reported that it is possible that AIDS can pass through the placenta and infect a fetus or pass in the birth canal.

## Warning on IUD's

Women who have an IUD inserted while breastfeeding run a ten times higher than normal risk that the IUD will perforate the uterus, according to a study cited in the Toronto Star. That is because low estrogen levels in the nursing mother keep the uterine wall thin, and because oxytocin causes rapid shrinking of the uterus to prepregnancy size.

## Report: Irish Women's Peace Camp

Norma Gray

Norma Gray is a Winnipeg writer and poet who will be contributing her experiences in Ireland to HERizons during the next year.

Saturday morning was cold and wet. As darkness fell, the Gardia lined up the paddy wagons and flashed the head lamps on and off at us. At 4:00 a.m. the Gardia were a little nastier, having already evicted us at midnight from the park. One group of women was dropped seven miles outside the city while a lone woman was left in the core area. After some searching everyone was located and once again we entered the park.

Only the day before, Friday June first, had an Irish women's peace camp been set up beside the American Ambassador's house in Phoenix Park, Dublin to protest U.S. President Ronald Reagan's visit to Ireland.

From the inception of the camp, there were ongoing attempts to remove the women's peace camp occupants. We were not allowed to set up tents or banners and a ban on fires and cooking meant all meals had to be brought in from outside. We sat on plastic sheeting and when it rained (which was often), we pulled down the plastic over ourselves. Because of all this, visibility of the camp to motorists and passers-by was limited. Psychological hardship presented itself in the form of numerous and ever present Gardia (police), coupled with the constant threat of eviction. Still, 60 to 100 women were at the camp at all times. There seemed to be a strongly held point of view on the part of the press at least, that all peace camp participants were shipped out directly from the popular Greenham Women's Peace Camp. It seems that one's validity as a determined peace camper was dependant on one's having been to Greenham.

Inside the camp, there were no leaders or spokeswomen, even when the Gardia were delivering messages or conducting evictions. Each woman was her own spokeswoman and leader, always. To the Gardia, intent on speaking to a single spokeswoman, it was endlessly frustrating to have to deal with one hundred at a time. And for those who casually stopped by for an hour or two, it may have appeared to be a most disorganized collection of women.

No participant was left unprovided for — whether that meant food, clothing, bedding, child care, legal counsel or emotional support. At least two contact phone numbers were available in case of eviction, imprisonment, or change of plans and solicitors were on 24-hour call.

Throughout my stay, morale was good, although persistent harassment by the Gardia had left many of us exhausted, even before the mass arrests began. It began when a woman was arrested for putting symbolic bloodred handprints on the main gate of the park. The next day at seven in the morning, thirty-three women from the camp were arrested and sent to Bridewell jail. They were charged under the Offences Against the State Act: an act which allows a 48-hour detention. Until their release early Monday morning, there was a continual picket outside Bridewell and Cabra jails. I picketed with those at Bridewell after attending a march, along with 20,000 others, to protest President Reagan's visit. As we continued our vigil, we learned of the jail's conditions. Although arrests were made early in the morning when everyone was cold and wet, only two blankets were allowed for each five women. A change of clothing was not permitted. Even when the Women's Centre delivered clothes for the detainees, the guards left them at the prison gate in full view, but would not distribute them. Toilets were left unflushed until the women were visited by their lawyers. Cells were overcrowded, with six and seven women in cells designed for two or three and women were subjected to verbal harassments - being called hysterical, whores, sluts, and lesbians.

Somehow, in spite of the constant harassment, the evictions, imprisonments and abuse, the women remained unbelievably determined. I was overwhelmed at the personal sacrifices the women were willing to make, and by participating in the Irish Women's Peace Camp, my own conception of terms like commitment and trust have been challenged.



## White Peace Movement Criticized

'HOSTAGES TO THE NUCLEAR IN-DUSTRY' — Winona LaDuke, codirector of Anishabe Akeeng (Land Reclamation Project) and consultant to the International Indian Treaty Council, addressed a Minorities and Arms Control conference held recently in Washington, D.C.

"The U.S. is the number one producer of uranium in the world. Half of all the low-sulphur coal deposits and  $\frac{2}{3}$  of all uranium is on Indian land. This means we become the third or fourth largest producers of uranium in the world," LaDuke said.

"In 1952 the Atomic Energy commission annexed an area of the Laguna Pueblo in the Southwest. In 1953 the Anaconda Company built the largest uranium strip mine in the world there. 170 million tons of uranium tailings were dumped on the reservation. Houses, schools and roads were built from these tailings," she said, resulting "in 1983 with a birth defect rate of 33 percent over the national average, with five times the national average of cancer among teenagers, and 17 times the average for women" among the Navaho.

"The picture is horrendous. We are hostages to the nuclear industry," LaDuke said.

"We are trying to join with other kinds of people," she concluded, "because all this means the ultimate destruction of the community." Last November LaDuke was one of nine American Indian leaders invited to West Germany by the Green Party to tour Pershing 2 missile sites and witness the German Parliament's missile debate. Northern See New

Northern Sun News

U.S. MINORITIES IN PEACE MOVE-MENT — Two recent meetings in Washington, D.C., challenged the predominantly white peace movement to live up to its own ideals.

One, organized by Nuclear Freeze Outreach Coordinator Patricia Williams, involved several important representatives from the national Freeze office. The other, organized by Citizens Against Nuclear War, a national membership organization. was addressed by Coretta Scott King, president of the Martin Luther King, Jr. Center for Nonviolent Social Change and widow of the slain civil rights leader.

"Black Americans can play a pivotal role against the arms race," Mrs. King said to the Minorities and Arms Control conferees.

"Blacks form a cohesive community. We tend to vote as a bloc. Our leaders are trained in active nonviolence. We have extensive experience with boycotts...we understand that peace and justice are indivisible.

"Martin Luther King faced a storm of criticism when he decided to speak out against the war in Vietnam," agreed M. Carl Holman, president of the National Urban Coalition. "He was accused of setting civil rights back twenty years. People asked 'why is he messing in things that don't concern him?" But he understood you cannot talk about human dignity without talking about peace. Today, when the death rate for Black American children is as high as in some Third World countries, we must all make the connection between guns and butter."

Organizations like the Coalition of Black Trade Unionists and the Delta Sigma Theta Sorority, a public service organization of over 100,000 Black women, were among the first endorsers of the nuclear freeze. A national network called Blacks Against Nukes (BAN) has done extensive educational work around nuclear weapons and nuclear power, including an expose of a Department of Energy study to use economically depressed' communities for prime hazardous waste sites.

Yet people don't see the connection between working in the peace movement and Blacks' concerns. Julia Burgess, co-chair of the lobs with Peace Campaign, said, "Black friends ask me, 'why are you in the peace movement?" She tells them "World War III will start in a Third World country and 30 to 50 percent of the first casualties will be Black because of where they're stationed. Forty-two percent of all Black children who qualify enlist - that's almost half of our children...we've been great advocates of nonviolence, it's only right we lead the move for peace."

Arnoldo Torres, director of the League of United Latin American Citizens, spoke of how minorities, especially Hispanics, are hardest hit by unemployment caused by a spiraling military budget.

Braden, a journalist, challenged the idea that Blacks are not interested in the peace movement in a Dec., 1982 Southern Exposure article. She wrote:

"Perhaps the myth that Blacks are not interested in these issues has been perpetuated because white people in positions of power have continually told them they should not be. Even among sophisticated white liberals, there has been a tendency to recognize, sometimes grudingly, a legitimacy in the struggle of Blacks for their right to equality — but to assume that when they exercise this right by speaking on such 'larger issues' as war and foreign policy they are stepping out of 'their place."

"White America," Braden continued, "will not change its militaristic foreign policy until it transforms its thinking and its actions toward people of color, and this process must begin at home."

> Shelly Anderson Northern Sun News

HERIZONS

## Judge needs anatomy lessons

-poor jua

A provincial court judge in Fredericton has asked for another interpretation of a judge's ruling that a women's breasts are not considered to be sexual organs when determining sexual assault. Judge C. Blake Lynch sentenced a Fredericton man to 30 days in jail on a common assault conviction less than a month after a court of appeals judge ruled that women's breasts are secondary sexual characteristics, like a man's beard.

## Rapist gets \$60,000

LONDON - A 31-year-old man who is serving a life sentence for rape was awarded \$60,000 in damages because of a car crash the judge said had turned him into a rapist.

Judge Sir Harry Woolf ruled in the High Court of Justice that, but for a 1978 car crash that damaged the frontal lobes of Meah's brain, he probably would not have raped, stabbed and indecently assaulted women.

## Dubiensky Does it Again

Judge Ian Dubienski, well-known for his remarks that wife abuse cases are "clogging up" the courts, has demonstrated his sexist attitudes once again. Presiding over a recent rape trial in Winnipeg, Dubienski commented: "I see no reason to rehabilitate this boy and I don't think there was the day after it happened."

Sean Steward pleaded guilty to raping a 7-11 store clerk in 1983 and was sentenced to 18 months in jail. Three days previous to the offence, Stewart had attacked a jogger at a private golf club in Winnipeg. In spite of his violent behavior, Dubiensky commented: "He is well on his way to becoming a respectable citizen."

Feminists were quick to condemn the judge's comments, noting that he showed an appalling insensitivity toward issues of violence against women. The Manitoba Action Committee on the Status of Women quickly condemned the judge's comments and challenged his assertion that a rapist was not in need of rehabilitation.

## Marriage Licence Suspended

While sentencing a woman who pled guilty to killing her battering husband, an Arizona judge said he wanted to make the woman "angry enough at the situation" of her marriage that she would never allow herself to be battered again. The

woman was sentenced to three months in jail, five years probation, counseling, 100 hours of community service, and she was also forbidden to live with or marry a man without first getting permission from her psychiatrist and probation officer. **Rag Times** 

## Abortion is Not a Crime

A woman resident in Illinois, USA, received a heavy sentence of 10 years imprisonment due to Judge Peter Paolucci's judgement of 'the value she placed on human life'. Roberta McCumber was found guilty of the 'involuntary manslaughter' of her batterer Jeff Williams.

Judge Paolucci increased her sentence because she had, in accordance with Constitutional law, had three pregnancy terminations in three years. One of the terminations came after her arrest.

To pass the sentence the judge felt compelled to review Roberta's medical history, a situation often known to women appearing in court, and most commonly in rape cases.

The Illinois group NOW (National Organization of Women) are publicly agitating against the judge's interpretation of the law. They are obviously deeply worried about the use of abortion as an 'aggravating factor' in a court case.

NOW also states that in their knowledge it is not usual for a judge to question male defendants on the number of children they have conceived, and their whereabouts now. This type of consideration in sentencing is highly irregular and can only work against women.

Off Our Backs

## zelliegram

LADIES AGAINST WOMEN - When Phyllis Schlafly recently spoke in Knoxville, Tennessee she was again greeted by the local chapter of Ladies Against Women (LAW). Using satire as their form of protest, the ladies were properly dressed (as all ladies must be when they find themselves in the public eye). They held "supportive" signs such as, "We worship Phyllis, she's our man," "Roses are red/Violets are blue/Sperm & eggs are people too - Protect the right of the

Unconceived," and one banner featuring a drawing of a wire coat hanger with the words "Let's go back to the good old days - Ban Legalized Abortion Now." The group handed out LAW membership cards with the slogan, "I'd rather be ironing," and a line for the husband's permission signature, which the card must have to be valid. Gaily colored buttons with the slogan, "Born to Clean" were also distributed to any lady who would take one.

**A Newsletter** 

## Meat Market Mentality

An Oshawa, Ontario butcher is trying to expand his meat-market business by cashing in on women's fear of rape. The man has developed stainless steel chainlink underwear that are supposed to prevent a woman from being raped. The steel chastity belts, which were condemned as degrading and dehumanizing by women, weigh 680 grams and cost \$179.59.

## Nelliegram

ONE HUNDRED AND FIFTY nursery workers, mainly women, have been on strike in Islington, London since April 16th. They are demanding that their job is given the respect and recognition that it needs — both professionally and financially.

At present, nursery workers are amongst the lowest paid workers employed by Islington Council. Their average take home wage is £85 per week. The council also makes a distinction in real wage terms between those who are allegedly qualified and those who are not, even though the work and responsibility are exactly the same.

The women are insisting that to that to provide children with proper care, the staff to children ratio must be increased. At present, theoretically, the ratio is one worker to 4.5 children, but the women say in reality the ratio is one worker to 10 children. "We care about our children and we need lower ratios to give them the care and attention that they need.



Nelliegram

NURSES' STRIKE ILLUSTRATES DEADLY CONNECTION - The strike of some 6.300 nurses against 16 Minneapolis/St. Paul area hospitals gives clear evidence of the pernicious effects of the Reagan budget on human services. As revenues are diverted from health care to the military, hospitals find themselves without federal funds in a time of rising costs and declinging occupancy. In an effort to keep costs down, hospital administrators are increasingly laying off experienced nurses or are cutting down their hours. "When vacancies arise," says Public Health Nurse Mary Deering in an article in the June 12 Minneapolis Star and Tribune. "the hospitals hire new staff - usually new graduates...(who) can be paid less than those who have been working for years.'

The immediate issue of the strike is job security. Beneath this, however, is the larger issue of national priorities. President Reagan, in his trilliondollar budget, calls for sharply increased military funds. Today, of all spendable income (i.e., all items except entitlements), Congress allocates 64% to the military.

To finance this kind of military spending without a huge tax hike, funds for human services have been drastically cut or eliminated. In the health care field alone:

Maternal & Child Health Block Grants: cut 24.6%, Child Nutrition: cut 42.2%, Mental Health Block Grants: cut 32.2%, Medicaid: cut 8.4%.

This means that the United States, which ranks first in expenditures for the military, now ranks only: 26th in doctor/patient ratio, 19th in infant mortality rate, 34th in population per hospital bed, 9th in life expectancy.

Along with the nurses, we must demand a change. It is up to us to see to it that Congress provides money for health care and other essential human services. We cannot afford this continuing military madness.

> Gloria Cushing/ Women Against Military Madness Newsletter

## VDT complaints on the rise

The number of complaints to the Environment and Workplace Safety and Health division of the Manitoba government appears to be increasing steadily with the increase in video display terminals in the workplace. Among the complaints are: irritation and general fatigue of eyes, muscular aches in the neck, arms, wrists, back and legs, stress-related problems, and concern about the effects on a developing fetus.

The Environment and Workplace Safety and Health gives the following recommendations:

1) Pregnant VDT operators should be relocated for the term of their pregnancy. This recommendation is made on the basis that there is insufficient or non-conclusive information on the subject of potential health hazard resulting from the operation of a VDT and the possible effects on a developing fetus.

2) Ergonomic (biotechnology) factors must be considered in the design and installation of VDT work stations.

3) Preplacement and periodic follow-up optical examinations should be available to all VDT operators.

4) Operator concerns or complaints should be investigated immediately.

