

Alternatives to Hysteria

A Guide for Sudbury Women in Crisis

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Introduction

This handbook is meant to be what its title implies: an alternative to hysteria.

We believe that women are entitled to better lives than they presently lead. That they should be able to choose when and how they shall bear their children, and that they should be able to raise them in security, beauty and love. That they should have work that is meaningful and that provides a wage adequate to live in comfort. That their food and shelter should be inexpensive enough to allow some choice, and comfortable enough to give health. That their relationships with men should be pleasurable, free of concern or inequality and free of the fear of disease or pain.

It doesn't take any imagination to realize that most women's lives are nowhere near this. That the usual life of a Sudbury woman is full of drudgery, humiliation and ill health. The results from our survey make this abundantly clear.

In most cases the services in the City are inadequate to meet women's needs. It is not generally their fault, but is a result of a lack of funds, and a lack of imaginative direction. In a society that is premised upon profit, greed and competitiveness, these agencies struggle to patch the gaping holes overflowing with anxiety, alcoholism, disease, malnutrition, violence and poverty.

Only when organized can the people themselves repossess the wealth and goods they have created with their work, and turn them to their proper uses. To do this, people need survival skills. To provide some of these survival skills for women, is what this handbook attempts to do.

This handbook has been written collectively by a group of Sudbury women. We call ourselves Women Helping Women, (Box 121, Station B, Sudbury.) It is based upon the information we have accumulated through living, as women, in this city. We do not pretend that it is exhaustive or complete. It is very much biased by our collective prejudices and experiences.

We hope you will find it useful. We did.

THE SURVEY

In July and August of 1977, we undertook a survey of Sudbury women to determine the quality of their lives. Letters were sent to 500 women chosen at random from the voters list, requesting permission to conduct an interview with them. 93 interviews were completed and compiled.

The women interviewed in the sample ranged in age from 16 to 69. Their average age was 32.3. For every 10 women, 6 were married, and one was presently separated or divorced. 7 in 10 had children. English was the mother tongue for 62.4% of the women, and 45.1% were Roman Catholic. 11.8% of the women said they had no religion.

Economic Situation

Of the married women, 29.3% said their husband's income was over \$18,000; 13.8% said it was under \$12,000, and 39.7% said it was between 12,000 and 18,000. 17.2% said they didn't know what he made.

3 in 10 of the women interviewed had less than high school education, but 5 in 10 had some form of education or training outside high school: from Manpower retraining programs to university degrees.

69.9% of the women worked outside the home. Of these 30.8% worked less than 20 hours a week, 58.5% worked 21 to 40 hours a week, and 6.2% worked more than 40. 3.5% said their hours varied too much to answer.

Women's wages were much less than men's. 3 out of every 10 women in our sample worked more than 35 hours a week and earned less than \$10,000 a year. 63.6% of the working women earned less than \$7,000 and 80% earned less than \$10,000.

One quarter of the women had received unemployment insurance in the last five years and 3.2% had received either welfare or mother's allowance.

Nervous Tension

Of the sample, 2 out of 5 women had taken tranquilizers at one time or another, and 1 in 5 said they had had a severe emotional crisis or nervous breakdown. Of these latter, 55% sought professional help, and 25% had been hospitalized.

Health

41.7% of the women had been hospitalized in the last five years for reasons other than childbirth. Of these 8% were for hysterectomies. 39% of the women who had been hospitalized, were admitted through emergency.

60.2% suffered from menstrual cramping, and another 17.2% had menopausal symptoms.

A whopping 64.5% of the women had had vaginal infections of one kind or another, but only 56.7% of these knew what kind it was. In only 71.7% of the cases had the doctor taken a swab to diagnose it. That these infections were often contagious can be seen in that 13.3% of the women were also given medication for their sexual partner. However, we had no cases of gonorrhea or syphilis in the sample.

Contraception

The most commonly used birth control method was the Pill. In the question "Which birth control methods have you used?", 62.3% replied yes to the Pill, 16.1% the IUD, 20.4% Foam, 11.8% the diaphragm. Over 8% of the women interviewed said that their husbands had had vasectomies.

At the present time, 39.9% were using no method of birth control, 36.5% were using the Pill, 12.9% were sterilized or their partner was sterilized, 4.3% used rhythm and 6.4% used other methods.

Pill users reported the following side effects: 41.4% water retention, 50% weight gain, 22.4% varicose veins, 43.1% headaches, 36.2% depression, 32.8% vaginal infections, and 10.3% urinary infections, 48.3% reported having more than one side effect.

Unwanted Pregnancy

1 in 5 women in the sample reported that they had had an unwanted pregnancy. Of these 39.1% terminated the pregnancy, and 4.4% gave the baby up for adoption. 65% of the women with unwanted pregnancies had sought counselling, most from their doctors.

We asked two questions to determine the women's attitude to abortion. "Do you believe that abortion is taking a human life?" 45.2% of the women replied "yes", 41.9% "no", and 12.9% were undecided. "Do you believe that a woman should have the legal right to choose whether or not to continue the pregnancy?" 73.0% replied "yes"; 18.3% replied "no" and 7.3% were undecided.

Of the abortions, the majority were done in Buffalo. None were done in Sudbury.

Family Relations

15% of the women had been separated from their husbands and half of these were the ones that moved out. Most moved in with friends or relatives.

Family arguments were largely verbal, but in 34.3% of the families this took the form of sarcasm. In 12.8% of the families, they took the form of physical fighting. In 41% of these families, someone had been injured. In 58% of the families the violence was directed against the children.

17.3% of the women said that a member of their family had a serious drinking problem, and 4.3% said that someone had a serious drug problem. More than 60% of these persons had sought some kind of professional help.

Rape

We asked two questions to determine the frequency of sexual assault on women in Sudbury: "Have you ever been physically forced or intimidated into sexual activities you did not want?" 23.6% replied "yes". "Did you consider this to be rape?" 12.8% replied "yes".