However, these recommendations are not law in many of the Canadian provinces. In Ontario, the Labour Relations Board recently ruled that Jean Sibley, an employee at Atomic Energy Canada had no legal claim to transfer from her word processing job during her pregnancy. An advisory council to the Ministry of Labour had recommended that the government pass laws requiring employers to offer pregnant VDT operators alternative work without loss of pay, but later softened its position when the department refused to implement the recommendations.

# **LS THERE A BETTER WAY TO BIRTH?**



## *Claire Dow*

If society provides a loving environment for the birth, one in which a mother feels secure and surrounded by friends, she will do exactly the right things for her baby. Cherish the mother and she will spontaneously cherish the baby. Sheila Kitzinger

nce upon a time, there was a woman who, at the age of 35, became pregnant with her first baby. She was attended by an obstetrician because she thought only obstetricians were equipped to deal with births. During her pregnancy, which was wonderfully free of medical problems, her physician kept insisting she was "high risk" because of her age. The woman kept objecting, "But since my pregnancy has been so normal, doesn't that reduce the risk?" "Oh no," replied the obstetrician solomnly, "you are high risk, and as a result will have labour induced in the 40th week of pregnancy. Otherwise, the baby might suddenly die in utero." "But doctor," protested the woman, "nobody in my family has babies on time and there haven't been any stillbirths."

The fateful day duly arrived when the woman entered hospital for what she had been told would be medical induction, using synthetic oxytocin. The physician had said if this did not work on one day, they could try again the next. Upon entering the hospital, the woman was examined by the physician who, speaking to the nurse, said, "I think she can do it by herself." (In other words, the physician had now decided to try inducing labour by rupturing the membranes rather than using drugs.) This meant the baby had to be born within 24 hours.

Before the woman had a chance to object, the membranes were ruptured and ready or not, she was on her way to a birth. A metal electrode which was attached to a fetal monitor was screwed into her baby's head at the same time, something the woman did not find out about until after it was done. Imagine the woman's surprise, when having been instructed to walk around with a portable monitor, she saw her risk rating on the labour blackboard as "2" which is low risk. She was very puzzled.

After having five mild contractions in three hours, the woman had the labour further induced with drugs. Ten hours after the membranes had been ruptured, she began to run a fever that was to rise to 103°, and the baby was showing signs of distress. Fourteen hours later, the physician decided to do a cesarean section. The woman, who was by this time semi-conscious at best, had a piece of paper thrust at her and was instructed to sign her consent to the cesarean section.

Five days later, when she was beginning to recover from the shock, she asked, "Why did I have a cesarean?", but she did not ask her physician. It was difficult to formulate such a question in the 25 seconds of her physician's daily visit to the bedside. The nurse who the woman asked suggested the resident come and speak to her. The resident explained the cesarean section had been necessary because of "failure to progress".

"But I thought it was because I was running a fever," said the woman, confused.

"Yes, that was a high fever," agreed the resident.

Six weeks later at the postpartum visit, the woman told her physician she was very depressed about the circumstances of the birth. The doctor was very surprised and said, "But, didn't you want the baby?"

"Of course, I wanted the baby," the woman wanted to say, "but not like that." But somehow she couldn't. The doctor concluded, "Well, that's the price you pay to have a baby. Other people pay a different price. They get terrible stretch marks or nerve damage or sexual problems."

This grim tale is unfortunately not fiction. It is part of the reality of childbirth in many centres in Canada. In hopes of helping women take back their births, I am sharing this experience with you.

have written this article not to frighten women but to help them become aware. Women, especially those who are pregnant for the first time, are very vulnerable. They usually turn to their doctors for reassurance that they are indeed capable of birthing normally. Unfortunately, at present, physicians seem to have lost much of their faith in nature's design. It is birthing women themselves who will have to restore this faith and stem the cesarean epidemic. and the wholesale use of unproven technology. I learned the hard way how important it is to be armed with this knowledge. Hopefully my experience will help others realize just how little power most women have over their births.

My "high-risk" rating was without medical substance since there was not a single complicating factor in my pregnancy. Older mothers are considered at somewhat high risk in pregnancy because of their tendency to develop hypertension or problems with

the baby's placenta, however there is a growing body of research suggesting that women between 35 and 40 are not automatically high-risk.

What really happened to me is that I contracted a uterine infection because the membranes which protect mother and baby were artificially ruptured and the internal fetal monitor acted as a pathway. Furthermore, the membranes were ruptured even though my cervix was so poorly dilated that I had about as much chance of going into labour spontaneously as I did of flying to the moon.

Many months later. I am still mourning the loss of the experience of my child's birth. My grief has two components - rage at the violation done to my body and my child's by the rupture of membranes and insertion of the internal fetal monitor without my consent and great sadness at the knowledge that the gentle birth I so badly wanted for my child would have been safer, not more dangerous as my obstetrician implied. The bonding process that is so important between mother and baby was circumvented by the operation. Now I must live with the nagging worry that the unnecessarily brutal way my child was brought into the world may have profound psychological implications for my child, for me and for our relationship.

As a result of the growing intervention in birth practices, women, childbirth educators, and many healthcare practitioners are beginning to question the interventionary bedside manner which has become dangerously commonplace. Part of the whole process of changing these practices involves empowering women to have a say about where and how they will birth. If you are now pregnant or thinking of having a baby, there are a few things you can do to make your childbirth experience the growth expeience it should be. You can start by understanding that you have ultimate responsibility for your baby. You should be as well informed and as assertive as possible in seeking the kind of medical care you feel will most benefit you and your baby. A doctor who is willing to help you birth your baby, not do the job for you, is the first thing to look for.

orth America is one of the few places in the world where doctors have a monopoly on attending births. In many European countries, where midwives stay with the mother throughout labour, there is no routine analgesia or anesthesia used for normal labour and delivery. Nor do the women request it. In Holland, for example, a mother chooses where she will give birth, whether in her own home, in a small local maternity centre, or if certain risk factors are present, in a hospital.

Therefore an environment where a woman in labour can feel safe is not a luxury but a basic necessity. For some people, that is a hospital, for others, it is not.

Regardless of where a woman gives birth, a good labour companion or coach can offer support and encouragement to a birthing woman. The labour companion can offer massage, emotional support and encouragement as well as provide water and be an advocate for the woman throughout her labour. During her pregnancy, the labour coach can be a co-participant in the education process and a constant support and friend. As any woman who has birthed will tell you, labour is no easy task. That's why it's important to be healthy: well-rested, nutritionally healthy and in good physical and emotional shape. Good prenatal classes are a basic necessity for every pregnant woman or couple. Ask your friends what they thought of theirs. The best pre-natal courses offer an 'early-bird' class or classes, where nutrition, exercise and prenatal care are discussed. Most hospitals with obstetric services offer pre-natal classes, usually for 7-month expectant mothers, however sometimes they are focussed on hospital procedure and format as much as on the woman's birthing experience. This is not the rule, though, and childbirth education organizations also offer or can recommend a variety of classes, as well as offer a price comparison. In some centres there are prenatal classes for women who do not have labour coaches. For additional information on pregnancy and parenting, contact your local childbirth education association, midwifery organization or LaMaze group or women's health clinic. (A number of excellent books on pregnancy and birthing are listed at the end of this article).

One of the first decisions to make is where you want to birth: at home, in an alternative birth centre (ABC)-room in a hospital or clinic or in the traditional delivery room. Although geographical restrictions and/or a lack of services may make your choice for you, factors to consider include whether you are highrisk, where the person who attends your birth works out of and whether or not you want to prepare for drug free labour. How do you feel about intervention in childbirth? How much do you know (or want to know) about childbirth techniques? Have you given birth before?

### **Technology and Birthing**

Technology has not made birthing any easier for women. The resulting push for more ABC rooms and midwifeassisted birthing underlies the need for woman-centred birthing. In an article entitled "Obstetric Delivery Today — For Better or For Worse?" Peter M. Dunn, a

carefully controlled studies that should have been done in the first place to assess the hazards of this new approach?"

Dunn also insists that labour and birth should take place in an upright position, basing his argument on the practices of primitive peoples. X-ray studies have shown, that a squatting position may increase the capacity of the birth canal by as much as 30 per cent compared to lying on your back, where gravity works against a smooth delivery.

A study done by Dr. Goodling in 1980 in California compared results in a mat-

## A squatting position may increase the capacity of the birth canal by as much as 30 per cent...

British pediatrician, criticizes the entire concept of "active management of labor" which is the present philosophy in many obstetric circles. Each phase of labour is presumed to take a specified amount of time, and intervention occurs if any woman starts to deviate from the accepted norms. Dunn cites a list of 23 complications of induction of labour or augmentation with synthetic oxytocin and the analgesia which is almost always needed to combat the greater pain of induced contractions. He adds: "Even if each complication was rare this would still be a frightening list. Alas, many are relatively common. The increase in cesarean sections following failed induction is well-known, and Liston and Campbell found a twofold to threefold increase in fetal distress and low Apgar scores (a rating system for newborn's health) in association with amniotomy and oxytocin infusion. Furthermore, six times as many infants require special care. Where were the

ched low-risk population of using conventional labour and delivery rooms with routine interventions (i.v., fetal monitoring, analgesia) and alternative birthing rooms with almost half of births midwife attended, no routine interventions, food and drink taken as desired and very little analgeisa with the following results:

	Birthing room	Conventional labour and delivery rooms
Failure to progress	5.2%	18.3%
Cesarean section Fetal distress	2.8%	9.2%
diagnosed Meconium staining (sign of possible	0.%	5.3%
fetal distress)	2.3%	11.9%
Complications	8%	21.6%

An example of interfering in the complex process of labour is the routine starting of an i.v., a common practice in many North American hospitals. Although it seems harmless enough it is

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all too often the beginning of an intervention cycle which becomes increasingly dangerous, leading to more intervention. If glucose is substituted for light eating in early labour and labour is prolonged, the mother can develop metabolic acidosis, leading to fetal distress. The artificial rupture of membranes can also deprive the baby of oxygen s/he might have if the mother were in a position conducive to birthing such as upright, on her side, or crouched.

Dr. Robert Caldeyro-Barcia, past president of the International Federation of Gynecologists and Obstetricians has stated that "except for being hanged by the feet, the supine (on the back) position is the worst conceivable position for labour and delivery."

Dr. Michael Odette of Pithiviers. France has based his obstetrical practices on the Leboyer principle of gentle birth. Not only has this improved safety, but three-month colic, a very common problem in Canada, is almost unknown in these gently birthed babies. Odent is most interested in ensuring that mothers and babies have the best environment possible in which to greet each other. No analgesia or anesthesia is used but the mother is free to assume whatever position makes her most comfortable. Odent has found that mothers will instinctively choose a position which will help the baby move down the birth canal. The most common delivery position is a supported squat and many breech births are safely conducted in this position. Forceps are rarely if ever used and the vacuum extraction is used only about 8 per cent of the time.

A popular argument used to justify intervention in birth is that perinatal mortality statistics have improved over the years. But Sheila Kitzinger, a noted British social anthropologist and childbirth educator believes that attributing the reduction in perinatal mortality to obstetric skill confuses association with cause and effect. "It is not exclusively or predominantly new obstetric techniques which are responsible for the drop in mortality but a rise in the standard of living." Kitzinger adds: "In all those countries where obstetricians have taken over maternity care and the midwife has either virtually ceased to exist, as in the U.S.A. (and Canada), or where her status and responsibility have been reduced to that of an assistant to the obstetrician, the perinatal mortality rates have not been reduced so rapidly as in those countries where the midwife has high status and personal responsibility for the conduct of labour." Given the track record of hospital births, it is surprising that the movement for midwives isn't larger than it is. In a U.S. study which compared 1.046 home and 1,046 hospital births. Dr. Lewis Mehl found no difference in mortality rates. but an alarming difference in intervention. Three times as many cesareans happened with the hospital mothers; forceps were used 22 times more frequently and there were ten times as many episiotomies in the hospital. Eleven per cent of the hospital women were left with severe tears and there were three times as many cases of post partum hemorrages. None of the home births resulted in child injury but 30 of the hospital babies were injured, including one fractured skull.

Some physicians feel induction of labour should not be undertaken unless the only alternative is elective cesarean section. Others are a good deal more casual about it. Although current medical wisdom suggests that any pregnancy which goes beyond 42 weeks is a cause for worry, at least one study indicates this may not be so. A normal pregnancy lasts from 38 to 42 weeks and therefore a woman is not "overdue" until 42 weeks plus one day. An ultrasound fetal assessment can be done and a woman who is believed overdue might be well advised to insist on an assessment before agreeing to induction. It might be a good idea to get a consultation with another physician as well (one your physician does not work with) as this whole area is still fairly controversial.

Midwives have known for centuries that a mate's loving touch is an excellent stimulant for labour. Prior to the mechanization of childbirth, natural methods of induction including breast and nipple stimulation were used by birthing women and midwives. Some still do. Women have also been known to induce their labour by nursing a young baby.

nother birthing decision most women face in hospital birthing is whether any drugs should be used. Pain-free labour is unfortunately a rare event, and for women who are not accompanied by a labour coach or midwife, drugs can replace the emotional and physical supports that a labour companion provides. And while there seems to be ample evidence that drugs can harm the baby and interfere with bonding between mother and baby, a hospital setting in itself is usually one in which intervention is standard practice, further increasing a woman's chances of needing or wanting drugs to cope with labour pain.

A good substitute for drugs is constant emotional support. Two American physicians Klaus and Kennell, did a comparative study in 1980 on women who laboured alone and women who laboured with a supportive companion. Those who laboured alone had longer labours and twice as many perinatal problems or interventions as the others. Just as important, the mothers who had emotional support displayed much more maternal attachment at their babies' births.

A Task Force convened by the National Institute of Child Health and Development in the U.S. concluded that electronic fetal monitoring makes no difference to fetal outcome in low-risk births. In spite of this, fetal monitoring continues to be relied upon in most North American hospitals. There are two major problems with fetal monitoring; it limits movement of the mother, and often gives false signs of distress, leading to even further intervention. One study on 690 high-risk mothers found there was no difference in fetal outcome whether the mothers were monitored electronically or ausculated, (having a labour nurse listen to the fetal heartbeat with a fetoscope). However, the cesarean section rates in the monitored group were as high as 17 per cent compared to 6 per cent for women who weren't electronically monitored.

External monitoring, which at least does not cause infection, carries a risk of compressing the baby's umbilical cord, because the external monitor picks up the fetal heartbeat better if the mother lies almost flat on her back. The weight of the uterus is then resting on the mother's large blood vessels, which reduces blood flow to the fetus. One reason for cesarean section is that the baby is suffering from fetal distress due to cord compression. The external fetal monitor, which is an ultrasound transducer. has also been linked with neonatal jaundice and is up to 43 to 66 per cent inaccurate because it picks up all kinds of other sounds in the mother's abdomen. In addition, it can also actually reverse the signs of fetal distress. thus indicating distress when there is none or worse, indicating all is well when it's not.