Of the women answering "yes" to question 2, the following information was obtained. The assaulter was a relative (30%), a friend (25%) or a sexual partner (17%). There was also one instance each where the assaulter was an employer, an acquaintance or a stranger.

One half the rapes took place in a home of someone other than the victim, and one quarter took place in the victim's own home.

The rapes took place when the victim was at a party, babysitting, doing her housework, in a public building, at work. There were no dark alleys.

In 25% of the cases the women was injured. In only one case was the rape reported to the police.

PATIENTS' RIGHTS

1. You have the right to complete information and to have an explanation of your condition, treatment and chances (if any) in layman's terms. You also have the right to an interpreter, if needed.
2. You have the right to know by name the physician responsible for your care, and the right to obtain a second opinion from another doctor, or from healers who use entirely different principles.
3. You have the right to refuse consent to treatment, and your consent is valid only if it is voluntary and informed. You can modify or refuse to sign all-inclusive consent forms.
4. You have the right to privacy. Your records and any information about your case can only be released to another person with your consent.
5. You have the right to be treated in emergencies by a hospital and by a doctor, unless he is assured that treatment can and will be given by others.
6. You have the right to leave the hospital or doctor's office whenever you decide to. (An exception is if you have been civilly committed to a mental institution).
7. You have right to courtesy, dignity and continuity of care, and to good quality, humane care.
8. You have the right to change doctor(s) at any time.

To Complain:

1. Complain to the individual who is violating your rights
2. For complaints against doctors: write:
Dr. D.N. Aitken, Registrar
Ontario College of Physicians and Surgeons
64 Prince Arthur Avenue
Toronto, M5R 1B4
1-416-961-1711
3. For Complaints against hospitals, write:
Canadian Hospital Association
25 Imperial Street
Toronto, M5P 1C1
1-416-923-9629
4. For additional help and advice:
Patients' Rights Association
40 Homewood Avenue, Suite 315
Toronto, M4Y 2K2

We would strongly advise anyone who feels they are in serious need of good medical attention, and are not receiving it in Sudbury, to seek a second opinion from the Lockwood Clinic in Toronto. They set aside three days a week solely for Sudbury patients. Their address is 300 Bloor East. Their telephone number is 416-921-2121. It is your right to seek this attention. If their diagnosis of your problem is substantially different than your own physician's, tell him.

LAWYER SHOPPING

A large number of problems that women run into are legal, and require the assistance of a lawyer. In Ontario, legal aid will cover the costs, or a portion of the costs, if you do not have an adequate income yourself. You can either obtain a legal aid certificate first and then seek a

lawyer, or you can see a lawyer and he will arrange your certificate. In Sudbury, Legal Aid is located at 69 Elm Street West, telephone 673-8182. If you bring proof of income and liabilities with you, the arrangements can often be made in one day.

Lawyer's fees are often quite high. Included in his fee are all the lawyer's expenses including office rent, secretarial salaries and so on. There is a tariff or guideline set by the local Bar Association. If you feel you have been overcharged, you can arrange to have an officer of the Court called a "taxing officer" review the account. Call 674-3151. If you have a serious complaint about a lawyer, you can contact the Law Society of Upper Canada, Osgoode Hall, Toronto. This is the licensing body for lawyers.

It is your right to choose a lawyer with whom you are comfortable. You can change lawyers if you are not satisfied, although this may become an expensive proposition. There is a Canadian Women and the Law Association which can provide help and advice. They have an office in Ottawa at 1-613-238-3832. There are some competent women lawyers in town who deal in family law. Their names can be obtained from the court house, call 674-3151.

BIRTH CONTROL

The question of birth control concerns most women. There are many forms of birth control available, many of them hazardous to your health, and some awkward to use. It should be a responsibility that is shared with your sexual partner.

The first step in choosing a form of birth control is a complete medical checkup.

The following is an outline of the various methods of birth control.

The Pill

It is the most commonly prescribed method in Sudbury. Each pill, taken daily for twenty-one days, contains combinations of synthetic hormones which affect your level of progesterone and estrogen so as to prevent the full development of the egg in the ovary. There are other kinds available which change the uterine lining and the cervical mucus, so as to prevent the implantation of the egg. The benefits of the pill are obvious.

However, it is important to realise that the side-effects of the pill can be very serious and even deadly. Most side-effects are similar to those of early pregnancy (see box), and can sometimes be off-set by following the dietary precautions outlined in the chapter on pregnancy.

You should not take the pill, if you have poor blood circulation or clotting; varicose veins; hepatitis or liver disease; cancer; cystic fibrosis; sickle cell anemia; undiagnosed abnormal genital bleeding; high blood pressure. Do not breast-feed and take the pill, as it will injure the baby.

The Intrauterine Device (IUD)

It is a small plastic object of different shapes and sizes, placed in the uterus by a doctor. A string hangs out of the cervix, so that you can check its placement. It has a failure rate of 6 pregnancies per 100 women years (about equivalent to the condom). The IUD works by causing a state of irritation in the uterus that prevents the fertilized egg from implanting; in effect, inducing a miscarriage. IUD's containing copper also interfere with the passage of sperm by releasing small amounts of copper in the uterus.

The major advantage of the IUD is that once it is in place, you don't have to think about it any more. Disadvantages are: expulsion (about 20% in the first three months), perforation of the uterus if it is inserted improperly, heavy cramping and bleeding during menstruation, increased risk of infection.

You should not use an IUD if you have the following conditions: pregnancy, endometriosis, VD, any vaginal, cervical or uterine infection, a tiny uterus, large fibroids, menstrual problems, cardiac disease, anemia or sickle cell disease. If you have never had children, it will be much more difficult to insert the IUD.