In order to avoid some of the intervention later on, you can daily assess the health of your baby by keeping track of its movements. A midwife, nurse, or doctor should be able to show you this simple technique.

If you are low-risk, think carefully before agreeing to electronic fetal monitoring. This is a good reason for your labour companion to be equally well-informed. The risk and disadvantage of EFM in the low-risk birth probably outweighs the benefits. Also, your

called an amnioscope used in Europe to visualize the membranes without rupturing them but this seems to be unknown here. Artificial rupture of membranes is also believed to speed up labour and can change the quality of a woman's contractions so drastically that she will find it difficult to handle them without analgesia. However, Caldevro-Barcia did a study and found it to shorten labour by only 30 to 40 Left alone, membranes minutes. will frequently not rupture until at least 9 centimeters of dilation, however doctors comonly rupture membranes at 4 and 5 centimetres.

# A good substitute for drugs is constant emotional support.

doctor might not mention this, but what s/he calls a "clip" is actually a miniature corkscrew which will be screwed into your unborn baby's scalp. It can cause abscesses (I in 20 to 25 babies) and your baby could end up with a permanent bald spot. If there are serious risk factors in your pregnancy, you might want to consider being electronically monitored. There is as yet no proof from randomized controlled trials that monitoring is beneficial though, but ultimately the choice should be yours.

Artificial rupture of membranes is another common interventionary practice in present day obstetrics. Every pregnant woman should be asking her physician his/her views on this. Different physicians rupture membranes at various stages in labour for various reasons. It is an easy way to check for meconium (a substance in the bowel of newborns) if there is any suspicion of fetal distress. There is an instrument

outine episiotomy has also come to be questioned not only by women but also by midwives and obstetricians. Episiotomies are done in the case of a forceps delivery but even with a spontaneous delivery they are very common, particularly in women having their first baby. The theory behind episiotomy for a spontaneous delivery is that it prevents tears and is much easier to repair. The clinical evidence is lacking, however Lewis Mehl in his comparative study of home birth and hospital birth in California found a 10 per cent incidence of third and fourth degree lacerations with an episiotomy and no tears of this seriousness in those women who did not have episiotomies.

Whereas an episiotomy does shorten the second stage of labour, there is no evidence to suggest that for the normal baby this is of any benefit. Caldeyro-Barcia has demonstrated that it is not a long second stage of labour per se which can distress a baby; it is forceful pushing and prolonged breath-holding by the mother. He found that if mothers squatted with each contraction and pushed only as they needed to, little muscular effort was required and though the second stage of labour took as long as 2 hours, the baby emerged in excellent condition. He also noted that since the perineum had much more time to stretch the need for episiotomy was markedly reduced.

Sheila Kitzinger, in one of her studies

force, however many cesareans only become necessary because of medical interventions performed in the earlier stages of labour.

#### Alternatives for birthing women

In North America, many birthing parents, childbirth educators as well as members of the medical profession are beginning to see that an entire generation of women have been robbed of their births because of medical intervention. It is hard to believe that 16 per cent of women cannot give birth vaginally, especially when low and mid-forceps deliveries have retained their populari-

Lt is hard to believe that 16 per cent of women cannot give birth vaginally.

found that women who had perineal tears, even third degree tears, were more comfortable 7 days later than women who had episiotomies. And, interestingly, when physicians in Point Reyes, California began attending home births, they started out with a 40 per cent rate of tears which gradually decreased as they began to use the techniques of the lay midwives — perineal massage done by the couple for at least a month before the birth and slow controlled delivery of the baby's head.

Cesarean section is a potentially valuable technique for the rare birth which could otherwise result in a maternal or a fetal death, but much of the increase in the cesarean section rate over the past 20 years has been attributed to the fact that doctors will no longer attempt a risky high forceps delivery because cesarean section is much safer. No one would argue for a return to the good old days when so many babies were dragged out of drugged mothers by ty. In Holland, both vacuum extractions (used instead of forceps) and cesarean sections are considered "artificial deliveries" and both put together are less than 15 per cent.

A popular reason given for cesareans is the diagnosis of "failure to progress", which places the blame squarely on the mother's shoulders. Failure to progress (also called dystocia or relative cephalopelvic disproportion) accounts for about one third of cesareans. The term has been criticized for its vagueness and seems to mean that the doctor may not be sure why but the woman doesn't seem to be able to bring her baby down within certain time limits. Often the mother will be told her pelvis is too small or the baby is too big, when in fact, women who have had cesarean sections for this diagnosis are known to be able to give birth to even bigger babies in subsequent pregnancies.

Most women having had one cesarean accept elective cesarean section in a se-

cond birth because they are convinced of their body's inability to give birth vaginally. So conservative a body as the American College of Obstetricians and Gynecologists has stated that any woman who has had a cesarean section for failure to progress or for fetal distress should have a trial of labour in a subsequent pregnancy. Vaginal birth is still safer than elective cesarean section for the mother.

▲ f your physician refuses to give you at least some of the birthing options you feel are important, it's time to go doctor shopping. A supportive healthcare practitioner who believes in woman-centred birthing is a first step. Many pregnant women like to have their labour companion meet with person who will be attending their birth. This reinforces the supports a woman will come to rely on when she gives birth and helps establish pregnancy and childbirth as a process of supports and guidance.

The choices you make about who will attend your birth and where the birth will take place will likely be at least partially determined by where you live and the services available in your area. Generally speaking, metropolitan centres will have more alternatives in birthing practices and health care. although some provinces are making headway into providing more womancentred, alternative style options than others. The Grace Hospital in Vancouver is now using nurse-midwives to follow women through their pregnancy as part of a pilot project. Edmonton may also have its own nurse-midwifery hospital project soon. In Ontario a number of midwifery organizations are lobbying to get midwives licenced in that province. They want the right to practice independently of doctors, which they say would save Canada 8.2 million in health care costs.

Canada remains the only western industrial country and one of nine World Health Organization members (out of 210) with no midwife provisions.

Because of our publicly funded health care system, we tend not to see ourselves as consumers of medical services. We don't think we have a right to question or criticize. But we are consumers and we need to become assertive and wellinformed if birthing is ever going to be tress, what is it? We use this word as part of our everyday vocabulary and stress, or the effects of stressful events, seems to pervade our lives, either overtly or insiduously.

Often the link between sources of stress, (i.e. our environment, our thoughts and our feelings) and our attempts at coping, our behavioral responses are poorly understood. For example, caught in congested traffic, late to pick up the children from daycare, no time to go to the bank or pick up extra groceries, is it any wonder we finally collapse and think we need, or respond automatically with — a cigarette, a coffee, a sandwich, a drink, or a valium? These coping responses, only lead us deeper into the stress syndrome.

For the past 18 months I have had a private social work practice in Winnipeg, seeing clients who present a multi-various range of problems. I see people who experience anxiety and need to build self-esteem and confidence. I see people who have maladaptive responses to loss or rejection; I see people who want to make specific behavioral changes such as quitting smoking or tackling the problem of weight loss, or I see people who say they just feel stressed, pressured, tense. Different presenting problems, but in many cases the issue comes down to one thing, learning to cope better with stress.

It is as though it has almost become a norm to reach for something external to smoke, eat or swallow in order to try to make ourselves feel good, take a break or give ourselves a reward. We say to ourselves, for example. "I need a smoke," or "I need a coffee," (thinking that the cigarette or drink is what we really need), without awareness of the function which the cigarette or drink serves. Part of what I counsel is that before reaching for external things, we should ask ourselves the question, "What do I really need, what is going on with me at this time?" It might be that the need is to release some tension, or to release concentration and take a break, or to deal with a feeling such as frustration or boredom. These are our real needs if we will recognize them, and with the recognition we can begin to develop new, healthy, appropriate responses.

## with everyday stress.

and live

**Christine Skelton** 

#### HERIZONS

Changing automatic patterns of thinking and responding takes work, commitment, practice; it is a learning process — learning that the resources to meet all our needs are within ourselves. My work is to assist this learning process, to help people be in touch with real needs and their own inner resources to cope more effectively with stress.

In the last few decades a lot of research and writing has gone into the subject of stress and its management. Dr. Hans Selye, one of the earliest researchers wrote a book entitled "The Stress of Life." in which he defines stress as simply the rate of wear and tear on the body. Other authors describe it as, "feelings of pressure or tension." The Relaxation and Stress Reduction Workbook, describes it as any change that one must adjust to.

A collage of definitions, stress is a concept with different meanings to each and every one of us. Yet it is clear that stress is an unavoidable fact of life, we cannot escape it and a certain amount of stress can be functional. Although we normally think of stressful events as negative (illness, accidents, natural disasters etc.), a stress response can also result from positive events such as buying a house, a career promotion, or falling in love. The functional aspect of stress is that it pushes us to take on new responsibilities, to discover new potential for personal growth.

Although I am aware of all the attempts to define stress, the approach that I like the best, and the one that I tend to work with in my practice is to view stress as a syndrome; the interaction on environment, negative thoughts and physical responses which generate subjective distress.

This view of stress has its roots in cognitive theory as espoused by Aaron Beck and Abert Ellis. The authors of "Thoughts & Feelings — the Art of Cognitive Stress Intervention," put it this way: —

"your emotional reactions are a result of the way you structure reality. If you are anxious, [Bechellis] suggest it is because you are interpreting events as dangerous. If you are depressed, it is because you persevere in seeing yourself as the victim of loss. Anger is produced by perceptions that you are suffering abuse and are the victim of injustice. Each painful emotion is created by a particular negative thought."

For example, there is an increase in interest rates and your mortgage needs renewing; you think, "this will ruin me, I'll loose the house," your heart pounds, blood pressure raises; the result is anxiety. Often the more the body is aroused on a physiological level, the greater intensity of negative thoughts, and stress.

As we have no control over such issues as rising interest rates, intervention on a therapeutic level can either be in changing negative thoughts, calming physiological responses or both.

Learning to tolerate stress is a counselling process. Intervening at the physiological level means teaching body awareness and relaxation techniques. I also try to increase awareness of the relationship between stress and susceptibility to illness. It is important to understand the physiological toll of stress as for years we have known that illness is more likely to occur following highly stressful events.

The physiological responses to a perceived threat were researched in the 1930's by Dr. Walter Cannon who described what is known as the "fight or flight" response. The task of the nervous system in a perceived threatening situation is to prime the body to escape or defend itself. The problem in modern society is that, apart from major natural disasters or tragedies, the perceived threats to well-being are much more subtle and insidious and the option to fight or escape is considered socially inappropriate. We are berated by the boss, but being in a powerless position we resist the urge to walk out on the job. We uncomfortably take the criticism, we are overriding our natural reflexes.

Within limits this does us no harm, but then tension and anger are held within the body and mind, there is a negative cumulative effect on both body and mind — this is called chronic stress and can lead to physical or mental breakdown.

Chronic stress builds from a continuing series of small stressors. Perhaps it is not so much the major adjustments such as a separation from spouse or loss of job that cause most stress but rather the accumulation of gradual domestic or psychological problems that follow the loss. Sometimes this is called "the snapped-shoelace effect" or "the straw that broke the camel's back." An article in the June 6th issue of Time magazine illustrates this point. It cites surveys in which police sergeants in Houston groused about paper pushing more than physical danger and air-traffic controllers complained more about mun-

## stress is an avoidable fact of life.

dane matters of management, shift | schedules and irrelevant chores rather than the strain of guiding heavy air traffic.

Most of us can identify with this effect. As the immunological system is weakened, the body becomes more susceptible to infection and diseases, even cancer. Normally the body would eliminate a mutant cell, but if the system is dysfunctional, the cell may take hold and develop into a tumor.

The important point is that stress does not cause illness, but chronic stress seems to wear down the body and promote the disease process.

However, it is interesting to note that two people may experience exactly the same sequence of stressors, one person may develop anxiety, hypertension, fatigue; the other may be symptom free, a well-adjusted individual. How is this so? There must be other factors and effect the way we respond to stress.

Drs. Meyer Friedman and Ray Roseman identified certain personality factors and gave the label "Type A" personality to those people who demonstrate obsessive-compulsive, competitive, sometimes perfectionist characteristics — i.e. the type of person that tries to accomplish too many things and gets irritated by trival things; those who exhibit signs of struggle against time and other people. Type A personalities have a greater risk of heart disease and stress related symptoms; they respond differently to stress than do calmer people classified as Type B.

Other research, described in Time magazine has focussed on groups known to enjoy remarkable good health and longevity e.g. Mormons, nuns, symphony conductors and women listed in America's "Who's Who." It seems that factors such as "pride of accomplishment," or "productivity" or even an abstraction such as "faith" may play positive roles in the diminishing of illeffects of stress. Affection is another factor that promotes well-being: statistics show that widows die at rates 3 to 13 times as high as married women, even people with pets seem to have greater well-being that those without.

Therefore, some of the personal factors that help to minimize negative effects of stress are:

- a) a sense of being in control of one's life;
- b) having a network of friends or family to provide affection and social support; and

c) attitudes such as hopefulness and flexibility.

As a counsellor, I feel there are three elements to coping with stress: body awareness and the passive release of tension through forms of relaxation training such as meditation or selfhypnosis, exercise, and nutrition.

My stress management sessions have a discussion/counselling component and a relaxation component. When I talk about relaxation I do not mean, flopping on a chair watching T.V., I refer to the practise of regular quiet time where you allow awareness to drift or shift, allowing yourself to slip into what is commonly called "the relaxation response." This term was coined by cardiologist Herbert Bension who studied the physiological effects of Transcendental Meditation(T.M.) and showed that the meditation experience produced a decreased heart rate, lower blood pressure, reduced oxygen consumption and an increase in alpha brain waves. Meditation, says Benson, sets off"a builtin mechanism - a mechanism that is the opposite of the fight or flight response". These positive effects are not exclusive to T.M. - the relaxation response can be induced by a quiet environment, an object to focus on, a word, a sound, a physical object or physiological function (e.g. breathing) or a passive attitude; a willingness to let go of self-consciousness, a willingness to let go of troubled thoughts.

It is difficult to describe the meditative experience, for it is a unique personal experience.

Many people ask me to explain the difference between meditation and trance induced by hypnotic techniques. My personal answer is that all hypnosis is essentially self-hypnosis, for the subject must allow his/her awareness to shift: thus the similarity with meditation. The difference that I would make is that hypnotic trances, especially guided trances, usually have a purpose in terms of specific changes in thoughts, feelings or behavior e.g. to stop smoking. However, both meditation and hypnosis allow for the quiet discovery of inner resources and trance combined with creative visualization is a powerful tool for relaxation and self-healing.

Guiding meditation draws on Eastern philosophy, letting people learn the lesson that to let go does not mean the loss of control, it only means the loss of physical and mental tension; that which makes things tight, constricted and at best only provides a tenuous control. It is unfortunate that we have such phrases as "pull yourself together," "get a grip on vourself." because the implication is that tightness begets control. What the Eastern Yogis have taught us is that we can have a perfect control over mind and body if we touch our own inner reservoirs of calmness: we have within ourselves all the resources to be everything we want. The power of the imagination is also one of the most powerful resources. Using the imagination creatively and positively can change our mental or physiological state.

It is not exactly clear how this works but dramatic results have been achieved especially by radiologist Carl Simonton and Stephanie Matthews-Simonton. They have utilized relaxation and visualization as supplementary treatments to medication and chemotherapy to help cancer patients promote their own remission or prolong prognosis. They ask the relaxed patient to imagine a shape or colour symbolic of the cancer cells. Then in the imagination the symbolic shape or colour can be changed, made smaller or fainter, or tumor cells can be overcome by healthy cells as though hunted down by whiteknight defender cells. The same technique is also used for chronic pain and seems to stimulate the body's own healing resources.

Three other techniques of relaxation are also taught extensively in stress management programs: autogenics, progressive relaxation and biofeedback.

Autogenics, developed by Johannes H. Schultz is the induction of the relaxation response by self-suggestion. Words such as "warmth" or "heaviness" are repeated until the associated feelings are manifested, thus breaking into the whole chain of physiological changes associated with relaxation. Again, passive concentration is the key; phrases such as "I am at peace with myself and fully relaxed. My heartbeat is calm and regular, my limbs heavy and warm," are typical autogenic suggestions.

In progressive relaxation, specific muscles are contracted and released on the premise that one cannot have the feeling of warm wellbeing in the body and at the same time experience psychological stress. Thus muscle tensing, followed by a conscious effort to relax the muscles allows for clear

cont'd on page 44

was released in June 1983 with 98 recommendations, 17 of which pertained to nursing. Among these were changes in nursing administration and a change to the unit-dose

system of administering drugs. Because the murderer had not been found,

the Hospital for Sick Children requested a special investigation. Subsequently the Atlanta Center for Disease Control was retained. They concluded that 28 of the 36 deaths during the

nine month period were suspicious. After reviewing the Dubin Report, the

Atlanta Report, and a report from the police about their investigation, Attorney General Roy McMurtry said further charges would not be laid at that time. McMurtry then called for a public inquiry which was created through an order-in-council. The Inquiry, headed by Justice Samuel Grange of the Ontario Court of Appeal, began sitting on May 31, 1983. The Inquiry has two functions or phases: firstly to determine how and by what means the children came to their deaths and secondly to examine the conduct of the police and why they charg-

ed Nelles.

## **Digoxin Story**

There were four babies who showed extremely high Digoxin readings even though they were not prescribed the drug. According to the testimony presented at the Inquiry, the Digoxin issue is far from clear. Experts have

• Digoxin is released from tissues into the testified that: blood after death at a level that is one to four

- times the level before death. • Digoxin is stored in tissue at a level of 50 to
- 1,000 times the storage level in blood. It can be even more concentrated in exhumed

• Substance 'X', a Digosin-like substance is

produced by the body in newborn babies However, expert testimony revealed that the highest level of this substance known to da is 4.1 nanogram per millilitre. The dea babies had Digoxin levels ranging from to 1,1000 nanograms per millilitre.

are permitted. It is a far better soap opera than General Hospital, mainly because it's based on real events and real people. But, what most people fail to realize, is that in a hearing, incriminating evidence is admissable without the safeguards and protections present in a court of law. There have been accusations about the media coverage, reprimands from Commissioner Grange about nurses speaking out, statements taken out of context, cameras zooming in on a nurse breaking down. Peter Truman, managing editor of Toron-

to's Global News, in responding to criticism of the media coverage, said, "I don't mind telling you I have never been involved in anything so unfair or damaging to innocent people in 39 years of journalism. But it is the terms of the inquiry which are responsible, not

There had been a series of deaths on the carthe news coverage."

diac ward at the Hospital for Sick Children beween July 1980 and March 22, 1981. It appeared that these deaths were more than a coincidence. Police were called in to investigate on the week-end of March 21, 1981. Four days later, on March 25, 1981, Susan Nelles was charged with the murder of one of the babies, and a few days later with the murder of three more babies. On May 21, 1982, Nelles' 44 day preliminary hearing ended, with the charges being dismissed for lack of evidence. At Nelles' preliminary hearing, Judge

Vanek concluded that murder had indeed occurred at the hospital. Someone was murdering babies with massive overdoses of Digoxin. After Susan's case was dismissed by the court, the police resumed their investigation which continued throughout the summer of

By order-in-council from the provincial government in June 1982, the Dubin Commit-1982. tee reviewed the management and administration of the hospital and the quality of care and treatment of patients there. The Dubin Report

a scapegoat Reprinted from Healthsharing, Summer 1984. Betty Burcher, R.N., Lisa McCaskell, R.N. TORONTO - Her striking hand-painted sign - Nurses Against the Witch-hunt at the Grange Inquiry — makes her stand out in the crowd at International Women's Day. The bold and vivid lettering of her sign contrasts with its bearer who speaks very softly to the reporter, "I just don't think that the Grange In-

In Search of

quiry into the deaths at the Hospital for Sick Children is actually unravelling what happened there. Instead, it seems to be based on the supposition that the murder was committed and

It is not just nurses who feel this way. Some that the culprit is a nurse."

months back, Orland French of the Globe and Mail wrote in an editorial: "It's the style of the (Grange) Commission which causes nervous shivers. It's a Royal Commission to discover the facts but it reads and sounds much more like a trial without an accused. Those types of trials used to be called witch-hunts.

In March of '81, headlines screamed across the daily newspapers that a murderer was killing babies at the prestigious Toronto Hospital for Sick Children. One whiff of murder and the public was stunned. A few days later, when a nurse, Susan Nelles, was charged with murder, nurses everywhere reacted with disbelief and horror that a colleague had been charged. For nurses it hit too close to home -

"My God, it could have been me!" Nurses and non-nurses are stunned and confused by the media hype and sensationalism

associated with the Grange Inquiry. Because the Grange is not a court of law, TV cameras

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# DAILY NEWS, AUGUST 1984

during resuscitation, how valid and reliable are the Digoxin readings?

## Atlanta Report

The highly esteemed Atlanta Report must

also be put in perspective. The authors of this report categorized the 36 deaths at the hospital into three groups: A -the most suspicious; B -those deaths which occurred between 12:00 and 6:00 a.m.; C -all other deaths. They also looked at which nurses had been on duty at the time or within four hours of these infant deaths. What caused a media uproar was that one nurse had been associated with all 28 category A and B deaths. They were able to make these associations with nurses because they had detailed records of their work hours; the same records do not exist for other hospital

When the Atlanta authors did testify, they were challenged on many bases. What became personnel.

apparent during cross examination was: • That the authors had an expectation bias

when they began their study, i.e. they were trying to prove murder. The consultant pharmacologist who was one of their experts was also retained at the same time by the Metropolitan Toronto Police to assist them

in their homicide investigation. • They failed to determine all of the other possible people and hospital personnel who

had access to the children during the

• The report merely shows the coincidence between nurse Phyllis Traynor, or other

nurses and deaths; it does not provide a cause and effect relationship. The first rule of epidemiology is that association does not

Such serious methodological flaws may prove cause. render the conclusions worthless. There are no categorical answers about the role of Digoxin or whether or not 28 of the babies can actually be considered suspicious deaths. Nonetheless, nurses remain suspect. Is murder a foregone conclusion? Certainly

when we look at 28 or 36 suspicious deaths, it is hard to imagine that everything that ocurred is coincidental. However, if the number of suspicious deaths decreases to three or four or six or seven, then events which occurred

Digoxin peaks in the bloodstream immediately after administration, so timing of blood samples is crucial. If a sample was taken immediately after an intravenous administration of Digoxin it would be in the range of 500 nanograms per millilitre and would fall off to about half that level within two hours and more slowly after that. There have been some explanations about the four babies in particular who registered sky-high Digoxin level readings. One sample was determined to be contaminated. Two others were taken from exhumed tissue and the sample from one baby was taken right after a resuscitation effort. The unknown is how very ill newborns metabolize Digoxin. Coupled with the timing of blood samples, Digoxin released from tissue and the action on the heart

# DAILY NEWS, AUGUST 1984

may not seem so extraordinary. Despite the lack of clear-cut evidence, nurses remain the prime suspects.

## Why nurses

In April, Susan Nelles was asked by the Grange Commission laywer, Paul Lamek, "Do you have any idea why so many children who were assigned to you died during your shift?" Susan responded, "I was the most senior nurse on the team, hence I was assigned the sickest babies." Nurses are suspect because they were in the proper place fulfilling their responsibilities as nurses. Because they have the most contact and the most responsibility for patients in their care, they become vulnerable

Why else are nurses suspect? In the hospital hierarchy nurses are not very powerful. targets. Historically, nurses have not been a very cohesive group. Odd working hours (twelve hour shifts and shift work) have made it easy to divide nurses. Nurses are not like doctors who are known to close ranks quickly and pro-

During the police investigation and the intect one another.

quiry into the baby deaths, the police did attempt to divide nurses. Nurses, socialized to be compliant and always willing to please, were led to speculate about each other by expert interviewers. And they were very naive about their rights. At that time, the Hospital for Sick Children nurses did not retain their own counsel but instead relied on the hospital

lawyer. In fact, when the police came to interview Susan Nelles, she alone requested to speak to her lawyer before talking to the police. This was widely reported in the press; it was assumed that anybody who wanted a lawyer had something to hide. Nurses have learned the hard way that innocence does not mean you don't need a lawyer.

## The outcome

Ironically, the Inquiry into the deaths at the Hospital for Sick Children led to positive changes in the nursing profession. The Registered Nurses' Association of Ontario has achieved considerable prominence in this affair. The Association has standing at the inquiry and is playing an assertive and active role

The Inquiry has succeeded in pulling nurses together across this province, even across the there.

country. More nurses are critical of what they read in the media and what they hear about the events at the Inquiry now than ever before. Where will nurses go from here? What will

be the impact on all health-care workers? Could the Grange Commission have been more effective if organized differently? Should the media and the public be allowed into inquiries of this kind? Which is more important - the rights of the nurses and other witnesses testifying at the Grange or the public's right to know what is happening there? What really

happened at the Hospital for Sick Children? These and many other questions remain

Regardless of the outcome, nurses are learunanswered. ning they can overcome obstacles by being a

solid force of strength.

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## HERIZONS

#### No Other World

The subway's noise stops and the blunt crowd wants out. Inside the doors this cry rips through the car, the inhuman sound of a baby crying.

Take this woman, she now has a sixteenyear-old she gave away, one of the teenagers restless on someone's front steps, expecting a blue Buick to come round the corner, ready to give anything away.

And this other one, alternate, one who has a thirteen-year-old ghost, a girl or boy whose growth she stopped observing six or even seven years ago. Is it in uncertainty that every kind of grief ends. The child erased in the pain for the child; the other woman erased in our common pain for her.

These are tough things we've done our mothers didn't do; we live like men, not innocent, choosing to give up a child or choosing not having it born. Since there is no other world, we try for a clean break, live with the ones who are alive, whatever sound they give.

© Rhea Tregebov

It has always been you say part of my image of myself to be married to you. Tough turd. It has never been I reply part of my reality to be part of your image. Goodbye.

© Julie Van Gorder

#### Night Rain in Cusco

Tin roofs talk Sky slices itself with light Rain chant on rocks Pebbles, repeat Softened chorus

Warm lips, moist Open, cloud-gentle,

Harboring rainbows We hold our adieu, our pain Till dawn

© F.H. Eger

### Love

Hand Beside yours you may not touch now thigh near almost brushing you may not press deep oh now eyes smiling towards you you may not not leap to drown in no

words you lightly toss through the long space between you never confessing your loss oh lost lost

© Susan Spratt

## 'article 23 n'évite pas aux Franco-Manitoba

## baines de souffrir d'une double minorité

#### **Louise Cloutier**

On a beau y penser par une belle grande fin de semaine de la fête du Canada, la connection mentale ne s'effectue jamais. C'est-à-dire jamais tout à fait comme on la voudrait: proprement, sans contradiction pour venir compliquer les choses davantage. Pourtant, à travers le folklore de l'occasion, on ne peut s'empêcher de retrouver, flottant légèrement dans l'air, une espèce de lien désavoué entre femmes engagées dans le mouvement féministe au Manitoba. C'est vrai.

Juives, Noires, Asiatiques, Francos, Anglos, Indiennes, Blondes ou Rousses...Elles veulent toutes s'en sortir. La connection primaire: ÊTRE FEMME. Le désir social commun: L'ÉMANCI-PATION.

## L'UNION FAIT LA FORCE

Dans le mouvement de la femme au Manitoba, on ne saurait contredire que l'union fait la force. Mais la force des choses fait en sorte que cette unité primaire des femmes, (parce qu'elles sont femmes), s'écroule comme un château de cartes mal équilibré dès que l'on entre dans la diversité culturelle manitobaine. Pourguoi?

L'Indienne ne voudrait surtout pas retourner avec son nouveau statut dans sa société maternelle avec l'idée incongrue que le féminisme et la solidarité des femmes blanches soutiendra son émancipation. Fausseté. La femme noire sait très bien que le féminisme de la

> SEPTEMBER 30

femme blanche n'empêche pas son patron de lui imposer le salaire minimum sans aucun avantage social. Là aussi. la discrimination est une arme à double tranchant! La femme asiatique le sait elle aussi. Celle que l'on fait venir au Canada comme une bonne bête de somme, pour manger la suie des manufactures winnipégoises, et se crever les yeux à piquer les nouveaux designers jeans pour les enfants de ses soeurs blanches plus fortunées. Tout comme la femme franco-manitobaine le sait très bien aussi. Le féminisme tel qu'il semble s'actualiser au Manitoba ne peut pas les toucher, les animer et leur offrir quoi que ce soit.

#### Et pis après...

La perspective est dure, il faut l'admettre. Mais elle n'exclut pas une compréhension mutuelle entre femmes. Et c'est là que la connection mentale se complique à en devenir dérisoire. Commençons simplement.

Dans un pays d'une race, d'une langue et d'une religion, les choses vont bien. Les possibilités d'ententes entre femmes sont nombreuses puisque la diversité des groupes n'existe pas. Les suffragettes britanniques ont eu beau jeu au tournant du siècle. Les Nellie McLung aussi. Car le vote s'adressait tout de même à "un certain type de femmes". Pour les autres: la question ne se posait même pas!

Même dans cet environnement "idéal", le féminisme, en 50 ans d'histoire au XXe siècle, a dû admettre des dichotomies dans son évolution théorique. La grande responsable: Simone de

"Feminism is a plurality of thought as to what women can all be. But, it is a singularly intransigent unity of action in affirming a downright principle of life and thinking that women and men are created equal and are as such equally good and bad."



Beauvoir. Malgré la noblesse de ses nombreuses échappées philosophiques en territoire du féminisme international, Simone n'a pas pu s'empêcher de retomber raide sur les parquets des usines françaises, où se crevait la grande majorité de sa main d'oeuvre: *les femmes pauvres*. C'est un peu le scandale de la pauvreté intellectuelle des femmes qui a fessé entre les deux yeux notre pauvre Simone...Car il faut bien dire que les femmes en France, comme celles au Canada, n'étaient pas des habituées des grands ''hall de Learning'': les universités!