The Diaphragm

A cup-shaped device made of soft rubber, which, when inserted high in the vagina, acts as a barrier to sperm. If used with spermicidal creams or jellies, which can be purchased without prescription, it is a very effective method of birth control.

The diaphragm is fitted by a doctor, and he/she will help you learn how to insert it correctly. It should be inserted, with cream or jelly, no more than 2 hours before intercourse, and left in for 6 to 8 hours afterwards, to give the sperm a chance to die. The diaphragm must be cleaned after use: washed with mild soap and water, rinsed and dried carefully.

If fitted properly, the diaphragm should not be uncomfortable for you or your partner. If your uterus tips forward or backward, there are special arching coil or flat diaphragms for you. There are no side-effects, except for those women who are allergic to the creams and jellies.

The Condom

This is a thin rubber sheath about seven inches long, open at one end, which fits over the man's erect penis and traps the sperm when he ejaculates. They are purchased without prescription at any drug store. There are many different varieties. The most comfortable to use is a lubricated condom made from lamb membrane. Most others are made from rubber. If the condom you are using is not lubricated, use a spermicidal cream or jelly or a sterile vaginal jelly for easier insertion. Do not use Vaseline or handcreams, as many of them cause the condom to deteriorate.

It is important to realize that the tiny drop of liquid secreted from a man's penis as it is becoming erect also contains sperm. The man should withdraw his penis while it is still erect, or the condom may slip off.

An added advantage of the condom is that it provides protection against VD.

Foam-Aerosol Spermicide

It is available without prescription in any drug store. It is applied with an applicator. It acts in two ways: it contains a chemical which kills sperm, and it acts as a barrier to sperm in the vagina.

It is not very effective used alone. To be at all effective, you should use two applicators full, and aim for the very back of your vagina. You must add more each time you have intercourse, regardless of the time interval.

Some women find that it irritates their genitals. If this happens with one brand, try another.

Foam is also effective in decreasing your susceptibility to VD.

The Rhythm Methods

There are a number of rhythm methods and they can be effective if you adhere to them rigidly, and if you have a regular menstrual cycle. The basic principle is that your fertile period in any cycle is actually only about one week. There are three basic methods:

1. Ovulation, or Billings Method. This method is described in detail in Billings, Evelyn and John: **Atlas of the Ovulation Method**, from the Liturgical Press. This method helps you study the state of your cervical mucus or vaginal discharge in order to know when you are ovulating.

2. The Temperature Method. Your body's basic temperature decreases when you ovulate and rises just before your period. This is caused by the ovary secreting progesterone. If you chart these changes for a number of months you will be able to predict your own cycle.

3. The Symptothermic Method. This is a combination of the other two with a rhythm method calendar.

All the rhythm methods require a great deal of understanding and cooperation between the sexual partners, and strict discipline about the "unsafe days". More information about them can be found in **Our Bodies, Our Selves**.

The Morning After Pill

The drug used is a strong dose of diethylstilbestrol (DES), which has been known to cause cervical and vaginal cancer in offspring as young as 8 years old. If you do take the morning after pill under the direction of a doctor, be prepared for a few days of severe nausea, headaches and menstrual irregularities. If you react with blurring vision, severe leg or chest pains, or shortness of breath, get to a hospital immediately.

Ovral

This is a form of "morning after pill". One pill is taken in the morning and one at night for 3 days. This causes the uterus to shed its lining. The immediate side effects are similar to those of DES, and you should be very cautious.

Non-Methods

The following are not effective:

1. Douching: sperm swim too fast to be washed out. In fact, you may wash them into the cervix.

2. Vaginal suppositories. They do not distribute themselves evenly in the vagina, and are not powerful enough. Some are not meant for birth control.

3. Withdrawal. Some fluid containing live sperm may come out before the actual ejaculation, and it puts too much strain on the couple to be certain that the man will "withdraw" in time.

4. Astrological birth control. The period of abstinence is linked to the time and date of your birth. If used in conjunction with other rhythm methods, it is as effective as the other rhythm method employed.

Out of 58 women who had taken the Pill,
the following had side effects:

Water retention	24	28 had more than one side effect.
Weight gain	29	
Varicose veins	13	
Headaches	25	
Depression	21	
Nausea	12	
Cysts	5	
Swollen breasts	18	
Changed Sexual interest	12	
Urinary Problems	6	
Vaginal Infections	19	
Cervical Infection	6	
Increased Hair growth	9	
Decreased Menstrual Flow	42	
Breakthrough Bleeding	13	
Pigmentation	5	
Other	5	

ABORTION

It is extremely important to detect the pregnancy early. Pregnancy is dated from the FIRST DAY OF YOUR LAST MENSTRUAL PERIOD (LMP), not from the date of conception. It is difficult and expensive to have an abortion if you are more than 12 weeks pregnant.

The law of Canada permits hospitals to establish Therapeutic Abortion Committees of no less than three doctors, one of whom must be a psychiatrist, to review applications of women for abortions. Different hospitals have different standards, but most hospitals do not have a committee. If you have an abortion in Ontario, OHIP will pay \$67.50 for the doctor and all hospital costs. If you are under 16, you will need parental consent.

In Sudbury, the only hospital with a Therapeutic Abortion Committee is the Memorial Hospital. Your case must be taken to the committee by a local doctor (usually a gynecologist). The record of the Memorial Hospital is pretty dismal however.

If you want to have an abortion

1. Determine whether or not you are pregnant. If you have symptoms of vaginitis or other infection, begin treatment for it immediately. Failure to do so may result in a Pelvic Inflammation after the abortion.

2. Get a referral to a gynecologist in Sudbury and ask him to take your case to the Therapeutic Abortion Committee at the Memorial Hospital.

He may refuse, so leave yourself enough time to try alternatives 2, 3, or 4. It is very important that women try to get an abortion in Sudbury if we wish it to be more available here. The cost will only be \$25 to \$35 above OHIP.