Ce qu'elle en a écrit notre existentialiste féministe préférée! Des papiers, des documents, des critiques au gouvernement de l'époque sur la malpropreté du traitement social des Françaises. Simone a dû finalement reconnaî tre que l'argument existentialiste ne tenait plus. Et que le féminisme, sans être existentialiste outre-mesure, devait admettre à tout prix les thèses plus humaines des féministes française DE GAUCHE... MÊME DANS UN PAYS D'UNE RACE. D'UNE LANGUE, ET D'UNE RELIGION. LES CLASSES SOCIALES EXISTENT ET LEUR LUTTE D'ÉGALITÉ DOIT ÊTRE LA FORCE MOTRICE DU MOUVEMENT DE LIBERATION DE LA FEMME.

C'était là le grand choc des féministes européennes. Elles ont tout de même su intégrer, au cours des années 70, une perspective féministe à société européenne qui admet la pluralité de la pensée sociale en matière de politique, culture, langue et religion. Pouvons-nous en dire autant du Canada? Que dire du Manitoba?

#### ET PIS APRÈS?... LE REFERENDUM!

LE FAMEUX 80% en faveur de l'unilinguisme dans le référendum de la ville de Winnipeg d'octobre 83 COMPTAIT AUSSI DES FEMMES. Quand le rejet est trop grand, il vaut mieux ne pas connaître la proportion de nos soeurs manitobaines qui se sont prononcées contre l'égalité linguistique./ Pourtant, notre connection primaire est pure: nous somme toujours des femmes (même après la Cour suprême), des femmes manitobaines. RIEN NE VA PLUS!

#### LE RAPPROCHEMENT NÉCESSAIRE

Deux raisons viennent expliquer le fait que le mouvement féministe du Manitoba ne se soit pas prononcé, mais pas du tout, dans toute cette triste histoire de l'article 23 au Manitoba.

#### La première raison.

D'abord, appelons un chat un chat. Le mouvement de la femme au Manitoba connaî t son plus grand succès auprès de la clientèle majoritaire. Ce n'est que depuis les deux ou trois dernières années que l'on entend parler de représentantes francophones dans les grands organismes gouvernementaux ou communautaires qui s'occupent du statut de la femme.

Malgré cette nouveuté, la sensibilisation au statut de la femme francomanitobaine s'effectue par tâtonnements. Non pas que notre representation soit faible, mais plutot que le visage de la femme dont le statut preoccupe tous ces conseils a toujours la peau blanche et parle Le sourire des femmes engagées de plurielles. Réunion annuelle 1983. (Photo: gracieusté de La Liberté).



Le problème de la violence contre la femme préoccupe les membres de Réseau. Journée Femmes-Action-Sauté, avril 1984. (Photo: gracieusté de La Liberté).



anglais. Quand nos représentantes au Conseil consultatif canadien de la situation de la femme, au Manitoba Advisory Council on Status of Women ou au Manitoba Action Committee on Status of Women parlent de l'urgence de développer des services de soutien et des services communautaires pour les Franco-Manitobaines, la réaction reste la même. On écoute poliment. On sympathise. On essaie de comprendre. MAIS dans le "CRUNCH" de la décision politique finale, la question de l'égalité linguistique, et toutes celles qui découlent de la spécificité sociale des Franco-Manitobaines, ne font jamais 'L' ORDRE DU JOUR'.

C'est immanquable. On en revient toujours à une question de POUVOIR. Car c'est bien le *pouvoir* qui fixe l'ordre du jour (agenda) politique, féministe ou autres. S'il était possible d'envisager que les femmes franco-manitobaines soient un peu en position de force pour "caller les shots" sur les questions qui les touchent de près, l'histoire aurait pu se lire différemment. En effet, nous aurions pu assister à la naissance d'un lobby de Franco-Manitobaines qui aurait poussé d'un cran la question de l'égalité linguistique.

#### Comment?

En s'assurant que les services en français (pour les femmes francophones) soient dotés d'une étiquette "sérieuse" dans la hiérarchie des questions féministes au Manitoba.

#### La deuxième raison.

L'article 23 est une patate chaude politique. Trop politique pour le mouvement féministe. Et ça peut faire mal...

Voilà. Après le cuisant échec du "MADE IN MANITOBA, SOLUTION", les têtes blanches et plus sages de la Cour Suprême devront dire aux Manitobains La Commission Fraser à Winnipeg Réseau y est allé d'un mémoire. Sur la photo, on peut voir la présidente de Réseau, Diane Trahan et l'auteure du mémoire, Janick Belleau. (Photo: gracieuseté de La Liberté).

et aux Manitobaines quel statut ont les Franco-Manitobains et les Franco-Manitobaines. Nous en sommes là. La situationsied mal à un mouvement de la femme au Manitoba qui proclame, à qui veut l'entendre, que l'égalité est son pain quotidien. L'égalité linguistique, au sein du mouvement, a plus qu'une énorme distance à franchir entre deux sociétés!

En clair, le mouvement **doit apprendre a verbaliser publiquement son appui** aux Franco-Manitobaines. Tout comme ces dernières, par l'entremise de leur association de conscientisation, Pluri-elles; et de leur association d'action politique, Réseau, commencent à articuler des *positions communes*.

#### Ca me rappelle la double minorite

La question de l'égalité linguistique pour les Franco-Manitobaines se répercute directement sur leur action sociale. Car, il faut bien comprendre que de ce côte-ci de la Rivière Rouge, les services sociaux, les services communautaires en français n'abondent surtout pas.

Le choix n'existe pas pour la femme avec une famille. C'est une gardienne anglophone. Ou bien t'es chanceuse, t'as des connections... C'est un service anglophone de Klinic ou d'ailleurs. Quoi que bien intentionnées-és, ces professionnelles-els ont toujours du mal à saisir combien il est crucial **de se faire comprendre** dans sa langue après avoir subi un viol, un assaut, après avoir enduré le harcèlement sexuel. Dans ce domaine des services en temps de crise, la Franco-Manitobaine "chanceuse et prévoyante" se "gréyera" d'une bonne chum pour les temps difficiles et violents. Dans le domaine des services communautaires, des services de counselling, la Franco-Manitobaine agée de 30 à 55 ans aura la chance de s'adresser en français et de recevoir ce qu'elle veut: SE FAIRE COMPRENDRE ET COMPRENDRE SA SITUATION EN FRANCAIS dès l'automne 84 avec le programme "nouveaux départs" que lancera Pluri-elles.

Tout cela ressort toujours de la chance et de la persévérance des deux organismes Pluri-elles et Réseau. Car ne nous faisons pas des accroires. Même dans la communauté francophone, les faits et gestes des deux organismes sont perçus comme apportant peu de bien aux grandes questions que se pose la communauté toute entière.

Les questions soulevées par les membres des deux organismes demeurent des problèmes de femmes. Non pas des questions sociales. La communauté francophone lit dans l'existence des deux organismes un manque d'unité des Franco-Manitobaines. Et les mauvaises langues ajoutent qu'au fond des choses, Pluri-elles et Réseau ne tiennent qu'à des excentriques, des frustrées, des féministes enragées qui détestent les homme!

La femme franco-manitobaine vit quotidiennement cette double minorité face à ses soeurs du mouvement anglophone. Dans sa communauté, la Franco-Manitobaine, parce qu'elle est engagée dans le mouvement plus vaste de la femme au Manitoba,' connaî t, sans broncher, une triple minorité.

Alors reprenons toutes en choeur: le féminisme entend-il l'égalité linguistique?

# A Bad Girl

## T4, T4, T4U, T4, receipt Sch

T4, receipt, Schedule 1. T4.

It was assembly line work without the line.

Shirley sat at one of the four desks clustered around a grey pole and scooped income tax returns out of a grey bin. She slipped each one out of its envelope, checked for the necessary forms, stapled them to the return, and went on to the next one.

Her hands did most of the work. They moved quickly to fill her day's quota. She focussed only part of her mind on the work. Like a laser beam, it scanned each income tax return.

Shirley and her co-workers found other ways to use the rest of their brain cells. "Beat it, just beat it," Isabelle, who sat at the desk next to Shirley, sang softly but with feeling. It was as though she was demanding each tax return to do just that as she filed through them.

Shirley used the rest of her brain to think. Often, those thoughts were good. They were dreams or about something her daughter, Rosie, had done or about a book that she had just finished reading.

But, on this Monday morning, Shirley was trying to push her thoughts back onto the storage room of her mind where her past lived. Usually, they clung dormant to the back of her brain. Now, they were waking and forcefully pushing into her consciousness. Their poison would sink her into deep depression.

By 4 o'clock, she knew she would be ready for a good, stiff drink. She made a mental check of her kitchen cupboards at home. Yes, the vodka was still

## Tanya Lester

there. It would be waiting for her.

She made one last attempt at coaxing other thoughts to flood forward and drowned the bad ones out. Then, she surrendered but not completely. She laid some of the blame for having these thoughts on Josie.

Shirley had run into Josie, had literally bumped right into her, as she had clambered onto the crowded bus on her way to work that morning.

"Shirley! Hi. How are you?" Josie had asked.

"Fine," she had said, flashing an impish grin. She felt uncomfortable meeting this girl from her school days but damned if she was going to show it.

"What are you doing now?" Josie asked the inevitable next question.

Shirley had pulled herself up straight and determined to come away from this chance reunion with her pride intact. "Well, I'm on my way to work right now," she said. "In Transcona at Taxation." That's enough, Shirley told herself firmly, don't give away too much of yourself.

"Oh yeah," Josie said with just the right amount of enthusiasm. (She would). "Ronnie was telling me that she ran into you a couple of weeks ago. Six months on, six months off, eh? Nice job."

"Yeah, the end of the summer is all mine," Shirley replied. "I just collect pogy and have a *good* time." Their eyes met and both of them knew that Shirley felt she really hadn't done anything with her life since they had both left high school.

"Great," Josie said and Shirley knew that, in a way, she really meant it. Josie never expected as much from others as she did from herself. And, she had a knack for making someone feel better about herself. Never a snob.

"Read about your art in that women's magazine," Shirley said. It was a compliment but Josie had to think for a minute before recalling which story it was that she was talking about. Shirley could see Josie running what she had just said through her mind. It finally clicked into her memory like a tape in a cassette deck.

"Oh yeah, that..." Josie smiled and then modestly dismissed it with a wave of her hand. "That's where I'm going now. Over to my studio, I mean. It's a dive on McDermott."

Shirley nodded knowingly. She didn't know what it was like to be an artist but she sure as hell wasn't going to let on to Josie.

"How old is your daughter now?" Josie steered the conversation back to Shirley's ground. Josie didn't like talking about herself. It was a sort of shyness. A shyness that had kept her from going as far as Shirley had been willing to go when they had been teenage friends.

Shirley's face lit up at the thought of Rosie. "She's six now. In grade one," she said proudly.

"Must be so nice to have a little girl," Josie said sincerely. "Well, here's my stop. See you 'round, Shirley."

"Yeah," Shirley said unsure of when that might be.

Josie had got off the bus but had stayed

in Shirley's thoughts as she sorted through tax returns that morning. Really, she was not thinking about Josie as much as she was thinking about something else that she had read in the same magazine that had carried the piece on Josie's art. But it had been Josie that had led Shirley to buy the magazine.

One evening, a couple of weeks ago, she had been standing in the usual slow express line at the supermarket. In one arm, she had been cradling a two litre carton of milk while her other hand leafed through the magazines on a rack near the counter.

Redbook, Yuck. Good Housekeeping. Yuck, yuck. The Enquirer, Yuck, yuck, yuck.

Then, Shirley saw a picture of a woman staring up at her from the cover of a magazine. She looked very familiar. Noticing that her turn at the cash register would be coming up soon, Shirley leafed through the magazine quickly until she found the story. It was losie, sitting in front of a huge weaving and posing sort of stiffly for the camera. The headline read: "Art and Feminism Entwined".

Shirley looked up and saw the cashier giving her a "move your butt, will you?" look. She bought the milk and the magazine. The computer politely demanded her money and thanked her. Then, she rushed off to pick up Rosie who was waiting for her at school.

It wasn't until Rosie went to bed that she had a chance to sit down and read about Josie. That article got her interested and she went on to read others in the magazine. They made sense. She knew exactly what all those women meant.

It was already getting late when she flipped to the story that would bring back all of the pain. She was half way through it when she realized what it was leading up to. There was a phone number at the bottom of the page.

"Oh, God. I don't need this," Shirley spoke out loud, trying to demand the memory of that night, when she had been only fourteen years old, to go away. She started raging inside. "Goddamn magazine. What do they know about it?" She threw the magazine — hard. It bounced off the wall, taking a picture with it, and landed sprawled open in the corner.

Her stomach started to tighten with pain. She stumbled, clutching her gut, into the kitchen. She poured herself a drink and didn't bother to add any mix. Turned up the radio — loud. (Rosie was used to this and didn't wake up). Another drink and the pain, like magic, started to melt away. One more and she started to feel happy again. It was a false happiness, she knew. Like sugar coated candy, it tasted good but it was no good for you. Oh, hell. One more drink and Shirley didn't even care about that anymore. She went to bed and slept soundly.

The next day was Friday. She called up Vanessa. That night she dropped Rosie off at her sister's place and went to the bar with her friend. After closing time, she brought a man home with her. She didn't know his name and she knew that he didn't know hers. Who cared? If you've had one man then you've had them all. Shirley had had so many men that she could never even remember all of them and wouldn't want to. Spreading her legs was her side of the bargain. This was the man's pay off for buying her drinks for that night.

All these thoughts churned through her mind on that Monday morning after, at Taxation. At lunch break, Shirley sat alone with a cup of coffee. Seeing Josie that morning had brought everything back. Her rotten, crappy, no good past. As if the magazine story hadn't been enough. It was as if Josie was forcing her to think about all of this again. "Shit on her," she cursed.

Her eyes were flashing with anger. But, suddenly, she felt very determined and in control of herself. Yes, she would need that drink later but this time she was going to think the whole thing through.

## She felt very determined and in control of herself.

She thought about the broken down house that had been her home. She saw herself standing by the stove and peeling potatoes for supper. Her mother had been gone for a week. She hated her mother for leaving her to take care of her seven younger brothers and sisters. But Shirley always loved those kids in a fierce sort of way. And that made it worse. She wanted to run away for the night. Leave them for the party at Georgie's place. She knew Dale would be there and she wanted him so badly.

Last weekend, it had felt so nice when he had stroked her breasts. He had felt her all over. Through her clothes, he had loved almost every part of her. She had longed for that feeling all week. For those words that he had whispered while he had caressed her. It had been the first time that a boy had ever done these things to her.

Shirley wanted to go to Dale but she couldn't. She had to stay home with the kids. If anything happened to them, she would feel responsible.

But, it wasn't fair. No fair. It just wasn't fair. Tears of frustration sprung to her eyes and slid down her cheeks. They dripped onto her lips and her tongue reached out to taste their salt. Then, she wiped the tears away with the back of her wet hand and stabbed another potatoe with her knife.

After supper, Shirley had to give the little kids their baths in the aluminum wash tub. She was hauling water over from the top of the woodstove when he came in.

He had come home that night after two weeks away at work in the lumber camp. She saw that he was very drunk. This made her hurry the smaller children through their baths. She wanted them out of the kitchen and into bed as quickly as possible.

Shirley knew if she did not get them out of his way, there was a good chance he would beat them. She remembered how he had once hit Johnny so hard that his ear had bled. When that had happened, she had run to her room crying, hiccoughing because the sobs had been coming so fast. She knew the pain Johnny had been feeling. He had beat her, too, when she had been younger. Now, Johnny had a hard time hearing unless you talked to him real loud.

She remembered thinking about this as she quickly put on some leftover supper to warm up for this man. This was the same man who could be so loving when he was sober. His actions had never failed to confuse her.

So that night, Shirley quickly took Johnny out of the bath and carried him, dripping wet, into the bedroom. He shivered while she dried him. She could not tell if he was shaking from the cold or from fright. The other kids were huddled under the covers in the beds that they shared. They knew enough to be quiet.

Then, he started hollering for his supper. She put Johnny into his pyjamas and hastily into bed. She went out and shut the door behind her.

Back in the kitchen, she forked some fried potatoes and sausages onto a plate. He was drinking out of a bottle of cheap red wine. Belching. She leaned over to put the plate in front of him.

He patted her bum. Then, he moved his hand down between her legs. She stiffened and could not force herself to move away. This was like what Dale had done to her but it did not feel the same. When she was able to move away, she did it slowly, cautiously.

Shirley was afraid to turn her back on him so she tried to walk away backwards. But, in the end, this did not help her.

He stood up, suddenly. He looked almost sober. Then, he slapped her hard. Pushed her down. Gagging her with his sour breath as he pinned her to the hard floor.

Everything was ripping. Her pants. Her insides. A ripping, searing pain. She did not cry out. The children must not see her like this.

When it was all over. Shirley had struggled away. She had run for and made the door. Outside, she ran like she could not stop. It was like trying to run away from her own terrible shame.

Finally, she fell. The gravel tore her skin, adding to her injury. She was gasping for breath. Then, she started shivering and couldn't stop. Her teeth clicked together. She was chattering from the cold and the pain and the realization that a matter of a few minutes, even seconds, had changed her life so it would never be the same again. She was crying, too. It was like she would never stop.

"Shirley, what's wrong? Are you sick?" Shirley was startled back into the present. Isabelle was standing over her.

"No, I'm fine," Shirley said almost harshly. It was as if Isabelle might have overheard her thoughts.

"Well, it was just that you were shivering," Isabelle said with a slight sound of offense in her voice. "Anyway, we have to get back to work."

For the rest of the day, Shirley refused to think anymore. She acted like a robot and by 4 o'clock had done better than her quota. But when she got home that afternoon, Shirley didn't even wait for Rosie to go to bed before she started drinking. When Rosie went to bed, she was on her fourth or fifth drink.

As she looked down at her sleeping daughter, Shirley thanked God or herself or whoever that Rosie had no father. No father to speak of anyway. Rick was wandering around somewhere out West. Shirley hoped that he would never wander back their way again.

Next morning, Shirley woke up with a hangover. She managed to get Rosie off to school and then called into work and told them that she was sick. She crawled back onto bed and woke up from a peaceful dream when the sun moved around to her bedroom window early that afternoon and glared in at her. She knew that there was something wrong but, at first, she couldn't remember what it was. Then, it hit her. The pain shot through her head and she let out a groan.

That night, so long ago now, had ended when she had finally pushed herself up off the ground and limped back home. Where else could she go? She was too ashamed to go to the party at Georgie's. She had burned with disgrace when she thought about Dale. If he knew what had happened to her, he would never want to love her again.

Shirley had tiptoed into the house. She could hear him snoring — dead drunk. She took off her clothes quickly in the room that she shared with three of her sisters. The light wasn't on so she did not have to look at her body as she searched for her nightgown. When she found it and had put it on, Shirley had gingerly taken her underpants and ripped jeans into the kitchen. She threw them into the stove.

At the same time, she could hear him moaning in her parents' bedroom. She felt dirty but did not dare take the time to or make the noise involved in warming some water to wash herself. She took the washcloth out of the tub that was still sitting on the floor, pulled up her gown and wiped herself carefully. She winced. Her skin still hurt.

By the next morning, she had decided that there was somewhere else to go. She stuffed some of her clothes in a grocery bag and went over to her grand-

By the next morning, she had decided that there was somewhere else to go.

mother's place. Her grandmother took her in with no questions asked even though she wasn't Shirley's biological grandmother. She was her mother's adopted mother. Shirley's own mother had moved in with her when she had been a teenager. Shirley had never asked why because she had never really wanted to know the answer.

That summer, Shirley remembered going into the city to a clinic where Vanessa had told her that she could get birth control pills. She remembered, too, telling Josie all about it and making her declaration. "This summer, I'm going to Josie had not said anything. She had just looked at Shirley. There had been envy in her eyes and something else, too. Shirley now thought that it had been fear.

After that, Shirley had sometimes taken on two or three boys in the back seat of a car. She never really cared that they would look away when she got on the school bus going to high school on the Monday after. On the next weekend, she knew they would come panting back like dogs.

Shirley had what they wanted. Any woman did. But there was a difference with her. They hung on her every word and action. She knew more than they did, she told them so, and they took it. Shirley was someone until they climbed on top of her. Then, she was no one until next time. But she always knew there would be a next time. All those good girls made her sure of that. What they wouldn't give, she would. She laughed at them but envied them, too. Sometimes, she hated herself.

Shirley got out of bed with determination. It was time for her to tell someone why she had decided to be a bad girl, why she had opened her legs to any high school boy or man from that time on. She went into the livingroom and picked up the magazine that was still lying against the wall where she had thrown it.

She flipped through it quickly. There was Josie smiling just as stiffly. And there was the article with the phone number. She set the magazine down by the phone, went into the kitchen, poured herself a drink and came back with it and an ashtray. She lit a cigarette, took a deep drag, and started to dial the number.

It was slow. Painfully slow, dailing each one of the seven digits. Too slow. But her mind was racing. It was searching for how to begin. She hung up.

What could she say? How could she sort out all these thoughts so they would make sense to anyone else?

Something inside her made Shirley pick up the receiver again. She started from the beginning again. Finally, it was finished. She could hear the buzz as the phone rang on the other end of the line.

Once. Twice. Silence.

Panic. What was she going to say?

"Rape Crisis. Louise speaking," came the answer from the other end of the line.

Shirley sobbed into the phone. She cried like she would never stop.▼

#### HERIZONS

## Mother Matters Teaching Children how to Read

#### **Pat MacCready**

Many parents and educators today are very concerned with a return to the basics of education. Reading is the most basic of the traditional three R's and research indicates that children who learn to read well early in their school careers tend to do better in other subject areas. Studies also indicate that the presence of a concerned and caring adult can have a significant positive effect on a child's reading experience.

You, as a parent concerned about getting the most out of the time you spend with your child, can be a powerful influence on developing this crucial area. While the debate continues to rage in schools over such topics as whether or not children should learn phonics, whether or not children should read aloud in round robins, whether or not spelling and punctuation should be taught along with reading, you can still take positive steps now to help your child.

The twenty suggestions outlined below are things you can do daily and weekly with your child to reinforce school activities. You are probably already doing many of them in one form or another without realizing it. After each activity I have included a brief explanation of why the activity aids the child in learning to read.

**5. Discuss the pictures in a story.** This will enable you to draw out vocabulary from the child. A child's spoken vocabulary is much greater than their reading vocabulary and if the words have been elicited orally from them before reading, word identification is made simpler.

6. When you are at a store or driving with your child, ask them to read the signs. Many are picture signs which convey as much meaning as written signs. This allows the child to see that reading serves a practical function in their lives and is not restricted only to books. **7.** Let them help you look up words in the dictionary and phone numbers in the phone book. They can also look up T.V. shows from the television guide and can help you read recipes as you cook. This lets them see that reading is not always a long thoughtful process, that some reading is done quickly for a specific purpose.

RAINBOW

**8.** Read dialogue in stories dramatically. This helps convey meaning through tone of voice and facial expression. Make a game of reading dialogue. You take one character's lines and your child takes another role. Ad libs are fine as long as meaning is retained.

**9.** At particularly exciting **9.** places in a story, ask the child to guess what will happen next. This not only encourages listening to details, it also allows the child to make inferences.

**10.** Occasionally omit reading the ending of a story. Ask the child to tell you how she/he would have the story end. This fosters use of the imagination and allows the child an active role in reading.

ead aloud to your child every day. This is the most important activity. As a shared experience, it will help establish a warm bond between parent and child. It also allows the child to hear the pace and rhythm of written language as it is spoken aloud.

**2.** Hold the child on your lap or sit close beside her/him facing the book. This not only enhances the physical bond between parent and child, it also allows the child to see the printed word as it is read aloud.

**3.** Using a smooth natural flow, run your index finger beneath each line as you read it. This helps the child make the connection between the word they see and the word they hear you say.

**4.** Read poetry aloud with your child. Dennis Lee's Alligator Pie is an excellent example of good children's poetry. Have the child repeat each line after you and then read the whole poem together. This not only makes poetry fun. it lets children see that language is fun.
**11.** Read the ending of a story and then ask how else the story could have ended. Take a crucial event and ask what would happen if the character hadn't done this. It encourages children to use their imaginations and to realize that stories can be changed by them. As with activity nine, it also makes them an active participant in reading and not merely a passive listener.

BUBBLES

**12.** Buy, borrow, or make your own wordless books (books with pictures only). Have the child tell you the story in his/her own words. Each time you "read" the book the story will be different. You can use pictures from newspapers, magazines, greeting cards, gift wrap and wallpaper. The purpose is to encourage the child to use their oral vocabulary and to allow their imagination full reign.

**13.** As you read a story aloud, after you. Read with as much expression as you can and have the child repeat after you. This helps the child read the printed word with the speed and inflection of the spoken word and helps prevent them from reading one single word at a time.

**14.** When you play records which come with printed lyrics, read the lyrics with your child as you both listen to the songs. This reinforces activity thirteen by helping the child associate the unknown written words with the more familiar spoken and sung words.

**15.** uystickers with words and as dinosaur characters. Get individual letter stickers which can be used to make up words and designs. Buy Letraset exotic design leters and form graphic designs with familiar words.

**16.** Use Christmas and other shopping. Pretend the child has money to spend on gifts. Cut out pictures of items to be bought and paste them in a scrap book. This will reinforce oral vocabulary and will help teach your child how to organize and categorize material under headings of names of family members in the scrap book. **17.** your child, sit down and role-play with her/him. Let the child pick their favourite part and act it out with other family and friends. Write down the dialogue they recall and make your own book of the film.

**18.** Another way to help childtween their lives and what they read is to create menus. Ask what they would like on the menu. Use names of favourite family dishes, print the menu up on construction paper and let the child help with writing the words.

**19.** When reading to two or agame by assigning parts. Have them read the dialogue on cue. You read the narration and they repeat the dialogue with you while practicing the best tone of voice.

The vocal expression of children especially when it involves shouting, growling, laughing, and yelling will add to the excitement.

**20.** Don't ever stop reading to your children even when they begin to read on their own. Continue reading aloud but choose a book that is just beyond their reading level. This gives them something to aim for and is a powerful motivator. They will want to be able to read independently a story they enjoyed having read to them earlier.

Let your children see you reading. Most of all let them discover that reading is fun. $\nabla$ 

## LEGALEYES Recent Changes in Family Law

In the past year, there have been quite a number of legislative changes in the area of family law, many of them initiated through the lobbying efforts of various women's groups. The following is a selected sampling of some of the more interesting changes.

**The Vital Statistics Act** — Previously a newborn child was required to take her father's surname. Now parents can choose to use either the surname of the father or the mother, or a hyphenated combination of both when registering a birth. A person who has undergone a sex change operation can change the sex designation on their birth certificate and on any documentation issued subsequently.

**The Pension Benefits Act** – A spouse is entitled at marriage breakdown to 50% of the pension benefits earned during the period of the marriage if and when these benefits become payable and she can no longer "trade off" her rights to the pension against other assets. Further, pension benefits accruing during a common-law relationship can now be shared if the relationship was declared by the plan member.



Jennifer A. Cooper, Newman. MacLean



The Domicile and Habitual Residence Act — A married woman can now acquire a domicile that is independant of her husband and which depends upon where her principal home is situated and where she intends to reside.

**The Marriage Act** — Blood tests are no longer a legal requirement which must be met before a man and a woman can be married.

The Change of Name Act - A separated person who wishes to change her name without the consent of her estranged spouse can simply provide an Affidavit confirming the separation and is no longer required to serve notice to the spouse.

**Unified Family Court** — In Winnipeg and extending up to Selkirk, there will now be one court only for the hearing of all family matters, including issues of custody, divorce, property, maintenance and so on. Special judges have been appointed who will specialize in hearing only family law cases. The Family Conciliation service will be greatly expanded to provide counselling support in cases which may benefit from mediation or other professional intervention. The Marital Property Act – Rights under pension plans, annuity policies and life or accident and sickness insurance policies are now defined as "family assets", thereby giving the courts a much more narrow discretion to vary the equal division of these assets. Conduct is not a factor which the courts may take into account in varying an equal division.

**The Equality of Status Act** — A husband no longer has the right to sue a man with whom his estranged wife has committed adultery for damages arising from the adultery, alienation of affection, or loss of consortium. A woman never has had the right to sue her husband's lover in similar circumstances.

The Family Maintenance Act - All legal distinctions that previously existed between legitimate and illegitimate children are abolished and illegitimate children have the same rights as legitimate children with respect to maintenance and inheritance. The rights of the father of an illegitimate child have been expanded in the area of custody and he is now given certain rights to be notified of, and allowed to participate in, all legal proceedings that involve the child, including adoption proceedings. The court can order that an alleged father submit to a blood test to prove parentage and if he refuses the court can draw a negative inference. The mother need only prove that the man is the father on a balance of probabilities and she does not require independant corroboration in proving the allegation. Common-law spouses can apply for maintenance and other relief under the Family Maintenance Act even when there is no child of the union, if they have cohabited for at least five years and if the relationship was one in which the applicant was substantially dependant upon the other person for support. "Dum casta" clauses, which provided that a woman's maintenance would cease if she had sexual intercourse with a new man, are now illegal and inoperative.

This is meant to provide a brief overview only of some of the changes. For more details or information as to how these new changes might apply to your particular circumstances, please consult the legislation or a lawyer. $\nabla$ 

# SATIRICALLY YOURS

On a recent bus trip, I had the opportunity to observe a New Father and an Old Father.