2. Contact ACCRA at 566-8497. This is and has been the only abortion-referral service in Sudbury for 7 years. Their fee varies depending on each case, although the maximum is \$50. ACCRA has applied for funding in the past, but has been unsuccessful.

Women who are concerned about the lack of free referral service in Sudbury should send letters to "Ministry of Health and Welfare, Queen's Park, Toronto". ACCRA had 342 clients in 1976, of which 321 were abortion referrals.

Or, alternatively,

3. Contact the Women's Liberation Abortion Referral Centre in Toronto, 2828 Bathurst Street, Telephone 1-416-789-4541. The services of this clinic are free, as they are supported by permanent funding under the Ministry of Health in Ontario.

If you go through them, the procedures are:

- a) call them and they will make an appointment for you in Toronto, to see a gynecologist
- b) when you go, the gynecologist will examine you and present your case to a hospital committee,
- c) if you are in a hurry because you are close to 12 weeks or for other reasons, you should make arrangements to stay in Toronto, and you can have the abortion within 3 days of the examination.
- d) the doctor's fee will be anywhere from \$100 to \$150 for the operation. OHIP will later reimburse you \$67.50. Any hospital stay will be covered by OHIP, although the operation is usually done on an outpatient basis. The procedure is vacuum aspiration with a local anaesthetic.
- e) If you cannot take 3 days for the abortion, or if the two

doctors with whom the Women's Liberations Referral Centre deals are on holidays, you will be referred to Buffalo to either Dr. Paul Davis or the Erie Medical Centre. Cost is \$160 at Erie and \$190 at Dr. Davis. Both of these are clinics established especially for the purpose. If you go to Buffalo, you will have transportation and overnight accommodation costs, and OHIP will not pay anything.

4. If you have no OHIP, the Toronto General is the least expensive outside of Sudbury. It takes two weeks to arrange and they do not give a local anaesthetic. They only take patients who are less than 9 weeks pregnant. To arrange this, you call 1-416-595-3600, extension 8 after 10:30 a.m. and you are given an appointment for the same day the following week. On that day, you go down and are examined, and then you must return for following week for the operation. It costs \$70. (plus transportation and accommodation).

If you are over 12 weeks pregnant

It is much more difficult and expensive to have an abortion. At this point most doctors insist on waiting until you are 16 weeks pregnant to undertake the operation. The methods used are an injection of saline or prostaglandin into the amniotic waters surrounding the fetus. This kills the fetus and induces labour, and you, in effect, miscarry the fetus. It is much more trying and emotionally exhausting.

It can be arranged at a Toronto hospital by either ACCRA or the Women's Liberation Abortion Referral Service. The cost will be over \$150, depending on the doctor. If you have no OHIP, the hospital bill might be as high as \$1000.

If you are over 20 weeks pregnant

You cannot have a legal abortion in Ontario. Women's Liberation Abortion Referral or ACCRA can arrange for a referral to Hampstead Hospital in New York State. The procedure will cost \$550 and transportation will be around \$200.

After the abortion

You must get a checkup with a physician 6 weeks after the abortion. The Sudbury and District Health Unit will give you this checkup if you have no OHIP or do not wish to see your family doctor.

PREGNANCY AND CHILD BIRTH

If you think you might be pregnant, be sure as soon as possible. Pregnancy tests are available from your family doctor, or from any drug store for about \$6.00. The test can detect pregnancy from about three weeks after conception. See your doctor and get a complete physical checkup as soon as possible: good prenatal care can avoid complications in pregnancy.

Some of the symptoms of pregnancy are: a missed period, swelling and tenderness of the breasts, increased vaginal secretions and urination, nausea and fatigue.

If you are pregnant, choose a doctor who will listen to you, answer your questions and discuss such things as diet, natural childbirth, breast feeding and rooming-in, sexual relations during pregnancy. We have found that there are no doctors like this in Sudbury. It often helps to write down a list of things you want to ask about before each visit to the doctor. Ask friends and nurses you know for their recommendations.

Throughout the pregnancy, you should avoid taking any drugs unless absolutely necessary. Any drug, including alcohol and tobacco, crosses the placenta to the fetus. X-rays can also be harmful in the early months.

Do not drink. It has recently been established that even small amounts of alcohol can seriously retard your baby.

You should also try to be as well informed about the pregnancy as possible. There are a number of excellent books on the subject, and there are also films available at the Public Library.

Proper diet during pregnancy is essential and can help prevent complications. Most doctors know very little about nutrition, and are more concerned about how much weight you gain than about how well you are nourished. Everyday, you should eat milk or cheese, fresh vegetables, both green and yellow, especially the leafy greens, whole grain breads and cereals, fruit and meat, fish or vegetable proteins such as beans, soybeans, nuts and grains. You should take cod liver oil. There is evidence that the nausea of early pregnancy is caused by lack of Vitamin B-6, which is found in brown rice, whole wheat, bananas, sunflower seeds and peanuts. Brewers yeast is an excellent source of B vitamins. Raspberry leaf tea has been used for thousands of years as a daily tonic to alleviate nausea and prevent miscarriage. It contains vitamins A, B, C and E and calcium, phosphorus and iron. The Canada Food Guide, available from the Sudbury and District Health Unit (522-9200), is a good source of information for diet. Drinking at least 6 to 8 glasses of water a day will aid digestion and circulation and help prevent bladder infections.

It is important to know some of the complications of pregnancy.

Ectopic pregnancy occurs when the fertilized egg implants outside the uterus, usually in the Fallopian tube. As the fetus grows, it gets too large and causes the tube to rupture. Symptoms are: severe pain in the lower abdomen, fainting and pain in the shoulders. There may or may not be bleeding from the vagina. You may go into shock. **Get a doctor or go to the Emergency Ward immediately.** You will need surgery to stop the internal bleeding.

Toxemia is a toxic condition of the body characterized by water retention, swelling, high blood pressure and protein in the urine. In severe cases it can cause death or retardation in the baby and coma or convulsions in the mother. It is usually caused by poor nutrition; particularly lack of protein or the B vitamins, particularly B6. Most doctors prescribe diuretics (water pills) for this condition. They can make toxemia worse, by washing away the vitamins and minerals which prevent the condition. If you have any of these symptoms, you should immediately improve your diet. Try to drink brewers yeast and orange juice if at all possible. It tastes terrible, but may save your baby.

Miscarriage is very common, especially in the first three months. Doctors do not often discuss this with patients before the fact, because they do not wish to frighten them. Most miscarriages are the body's way of terminating a pregnancy when there is something wrong with the fetus or the mother. Symptoms are pain and bleeding. If you have these symptoms, rest in bed and call the doctor. One miscarriage does not usually mean you will have any trouble with subsequent pregnancies.

The Sudbury and District Health Unit is the only place that provides prenatal classes. They teach exercise and relaxation to prepare for the birth, diet, breastfeeding, and include films and a tour of the maternity ward of the

hospital. The classes last about six weeks, and you cannot attend before the sixth month of your pregnancy. There are no classes in Sudbury on the Lamaze or Grantly-Dick Read methods of natural childbirth, but there are excellent books available.

If you are an unwed mother or are going through the pregnancy under other difficult circumstances, Birthright (673-7200) can provide emotional support and information. It is dedicated to preventing abortions. They can arrange for you to stay at a home in Toronto, or with a family here during your pregnancy, and will give you information about adoption if you wish.

Most doctors recommend that you do not have sexual relations six weeks before the delivery or six weeks after. Some feel it is OK any time before the birth. Under certain circumstances, intercourse can be dangerous to the fetus, as the contractions of the uterus during orgasm are similar to those of labour, and might cause labour contractions to begin. Discuss this with your doctor.

The trend today is toward more natural births, with drugs used only when necessary. However, this depends a lot on your doctor, and many give tranquilizers and anaesthetics routinely to women in labour. All drugs used during labour can affect the baby, by depressing the baby's responses, especially his breathing. If you are prepared for childbirth through prenatal classes or reading, you should not need medication.

The induction of labour by artificial means is frequently done for the doctor's convenience. It is your right to say "no" if you feel this is what is happening.

If at any time during your pregnancy or delivery you are not confident in the doctor's judgment, it is your right to request a second opinion. Do so, it may be your life or the baby's life at stake.

Both Memorial and the Sudbury General Hospitals allow the father to be present in the delivery room. General has 24 hour rooming-in; Memorial has it during the day.

Breast-feeding is encouraged much more than it was, but often the advice you receive hinders instead of helps, and the hospitals may make it difficult by not giving you the baby when it cries, or by giving it glucose between feedings. A baby's way to stimulate milk production is by sucking more frequently.

There are many advantages to breast-feeding: it's natural, the best possible food, it supplies anti-bodies, it's convenient. The colostrum present before the milk comes in is very rich in vitamins and anti-bodies. If you put the baby to breast immediately after delivery, the sucking stimulates the contraction of the uterus. If you want to breast feed, we suggest you contact the La Leche League. This is an organization dedicated to helping women breast-feed. They meet every first Tuesday and third Wednesday of the month at a member's house. They are on call 24 hours a day at 858-1786, 522-5508, and 855-4987.

In Ontario, home births are illegal, and both you and the attending physician or midwife are liable to prosecution if anything happens to the baby or yourself.

Get to the hospital as soon as you are sure you are in labour. If you don't have a ride, the police will help you. If you feel you need an ambulance, call one. They will bill you later.

After you come home with the baby, you will receive a visit from the public health nurse. If at anytime, you have questions or problems with the new baby, you should feel free to discuss it with your doctor. We have found that many doctors are "too busy" to be easily available. In this case, the public health nurse is always ready to help. She will come and visit you, if you wish. (522-9200).

ADOPTION

If you are considering giving your baby up, there are two procedures for having the baby adopted: privately, or through the Children's Aid Society.

1. **Privately:** If you know someone who wishes to adopt the baby, you can make the arrangements through a lawyer. The fee will vary, so establish it before you begin. The adopting parents will know your identity, and there is always the chance that if they are not pleased with the arrangements, they might hassle you later.

2. **Children's Aid Society:** When you approach the C.A.S., they will discuss the matter with you in some depth. There are two methods by which they proceed. Either, (a) You sign a paper agreeing to place the child for adoption. You have 21 days afterwards to change your mind. If, however, the child does not find adoptive parents and you enquire later, you may have the child back, if you wish. If the child is adopted, that is the end of your contact with him. If the child's father is known and has had contact with the child, his consent will be required, unless a good reason can be shown why it should not be.

If you are under 18, you will be asked to discuss your rights with a lawyer to ensure that there is no pressure on you to proceed. A woman as young as 12 years of age can place a child for adoption without her parents' consent. (Conversely, she should be able to decide to keep her baby, but this is liable to be disputed in the courts).

Or, (b) The matter may proceed by your allowing the child to be made a "Crown Ward" in the Family Court, in the same way that the Children's Aid Society proceeds to take a child from an unfit mother. Once the child is a Crown Ward, it can be adopted without the further involvement of the mother. The C.A.S. proceeds to operate this way, as the decision is much more clearcut. You have thirty days to change your mind.

The Children's Aid Society makes an effort to have a complete social and medical history of the parent(s) who are giving the child up for adoption, so that it will be available to the child later. However, the name(s) of the original parents are confidential.

If you have had a baby who is to be adopted, you have the legal right to see him any time after the birth until he is adopted. This includes the time spent in hospital. If your doctor advises you not to see the baby, discuss it with the C.A.S. worker. Evidence seems to indicate that it is easier for you in the long run if you see the baby before he is adopted.