Across the aisle from me sits a young man with a small baby in one of those pouch things strapped around his torso. Baby paraphernalia is spread out on the empty seat beside him.

In front of me sits a young couple, dad reading a newspaper and mum holding a baby on her knee.

As soon as the bus leaves the depot, the dad across the aisle starts up a soft voiced conversation with his baby and by leaning slightly to my left and refusing to feel guilty about eavesdropping, I manage to overhear everything he says.

"Hey, Janet," he begins, thus establishing that the fuzzy head under his chin belongs to a girl. "It'll be great to get home, won't it? Have you missed your mother as much as I have?"

Janet lifts her head and opens one eye. "Burble," she remarks conversationally.

"I thought so," says her dad. "Hey, look at those great clouds out there," and he shifts his body so that Janet who has now decided to go to sleep, can look out the window.

The baby in front starts to cry. The father rattles his newspaper and says to his wife, "Can't you keep that kid quiet?"

There is silence for awhile as Janet sleeps, New Dad looks out the window humming to himself and Unfortunate Mum jiggles baby so he won't disturb Old Dad's reading.

The silence is broken when Janet wakes up and starts to cry. "Hi there," says her father. "Soggy bottom?"

"Gribble," replies Janet.

New Dad clears off the seat beside him, plucks Janet out of her pouch, lays her down and performs one of the faster diaper changes in history.

"That better?" She coos pleasantly in reply.

He gives her a kiss and pops her back in the pouch, oblivious to Unfortunate Mum who has poked her head around the corner of the seat and has witnessed the changing of the diapers. Her mouth drops open, she turns back to her husband and says something which I can't hear, but which sounds decidedly unfriendly. He mutters and returns to his paper. Lvnn Cockburn



Janet is now wide awake and her father continues his conversation with her.

"Grandma and grandpa were sure glad to see you," he tells her. "And no wonder, you're a great kid."

, Janet blinks at him intelligently and he goes on. "Only twenty minutes til we're home."

He starts to sing a soft little song to her. I remember the tune from my childhood but can't make out the words. Janet croons along with him, more or less in tune.

There is a snort from in front which may have something to do with a portentous political item in Old Dad's newspaper or may be a comment on the gentle singing from behind.

We pull into the next town and New Dad gets off, Janet in pouch and tote bag of baby stuff slung over his shoulder. I watch through the window as a young woman runs up to him, kisses him, kisses Janet and then they walk away, arms around each other.

The bus starts up again and the baby in front begins to wail unhappily. "Can't you keep that damn kid quiet?" says Old Dad. $\nabla$ 

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## REVIEWS A bevy of birthbooks

Where once only mothers, grandmothers, and aunts were passers-down of birthing knowledge, today all manner of books abound on every facet of this topic. I have chosen three books as examples. These books all share one common fault — they are primarily couple-oriented and neglect the "single parenthood" aspect of childbearing.

With this main shortcoming aside, my personal preference (and such tastes are dependent on individual needs), is What Only A Mother Can Tell You About Having A Baby — written by a new mother, K.C. Cole, and based on interviews with more than 200 mothers.

Indeed, K.C. Cole's book is not only for mothers but bu mothers. With today's pregnant woman increasingly isolated from the solace of the company of other mothers, this testimonial text gives counsel with wit and wisdom, relying heavily on representative quotes taken from hundreds of hours of taped interviews. These women talk about their own experiences with pregnancy and childbirth with no particular axe to grind, no propaganda to instill. Unlike a male obstetrician who has never felt labor pains or strained to see his toes, these real life mothers, who seldom follow predictable patterns can, and do talk freely about what uniquely happened to them.

This book embraces the celebration of pregnancy with chapters featuring the "emotional ups" (The Secret World of You And Baby Whosis), the glory of birth (The Act of Creation Vaginal and Cesarean), and focuses on the excitement of welcoming new life (Greeting The New Arrival) and coming home (You're Really A Mother Now). Yet. it also deals with some commonly-held anxieties (The Nightmares and The Guilties) and the trials of father figures (The Myth of the Heroic (or Helpless) Husband). Above all, this book delves into every woman's deep-seated fear of the unknown, and helps get rid of the demons by highlighting and giving credence to such questions as. "What is it like to have a baby?" ... "How much does it hurt?"..."How long will it take?...and the universal concern: "How will I perform? ... "Will I lose control?" Says one mother, "That was my one desire...not to be a screaming maniac!" In its inimitably candid, hands-on, noShannon Robson

nonsense style, which is liberally laced with humour, this book truly comes to grips with the hidden and plaguing issue of pain in childbirth. "Labour pains, in a master PR stroke are today called "contractions"," notes the author. "All this is well and good and helpful...except something very properly called "labour" comes off looking like a bed of roses."

In a shrewd analysis of birthing trends which encompass all types of pain intervention from analgesic drugs (demerol) to anaesthetic blocks (epidural), she appraises the method of Lamaze as "having to walk a fine line between preparing you to have your wits about you during labour without scaring you out of your wits."

These reflections are added to many more insights on birthing, offered in an open, direct and hopeful fashion, thereby providing the ultimate in reassurance. At the same time, K.C. Cole admits that her book, What Only A Mother Can Tell You About Having A Baby, provides a perspective, "not a total body of knowledge". It does not discuss nursing, homebirth, and obstetrical problems in detail and is meant to supplement not supplant other childbirth literature, traditional and otherwise.

That brings me to one of the best of that genre: Pregnancy and Childbirth -The Complete Guide For A New Life by Tracy Hotchner. In an effort to learn everything she could about childbearing before she had a baby, the author set out to gather every possible scrap of information on the subject. The result was a book that offers the pros and cons of every aspect of pregnancy and childbirth, so that intelligent decisions can be made each step of the way. This unbiased, balanced presentation of all the options, has at its core the conviction that an expectant mother has the inalienable right to choose for herself a birthstyle that is based on her own needs and personality.

This comprehensive text, encyclopedic in scope, runs the gamut of questions from "Will my baby be normal?" to "Will I crave pickles and ice-cream?" (vitamin charts, weight gain outlines, dangerous drugs and additives lists, and guides to breast-feeding). It is a consumer guide providing the reader with facts on which to make choices, commended for both medical accuracy and easy-to-read style, complete with diagrams, immunization calendar, and health services catalogue.

Pregnancy and Childbirth — The Complete Guide For A New Life, is organized so you don't have the frustration of digging through endless chapters to get at what you want. You can just look at the Table of Contents and go right to the section that covers your area of concern. The author, Tracy Hotchner intended the book to be used as a tool to make things more clear for women (like herself) who may wish to read the book years before they become pregnant or others who may turn to it in their seventh month.

While taking a hard look at the effects of high technology on birthing, the author may leave readers with a feminist grasp of medical management quite dismayed by implying all too simplistically, that the situation has been merely a result of "cause and effect: the medical profession supplied what people demanded....The problem began with a generation of women who didn't know about - or - really want to experience - childbirth. They were grateful for a doctor who took full charge and presented them with a "perfect" baby." Though pregnant women have seen the emotional and physical damage of mechanical intervention (routine fetal monitoring, episiotomy, etc.), they should not be blamed for a passivity that has been societally-foisted and indoctrinated. Still, however fuzzy the author Tracy Hotchner may be as to how we become embroiled in this technologicallyrefined fix, she grapples with its existence and aptly suggest ways around it.

One of the most enlightening aspects of the book is its thorough exploration of the sexual aspects of pregnancy and childbirth, dealing in depth with the changes in body image, levels of desire, ability to orgasm, and the opportunity to discover creative ways of lovemaking.

Yet, it must be mentioned that for a book that claims to look at all the alternatives, the examination of sexuality as it pertains to heterosexuals and couples only, assumes that there will always be a male partner around. Such catering to the idea of an ever-present male mate is also surprisingly evident in Your Body, Your Baby, Your Life by Angela Phillips.

Touted as the non-patronising, nonmoralising, non-sexist guide to pregnancy and childbirth, this missing element of "single motherhood" in Your Body, Your Baby, Your Life, is partially made up for by its honest appraisal of how a new mother is "brought sharply against the fact that in our society "equality" is for the childless woman."

This first book, written by Angela Phillips (co-editor of Our Bodies, Ourselves) sprang out of concerns arising from her own childbirth experience, as well as experiences in the women's movement and trade union involvement, focusing particularly on the concerns of mothers who "need to earn a living". She believes that "by recognizing and claiming your rights, self-help information can make it possible to participate intelligently in your own antenatal care, meeting the problems and joys of pregnancy and parenthood without loss of identity."

Your Body, Your Baby, Your Life starts before the beginning, six months before conception and sees you through to the new world of parenthood with all its changes and adaptations. Author Angela Phillips believes that "having a baby should not mean drawing a curtain on our former lives and outside interests", and she sees her book as an opportunity "to share experience about the best way to manage our new lives." She does that by relaying information taken from other mothers in conversations as varied and forthright as talk heard around the kitchen table.

These delicious quotes are generously sprinkled throughout a text finely detailed in its explanations about what is happening to your body, treatments available, and healthy pathways back to paid work.

So there you have it. One book — a delightfully anecdotal "Everything you wanted to know, but were afraid to ask..." type, another — with a more clear-cut medically accurate bent albiet explorative in tone — and a third — a little bit of a mixture of both. All three guaranteed to help you graduate gracefully into parenthood. $\nabla$ 



Pregnancy and Childbirth — The Complete Guide For a New Life: by Tracy Hotchner. Avon Books, New York. May, 1979. 689 pages. \$7.95.

What Only A Mother Can Tell You About Having A Baby: by K.C. Cole. A Berkley Book, New York. Doubleday edition, 1980. Berkley edition, Sept. 1, 1981. 303 pages. \$2.95.

Your Body: Your Baby, Your Life: by Angela Phillips (U.K. co-editor of our Bodies, Ourselves) with Nicky Lean and Barbara Jacobs. Pandora Press, London, England, 1983. 211 pages \$3.95.

## REVIEWS

## The White Rose: remembering resistance

It has long been a misconception, when it comes to the Second World War, that the only resistance to the Nazis existed outside of Germany. For this reason, *The White Rose*, once a covert, anti-Nazi resistance group, and recently brought back to life in celluloid form, makes important and fresh film material.

The White Rose reveals that Adolph Hitler, in his own distorted rendition of the Pied Piper of Hamelin, did not incite every single German youth to click his or her heels to the sound of the Final Solution. Indeed, the film makes clear that while Hitler was elected Chancellor by a German majority, there was some, albeit very litle, criticism of Nazi policy from the younger members of the German population — a segment of the

### **Maureen Medved**

electorate that was manipulated into support for the Third Reich on a grand scale. Dissenters of the Nazi Party and policy were, therefore, not completely cleaned out with the ushering of Jews into death camps and the vast artistic purge of the thirties. In this film several German youths have somehow managed to slip through the Reich's detection screen and make their sole aim one of anti-Nazi propagandizing.

The White Rose retells the story from the perspective of a young woman, Sophie Scholl, (Lena Stolze) who arrives in Munich to attend university. She soon becomes immersed in her studies —



particularily the philosophy lectures offered by Professor Huber, an ardent challenger of Nazi ideology. Sophie discovers that her brother Hans (Wulf Kessler) and his friends are responsible for the anti-Hitler flyers that are distributed around the university. She is increasingly drawn into *The White Rose*, and, ignoring all of her brother's attempts to dissuade her, Sophie eventually becomes one of its key members, running the risk of losing her life.

The character of Sophie is keen, determined, and intelligent. When her boyfriend, who is in the army, arrives one day at the munitions factory where she works, Sophie expresses, undaunted, her hostile feelings about the war. This film puts a positive female character in a role of courage and discovery which is normally inhabited by men. It shows how an effervescent and naive individual, on becoming aware of political tyranny, cannot possibly turn back to a sleepwalker's state of blissfull semiconsciousness.

It is a minor portion of the film. however, it is interesting to note that The White Rose deals with the role of women as specified by Nazi ideology. When a local Nazi leader advocates that women would be doing greater service for the Fatherland if they would leave university and present the Führer with a son every year, a riot breaks out, and the police must be called in to break up the protest. The issue of women's rights in the Third Reich is rarely, if ever, examined in film or literature, however, it reinforces the reality that the state often assumes control of women's reproductive rights when it is in its best interest to do so.

## Splash Sinks with Salt-water Sexism

Splash is just another example of the male fantasy film par excellence. These may be harsh words, but imagine the results when a mermaid is cooked up by crossing Botticelli's Venus, rising quite appetizingly off the half-shell, with a playmate of the year.

In this film a happy-go-lucky, wholesaler of fresh fruit and vegetables (Tom Hanks) splits up with his live-in girlfriend because he cannot force himself to utter the words every woman

### **Maureen Medved**

(cloistering, insecure, and demanding as they are) needs to hear as a prerequisite to eternal happiness: I love you. She dumps him.

In a drunken frenzy, Hanks ends up being scooped up off the sea floor by, what else, a mermaid. The mermaid (Darryl Hannah), who grows Las Vegas legs when she dehydrates, is able to walk on land like ordinary people. After she leaves Hanks lolling around on the sea shore, she slips ever so mysteriously into the sea and out of sight. Yet, all is not lost. The mermaid, or Madison, as she is later named, cleverly hoardes away the young man's wallet, and peregrinates to New York City, where she seeks to track him down.

The remainder of the film involves Hanks determination to marry Madison, unaware of her salt-water origins, and

### HERIZONS

Madison's frustrated attempts to discuss anything with Hanks. Also featured in the film is Eugene Levy, (of Second, City, Television fame) who plays the parody of the scientific establishment: a man who, beseiged by mermaids in his sleep, seeks to exploit these sea women in order to prove his legitimacy to the scientific establishment. The last major character of *Splash* is John Candy (also of S.C.T.V.), who portrays Hanks' brother, throws coins on the ground so that he can look up women's skirts (the only exercise he gets), and eats, smokes, drinks, and generally consumes at every available opportunity.

Splash's only woman character exists for no reason other than to look as a mermaid should. There is no chewy role here for Daryll Hannah; all she gets is a high profile modelling opportunity, a chance to visit Bloomingdales, and the

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pleasure of watching Richard Simmons on the television set. No wonder she jumps back into the sea.

The sad fact is, that while I have placed *Splash* in the boy's club genre, both men and women alike have flocked to view this movie — this simple and pathetic summer blockbuster. And, alas, it would be nothing more than time wasted to take this bit of summer fluff more seriously than it actually is.

### Perspectives on Women in the 1980s

**Heather Emberley** 

One of the most lively and exciting occasions in Canadian feminism has been reincarnated in print: *Perspectives On Women In The 1980s*, edited by University of Manitoba Associate Professor of Social Work, Joan Turner and Field Instructor Lois Emery. Now available in bookstores, it can be found regally nestled amongst the how-to-live-withmen, how-to-live-without-men books, the theories, essays, and treatises on, about and by women.