COMMON FEMALE PROBLEMS

Most women suffer from one "female" problem after another: vaginal infections, bladder infections, cramping, cysts, fibroids, menopause and so on. Even though these problems are so common, it is difficult to receive adequate medical attention for them. Most of us have found that doctors are usually too busy to do a proper diagnosis in the first place. Many do not take our symptoms seriously and treat us as neurotics instead of sick people. When we have bladder or vaginal infections that persist, we are sent to specialists that deal only with our genitals or only with our urinary systems, and so the infection travels back and forth. Often better nutrition or more exercise would help the problem, but the doctor is trained to treat disease, not to advise us on how to build

health. We would strongly advise any woman who can, to get a copy of **Our Bodies, Ourselves** by the Boston Women's Health Collective, published by Simon and Schuster, New York. It is the most complete outline of these problems and the solutions to them that you can find. Most of this section is abridged from that.

Menstruation

Menstruation begins anywhere between 9 and 17 years of age. Actual pain with menstruation is not normal, but most women experience a feeling of heaviness in the pelvic region, nervousness, bladder irritation and constipation. The discharge should be dark red composed of secretions from the vulva glands as well as blood from the uterine walls. It has a distinctive odour.

If you are suffering from severe cramping, you should see your doctor. Sometimes more protein or calcium in your diet will help. If you have a sedentary job, you probably need more exercise. Heating pads, (on your feet,) warm baths and Midol go a long way to relieve discomfort.

Yeast Infections

When your body gets run down from poor diet, tiredness or taking antibiotics and birth control pills, you become more susceptible to this disease. Under "normal" conditions the yeast-like fungus is present in your mouth, skin, vagina and large intestine. When your system is out of balance it flares up: the vagina secretes a cheesy textured discharge which smells like yeast and causes itching and redness of the labia walls.

You can largely control yeast infections yourself by the use of Aci-jel, a non-prescription cream which helps to maintain the proper PH balance in your vagina. Some women have reported remarkable results with yoghurt inserted in the vagina, as well as with painting the vagina, cervix and vulva with gentian violet. This is bright purple and it stains, but it works. Some women are allergic to gentian violet.

Cystitis

This is a common bacterial infection amongst women because, in women, the urinary opening and vaginal opening are so close, and also irritation of the urinary opening is common during intercourse.

The symptoms can develop suddenly: burning pain on urination, frequent urination, pain just above the pelvic bone. The urine may be cloudy or tinged with blood.

You should see a doctor. He will take a urine sample and have it tested for bacteria. You can relieve the symptoms and prevent the disease by: drinking lots of water (a glass everytime you urinate), avoiding coffee, tea, alcohol and spices, soaking in a hot tub, and increasing your vitamin C intake. The doctor will prescribe an antibiotic to clear up the condition. You should see some improvement within a couple of days. If you don't, go back to the doctor; some bacteria thrive on the drugs. Cystitis is sometimes very hard to get rid of.

Cervical Erosion

This is a sore which may appear on the cervix. It has been estimated that 95% of women of childbearing age have cervical erosion at some point. Some women have no symptoms, and the condition is discovered during an internal examination. The doctor does a Pap smear to be sure no cancer cells are present.

If it is not severe, it will probably be treated with a sulfa-cream. If it is severe, the doctor may cauterize or freeze it. This involves burning or freezing the erosion with a chemical (such as silver nitrate sticks). The goal of this treatment is to allow normal cells to grow over the area. You should not have sexual intercourse for two weeks af-

ter this treatment.

If it is very severe, or suspicious, the doctor may prescribe "conization", the removal of a core of cervical tissue. It is done in the hospital.

Fibroids

One out of four or five women of childbearing age is likely to get fibroids. Most are benign and slow-growing. They result when the uterus just cannot continue to slough off the entire build-up of tissues with each menstruation.

In older women, they can get large enough to cause menstrual irregularities: excessive flow, or intermittent bleeding. If the woman is past childbearing age, there is rarely anything to worry about, as they will shrink with menopause. If they are very large, they can be removed by myomectomy, a procedure which leaves the uterus intact. Some doctors want to do a hysterectomy for this. Make sure that this is necessary, as there is controversy over the issue. Get a second opinion.

Trichomoniasis

This is a one-celled parasite which is transmitted in intercourse but they will survive in any moist environment for a few hours.

Symptoms are a frothy white or yellow discharge with a foul odour which irritates the vagina and the vulva. A long term trich infection can damage the cell walls in the vagina and leave you more susceptible to cervical cancer.

Most doctors in Sudbury treat trich with Flagyl, a very expensive drug. **You should refuse to take this drug.** It is the trade name for metronidazole and it has caused gene mutations in standard test systems, birth defects in animals and cancer in rats and mice. Its safety is clearly questionable.

Trich usually clears up with the use of vaginal suppositories such as Floraquin, loose clothing, avoidance of tampons, and avoidance of vaginal sprays.

Herpes

This is a common viral disease which has reached epidemic proportions. It can be spread by sexual intercourse. It is closely related to the virus that causes cold sores. Venereal warts behave similarly.

It appears as painful sores that look like blisters or small lumps, inside the vagina, around the genitals or the anus. They can rupture to form open sores which are very painful. You may also have fever, enlarged glands and flu-like symptoms. It can also affect your throat. It can recur.

There is no known cure, as it is not bacterial. You can get local relief however with surface anaesthetics and oral pain-killers. Being in good condition and eating good food seem to do a lot to prevent recurrence. Using condoms for intercourse will prevent infecting your mate.

Crabs or Pubic Lice

These tiny creatures live in pubic hair. They cause severe itching and are transmitted by intercourse, infected sheets, clothing and so on. They are very common.

Treatment is by shampooing with Kwellada shampoo. Make sure you wash all bed linen and clothing in boiling, sudsy water to avoid reinfection. They can only live twenty-four hours away from the human body, but the eggs will live six days. Repeat the shampoo one week later, just to be sure that you have got them all. You can buy Kwellada without a prescription.

Menopause

This is the term used to designate the end of menstruation. Only about 25% of women have any symptoms other than just stopping bleeding. This 25% experience a

range of symptoms: hot flashes, headaches and insomnia. They are caused by the withdrawal of estrogen from your body. This also causes a change in skin tone, less secretions in the vagina, a smaller and less elastic vagina. You can get symptomatic relief for these problems with estrogen therapy, but you shouldn't need to take it for a prolonged period of time.

Much has been made of the psychological symptoms of menopause. Most frequently mentioned are fear, anxiety, depression and irritability. It is often assumed that this is a result of hormonal changes, but increasingly it seems that these are a result of our society's attitude toward aging in females. Having a meaningful job, financial security and a good image of oneself, seems to minimize the psychological problems of menopause. If you find you are suffering from the psychological symptoms of menopause, you might be wise to view them in the context of what you want to do with your life. It is certainly not too late to improve your education, seek a different job, or get involved in your community. You can get help with these problems at the Women's Centre at Cambrian College, 566-8101. There have also been women in other cities who formed discussion groups with other women in their age group to discuss their fears and needs. They have been very successful. You might consider doing this.

Books, **The Menopause Myth** by Sheldon H. Cherry, and **On Aging** by Simone de Beauvoir, provide a good basis for discussion. They are available through the Sudbury Public Library.

VENEREAL DISEASE

There are a number of types of VD; the most well known are gonorrhoea and syphilis.

Gonorrhoea is transmitted through sexual intercourse by a bacteria called gonococcus. The bacteria cannot survive long in the open air, so it can only be transmitted through physical contact such as vaginal or oral-genital sexual intercourse. The chances of a woman being infected in this way by another person are 50/50.

The symptoms of gonorrhoea in women are usually unrecognized in its early stages. In the beginnings there may be a yellow-green discharge from a vagina that is also irritated and itchy. Sometimes there may be a low back pain or abdominal pain. The urethra and the area around it can swell and there may be pain when urinating. These symptoms are not very severe, if they appear at all. If you remain untreated for 8 to 10 weeks, then bacteria rise into the uterus and spread to the Fallopian tubes. The tubes become blocked and swollen causing lower back pain, or abdominal pain.

It is difficult to get a proper diagnosis of gonorrhoea. It must be done with a cervical swab, not a vaginal swab. Most doctor's are reluctant to do this, for some reason. Force the issue.

Antibiotics are used to cure both initial and secondary stages of the disease. But it has to be the proper type of antibiotic to be useful, as some strains of VD are resistant to a broad spectrum of antibiotics. If gonorrhoea is left untreated it can sterilize you.

You can get treatment and diagnosis at the Sudbury and District Health Unit on Tuesdays and Fridays from 1:30 to 5:30.

Syphilis is transmitted during sexual intercourse. The first symptom may be an open sore or chancre which appears on the infected area at the mouth of genitals. It is usually a dull red lump about the size of a pea which breaks open and forms a scab. If untreated, it will disappear in 1 to 5 weeks, but the disease continues to spread.

Anywhere from 6 weeks to 6 months after the chancre, a rash may appear on your hands, feet, chest and/or back of your arms. The rash does not itch. You may also have flu-like symptoms and a sore throat. If medical attention is not sought at this stage, then the syphilis will spread to your digestive organs, liver, lungs, eyes and endocrine glands.

The disease is hard to detect in its latent stages, and a blood test must be done to confirm it, as well as a complete medical examination. Many women in Sudbury find that doctors refuse to test them for syphilis when they request it, probably out of fear of getting involved in a marital dispute. If this happens to you, go to the Sudbury and District Health Unit for a test. Do not be embarrassed; it happens all the time.

Treatment is with antibiotics. It is easily cured once detected. There is some indication that a major problem in getting treatment for VD is in finding doctors willing to do the proper tests for it. This seems to be a result of fear of being involved in a family dispute. It is playing with fire. If your doctor does this, report him to Dr. D.M. Aitken, Registrar, Ontario College of Physicians and Surgeons, 64 Prince Arthur Avenue, Toronto, M5R 1B4.

CHILDCARE

Most women in Sudbury depend upon relatives or neighbours to look after their children. But for many, this is not a satisfactory alternative. The following is an outline of where you can get help.

In an emergency:

Homemakers for emergency situations are provided on by the following:

The Little Sisters of the Assumption 674-6193;
Social Services Administration, District of Sudbury 675-2411;
Red Cross 674-0737;
Canadian Cancer Society 674-0123.

If you find yourself in hospital, and need to make arrangements for your children, contact the hospital social worker.

Daycare

There are seven daycare centres in the Sudbury area:
Cambrian College Day Care Centre 566-8101, ext. 259;
Cedar Park Day Nursery 566-0586;
Day Care Learning Centre (Val Caron) 969-8695;
East End Day Care Centre 566-5185;
Junior Citizens Day Care Centre 675-1059;
Laurentian Child and Family Centre/Centre Familial Laurentian 675-1151 ext. 518;
Garderie Francophone 674-4787.

There are usually waiting lists, and the costs vary up to \$11 a day. If you cannot afford this, there are subsidies available through the Regional Municipality of Sudbury. Contact 673-2171, ext. 310, and make an application.

Nursery Schools

There are a number of part-time nursery schools in the community. You can find out the name of the one nearest you from the Sudbury Board of Education 674-3171, or the Separate Schools of the District of Sudbury 673-5621.

At-Home Care

You can advertise in the paper, grocery store or laundromat. Be careful to ask for references and check them out.