The book was created out of transcripts from the 1982 Distinguished Visitors Conference of the School of Social Work which featured Gloria Steinem of Ms Magazine fame, Helen Levine (Instructor, Carlton U., feminist Counsellor), Dorothy O'Connell (humourist and author of Chicklet Gomez and Cockeyed Optimists), Deirdre English (Executive Editor of Mother Jones Magazine), Judith Gregory (Research Director of 9 to 5, the U.S. National Association of Working Women) and Margrit Eichler (Professor at the Ontario Institute for Studies in Education, and co-founder of Resources for Feminist Research).

Reflecting the conference, the book enfolds in chapters examining the power politics of motherhood, women's poverty, feminist counselling, native women's issues, families and the state and a summation of strategies and hopes for the '80s.

"Women usually become feminists through painful life experience and through a political and educational process," writes Joan Turner; resulting in "the power of women to change the system becoming stronger and more threatening," as the women's movement grows in Canada.

How do we as women come to appreciate our personal and collective power? Towards this end, Turner and Emery chose to write in the first person



to make the book "alive with the magic and energy of the conference." The personal is political and the speakers share their personal experiences in true feminist fashion.

One of the most powerful sections in the book is Gloria Steinem's wherein she reiterates her view that feminism "is the belief in the full social-political equality of human beings." Through historical analyses Steinem explains why structural and institutional change takes so long once consciousnesses have been raised, and at the same time challenging North American women on their caste system.

If the system isn't changing to suit our needs there has to be a reason. Dorothy O'Connell points a finger at the middle class. In particular she says that "middle class women don't want to know about women on welfare because they don't want to think it could happen to them. Of women on welfare, O'Connell charges that "there is no one in Canada considered more disgusting or more subhuman."

Marlene Pierre-Aggamaway's chapter on native women points to the racist biases of white women, leaving the reader challenged as she forces us to acknowledge the powerful and sometimes painful truths of native women's lives. Diedre English, who co-authored For Her Own Good, provides an eye-opening analysis of romantic love and reproductive rights. English puts feminism of the 1970s and the surrounding conditions into economic perspective and drives home the message that all too many women of the '80s are coming to believe that ''you can't make it without a man.''

English also notes that women who unionize "are not just organizing as workers, they are organizing as women who want to be treated as equal to men. So feminism is as threatening an ideology to corporate capitalism as unionism is." Enter romance and the pro-family call and you have women working sixty plus hours a week.

Of feminists, English says, "We are not the anti-life, anti-family movement as we have been characterized. Perhaps we have not talked enough about love in the women's movement...but we have gained a fundamental feminist insight: there is very little love between unequals."

Margrit Eichler talks about women families and the state, outlining what the federal government's policies have in store for us. Its discouraging but essential reading. Woman, the eternal optimist, is celebrated in the concluding chapter. Change and hope intertwine to promise "new beginnings." The essense of the book lies in the words from Connie Kador's song which opens the book,

"There comes a time and the time is now

You realize inside that you always knew how."

Perspectives is a testimonial to all women and will bring back powerful memories for the overflowing crowd who braved coldest-day-of-the-year temperatures to hear leading feminists speak on issues that touch each of us.



## each of your body systems affects the experience of relaxation.

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recognition between tension and relaxation. Taken from the Guide to Stress Reduction, an example of progressive relaxation would be:

"Make a fist with your right hand, concentrate on the tension as you gradually tighten your fist. Hold the tension for a few minutes and after a few seconds release your fist and relax your hand. Take a deep breath. feel the relaxation letting the tension flow from you as your exhale. Take a few moments to relax even further. Be aware of all sensation in your hand and lower arm. Tense your right hand again and repeat the process."

The idea is that major muscle groups can be worked through in this way. eventually relaxing the whole body. The relaxation sequence can also be done passively simply by thinking about the muscle groups and letting tension go.

Finally, the technique of biofeedback. Here the person is connected by sensor wires to a machine which monitors (through a line graph, a blinking light, a sound or temperature guage), autonomic, physiological functions. Informations on blood pressure, heart rate. brain wave activity, skin conductivity, temperature of the fingers are all monitored.

The Relaxation and Stress Reduction Workbook explains that each of your body systems affects the experience of relaxation. Warm skin temperature and relaxed muscles don't mean one is completely stress free, since the heart rate or brain wave activity may still be high. Biofeedback helps to discover which components of the nervous system are not relaxed.

Biofeedback is often used as a supplement to the stress reduction exercises already described. For example, a person sees what her heartbeat looks like on a graph and then breathes deeply. repeating the autogenic phrase, "my heartbeat is calm and regular." The discovery of a decrease in heart beat teaches the patient control over autonomic functions.

No single approach to relaxation is right for everyone; each person has to try different approaches to find what works for them, just as responses to stress vary widely so do requirements for treating it.

### **Stress and Eating Habits**

Nutrition also plays a significant role in a feeling of physical and mental wellminimize stress, awareness of how foods, beverages, drugs and food additives compound stress levels is important.

Not only what we eat, but frequency, quantity and the manner in which we eat can affect an already stressed body. To eat fast, or eat while driving or engaged in another activity places strain on the gastrointestinal tract. Conversely, responding to stress with increased gastric secretion may cause an ulcer.

However, the simple fact of overeating is one of the most common responses when tired, bored, anxious, resentful or lonely. Obesity stresses the body and is often associated with hypertension or heart disease.

In my private practice, many women come to me requesting hypnosis to help them loose weight. What we embark upon is a learning process, for loosing weight is much more than dieting, it is a journey of self-exploration, self-acceptance, learning about stress, and developing healthy responses to stress.

A health lifestyle is one which recognizes that the body is like a machine, it has to be well taken care of otherwise it breaks down. Stress tends to deplete the water-soluable vitamins B Complex and C and these along with calcium, potassium, zinc and magnesium are the most important nutrients for combatting the effects of stress. Thus one should eat a variety of foods to assume adequate diet.

In terms of foods and substances to avoid, the message is a very clear one; cut down on fat and fatty foods, alcohol and salt; try to eliminate caffeine and refined sugar from your diet.

Caffeine and sugar kick the body into a fight or flight response. The quick energy from eating sugar is often termed "sugar rush", but it throws the system out of balance and as the body struggles for equilibrium, the pancreas produces insulin to burn up the sugar. Too much insulin causes the blood sugar to drop below normal resulting in a sudden depression or lethargic feelings and the craving for more sugar. Good advice is to increase your sugar awareness. The average North American consumes 102 lbs of sugar in a year, much of which is "hidden" in foods such as catsup, tomato sauce, salad dressings, peanut butter, canned fruit and mayonnaise. Raise your sugar consciousness - read labels, and convert to herbal teas.

On to the subject of exercise. In recent years the fitness fad has grown because it is one of the simplest and most effecbeing. In trying to build a lifestyle to | tive means of stress reduction. Our

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bodies were made to be active; a physical workout is a good way to release mental or physical tension and stressful emotions such as anger and irritability. Every counsellor or physician will advise you though to start slowly and if you are obese, have high blood pressure, arterial narrowing or high levels of blood cholesterol, check with your physician before starting your exercise program.

There are some people who combine exercise with meditation; like jogging around the park. The repetitive rhythm of breathing and stride induce an 'altered consciousness' — a special high or an opportunity to create the awareness of inner resources or even to communicate with an imaginery guide as a way of accessing potential held in the sub-conscious mind.

Alternatively, if you choose to engage in a series of stretches, or attend an aerobics class — taking a moment prior to exercise to imagine the release of tension the full, complete stretch, fluidity of movement, can in reality improve the quality and effectiveness of your workout.

Understanding stress is awareness of the fairly complex interaction between environment, physiological arousal, attitudes and behaviour. Furthermore we all have individual patterns of responding at each level and changing our own patterns mean some work, some purposeful restructuring of attitudes and lifestyle.

Falling in love, listening to Pavorotti, a roller-coaster ride, buying a house, surviving a flooded basement can all trigger the same stress response — the rush of adrenaline, the palpitating heart, and this response is to a certain degree normal. The individual challenge is to release that tension which is destructive and to go with a level of stress which is constructive, and which stimulates personal growth.

After graduating from Teacher Training College in England in 1969, Christine Skelton taught in Zambia and later worked for the development agency OXEAM as an educator. Emmigrating to Canada, Christine graduated from the University of Manitoba in 1979 and worked as a social worker for the City of Winnipeg, and the Department of Psychiatry, Health Science Centre before embarking on private practice in Winnipeg. Presently she has a private social work practice in counselling, hypnosis and stress management.

### Symptoms and Stress-Related Complaints

- tension headache
- muscle cramps, spasms
- back pain
- cold hands and feet
- high blood pressure
- allergies
- asthma
- skin problems
- digestive and stomach disorders
- constipation
- frequent colds
- cancer
- heart disease
- insomnia
- fatigue
- profuse perspiration
- overeating
- alcohol or drug abuse
- sexual dysfunction
- anxiety
- depression, poor self-esteem
- fears and phobias
- hostility, anger, irritability, resentment

It is important to note that physical symptoms may have purely physiological causes and should always be investigated by a physician.

## An Exercise in Relaxation

A sequence of relaxation — letting go of stress

Make sure you have 15 minutes of quiet time available to you, unplug the phone, lie down or sit in a comfortable position. Close your eyes.

Begin by simply becoming aware of your breathing, like rhythm and pace of your breath and know that you can slow down your breathing so that you are calmed by the gentle rise and fall of your chest. As you breath out, imagine that you are breathing away and releasing all worries and cares, letting problems and conflicts float away for a while. So with each and every breath, allow yourself to feel more and more relaxed, letting your body drain itself of tension.

After awhile you will not need to think about your breathing; for your breathing will remain slow and rhythmic as you slip to deeper and deeper levels of relaxation. Allow a calmness to sweep across your mind as though the surface of your mind becomes like calm water. Any extraeous or unwasted thoughts become like bubbles that raise to the surface and dissolve.

You are free to leave behind this time and space and to slip or sink into your own inner calmness; simply count backwards from 5 to 1 and with each descending count imagine yourself floating deeper and deeper into peace and serenity. Notice that as you go deeper you have a more profound control over your mind and body.

Then let the power of your imagination take over and take yourself to a peaceful quiet place, somewhere out-ofdoors. Gradually bring into focus shapes, contrars and colours. Bring into awareness the temperature and refreshment of the air, let it flow through your lungs with effortless grace to cleanse and purify. Listen to the sounds of your place, lie down and breath in the calmness and beauty around you. What is it about this place that brings you a sense of freedom; if you wish, accept freedom as a gift to expand within you. After awhile, sense what is strong about this place. Accept strength as a gift to nouish - replenish your own reserves of personal inner strength. You may receive from this place anything else that you wish to develop within yourself.

It may be useful for you to let go of some things — imagine that next to you is a box, or any kind of container place in the box anything at all that you want to let go off, tension, negative thoughts, fears, negative behaviour or responses — and when you are ready close the box and let your creativity find a way to dispose of the box.

Finally you may imagine that a person of wisdom, perhaps a kind of personal guardian angel has manifested themselves to you and you may have a quiet dialogue with your wise guide. Perhaps wisdom may be given in a flash of inspiration, but it may be given passively, quietly to your sub-conscious mind to be made clear at a later date.

When you are ready to come back to full awareness, let all imagery fade, sense refreshment and well-being that you have gained from your time of relaxation. Bring back the refreshment as you count upwards from 1-5, opening your eyes after the count of 5, reorientating yourself to the reality of outer time and space.



SHARED CUSTODY? NEEDED: Canadian mothers and fathers who no longer live together as a couple but who share the parenting of their child(ren) on a relatively equal basis. I am currently studying the coparenting family as an alternative to traditional sole-custody arrangements following separation/divorce. Write to: Dr. Cerise Morris, Dawson College, Social Service Dept., 535 Viger St., Montreal, Que., H2L 2P3, (514) 849-2351, ext. 277.

LESBIANS: Interested in living together in the country? You don't need any money to join us. Call Cedar, 612/721-4653 or write Land Group, P.O. Box 81222, Minneapolis, MN 55408.

WOMEN AND CANADIAN CULTURE: I am writing a book about women's input into the literature, visual arts, music, film, broadcasting, and performing arts of Canada. I would be grateful for any pertinent information in the form of unpublished articles or personal experiences. All input will be treated confidentially. Anne Innis Dagg, Box 747, Waterloo, Ontario N2J 4C2.



\*deadline for classified advertising is the 10th of every month. HERizons publishes monthly except for combined issues in June/July and January/ February.

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removed from the interventionary "traditions" of modern medicine and entrusted again to birthing women. We can use the technological and surgical advances when we need them, for genuine emergencies. Until now intervention hasn't made women's lives easier, but more difficult; longer deliveries, more episiotomies, more cesareans, more harmed babies, less bonding between baby and mother, more drugs — yet doctors insist that birthing women belong in a hospital.

Until the schools of medicines begin teaching a more humane, less intervenionary approach to obstetrics, our choices are going to remain limited. We need more midwives, more ABC rooms, out of hospital options, as well as better educated women, and labour companions. Our alternative health care must be insured, not private medicine, so that all women can decide where and with whom they will birth. Only after we have the options we need in order to ensure our best health care will there really be "informed consent" in birthing in Canada.

### Resources & Organizations on Alternative Birthing in Canada

### **British Columbia**

The Maternal Health Society produces a quarterly newsletter, P.O. Box 46563, Station 6, Vancouver, B.C. V6R 4G8 (604) 438-5365. (C-Section birth group, active in alternative birthing).

### Alberta

The Association for Safe Alternatives in Childbirth, Box 1197, Main Post Office, Edmonton, Alta. T5J 2M4 (403) 437-0187.

### Saskatchewan

The Saskatchewan Association for Safe Alternatives in Childbirth, c/o Barbara Scriver, Box 651, Grenfell, Saskatchewan SOG 2BO.

### Manitoba

The Manitoba Childbirth and Family Education Centre (204) 475-1865, 890 Carter Avenue, Winnipeg, Manitoba R3M 2E2; pre and post natal classes, resources, services and support for parents during childbearing years.

The Cesarean Birth Support Group c/o Linda Geary, 66 Smithfield St., Winnipeg, Manitoba R2X OB8 (204) 334-6195.

Peterborough — Birth Books Publish an information sheet on Birth Books, P.O. Box 836, Peterborough, Ontario K9J 7A2 (705) 743-1101.

### Ontario

Choices in Childbirth Midwifery and consumer alternative birth information, publish newsletter Re: birth \$10 subscription, 623 Crawford St., Toronto, Ontario M6G 3K1 (416) 537-4221.

The Childbirth Education Association c/o Hughes Public School, Caledonia, (416) 654-5918.

The Midwifery Task Force, Postal Station T, Box 489, Toronto, Ontario M6B 4C2, (416) 463-8650; publishes a quarterly newsletter (\$20 membership)

### Nova Scotia

The Consumer Support Network, 6246 Shirley St., Halifax, Nova Scotia B3H 2N6 (902) 422-6123.

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