You can also ask for an all day sitter through La Paix

674-8664, YWCA 674-2210, and Canada Manpower 674-2211.

If you cannot meet the costs of the sitter, contact welfare, 675-2411; they have a homemaker service for working mothers. They pay minimally, but will give assistance if you qualify.

ON THE JOB

If you have been treated unfairly:

1. If you have a union, go to your steward or representative: the union will represent you and launch a grievance if necessary.
2. If you do not have a union, you now know why you need one. Think about the possibilities of starting a union. Be discreet about your intentions — people have been fired for this activity, and although it is illegal to fire someone for union activity, it is usually disguised as something else: poor performance, staff cutbacks and so on. (See How to Organize a Union)
3. If you require immediate action from someone outside the workplace, contact the Department of Labour 566-3071. If you are not satisfied, see a lawyer. Remember you may qualify for legal aid.

If you have been discriminated against because of your sex:

1. Go to your union.
2. If they cannot help you, or there isn't one, call the Human Rights Commission: 566-3071 and find out your rights. If possible lodge a complaint through them.
3. The Ontario Ministry of Labour also has a Women's Bureau to inform you of your rights and take action on complaints. Their office is in Toronto: 400 University Avenue, 416-965-1537.
4. Backup support and information about rights on the job can also be obtained from the Women's Resource Centre at Cambrian 566-8101.

UNION ORGANIZING

1. Be discreet. Often the loudest complainers are the first to tell the boss.
2. Organize when you are off-duty: lunch breaks, after hours: you can be fired if it is found that you neglected your regular duties to organize.
3. Contact an established union. You can find out which is most appropriate to your work by contacting the Sudbury and District Labour Council 674-1223. The union or the council will be able to help you.
4. If you want to start your own union, talk to a lawyer: he will help you draft a constitution and ensure that the memberships are properly taken. Make sure you check certification requirements through the Department of Labour, they vary from unit to unit.
5. If you feel you have been fired for union activities, complain to the Labour Relations Board. If they believe you, you will be reinstated with back pay. LRB 416-965-4193, 400 University Avenue, Toronto.
6. Remember that your strength is in the unity of your members. Work hard to develop this: regular meetings, parties, honest information.

FINANCIAL CRISIS

A financial crisis is any situation where you find yourself with no income or no means of support, or where you find your income is falling drastically short of your needs. The following are a few suggestions for specific situations.

If you have just lost your job.

1. Apply immediately for Unemployment Insurance, if you have worked at least ten weeks. The waiting period for benefits begins with the date of application, so the sooner the better. If you have been fired or have quit without "just cause" (as they define it) you may have an 8 weeks waiting period for benefits. You will receive 75% of your salary up to a low maximum if you have dependents; 66% if you don't, for a maximum of 50 weeks. However, requirements are always changing, so obtain a copy of the Unemployment Insurance Act from the Public Library or the Queen's Printer, and know your rights.
2. Apply for temporary assistance for OHIP coverage at the OHIP office, 295 Bond Street 675-9111. Don't let it lapse.

If you are unemployed and do not qualify for UIC.

A. If the situation is short-term:

1) Apply for General Welfare at the municipal level. If you are married with children, your husband or mate has to be unemployable to qualify for welfare. If you are separated with children you qualify. If you are single, with no dependents, you may receive temporary assistance. To continue to receive assistance, you will have to prove yourself unemployable or disabled.

If you are separated or a single parent, welfare will "encourage" you to sue the father for support, or lay a charge of non-support against the father. It is questionable whether they can make you do this.

The head of the household must apply for welfare. If there is a man in the house, he is considered the head.

B. If the situation is long-term:

Apply for welfare at the municipal level, and also apply for Family Benefits at the Ministry of Community and Social Services, 127 Cedar Street, 674-3151. Their qualifications are similar to General Welfare, but they are more flexible in terms of allowed assets. Ordinarily you will have to be on welfare for 3 months before being accepted for Family Benefits.

The basis for entitlement under the General Welfare Assistance Act is very stringent. You can't have more than one month's worth of benefits in the bank when you apply, and you should not own a car. General Welfare is administered by the Sudbury Regional Social Services Administration Board in the Civic Square, 674-2511. You can apply in person or by telephone. There is always a followup home visit.

The Family Benefits Act is intended to provide longterm assistance. It is more flexible. It is commonly referred to as Mother's Allowance.

If you are disentitled or cut off from Welfare or Family Benefits

You can be cut off on hearsay alone. Someone can call in and report that you are receiving money or living with someone, and with only superficial investigation, your benefits can be discontinued. They are required to inform you by letter, but the letters are always late. If this happens, **launch an appeal** immediately. Once an appeal is

begun, the Act allows emergency funds to be paid to the claimant, at the discretion of the administrator. You can obtain appeal forms at the Welfare office. If you have difficulty, call your MPP, or a lawyer.

Copies of the General Welfare Assistance Act and Regulations and the Family Benefits Act and Regulations can be obtained from The Queen's Printer, 12th Floor, 77 Wellesley Street, Toronto. They are also in the reference section of the Public Library.

If you need emergency supplies, the Salvation Army can give you emergency supplies of food at the Citadel, 107 Lorne Street, 675-7972. You can obtain clothes and furniture from the Salvation Army and Catholic Charities: 24 Elgin, 182 Minto, 299 Willow.

If you have been injured at the workplace.

First, report the accident to your employer, and get medical treatment for the injury.

Report the accident to the Workmen's Compensation Board, no matter how insignificant the injury seems at the time. If you should have problems later from the injury, there will be a dispute as to the origin of the condition.

Workmen's Compensation benefits are 75% of your usual rate of pay to a maximum of \$216.50. They arrive every two weeks. If you have any problems in applying for or receiving your benefits, contact your MPP.

The Workmen's Compensation Board is located at 224 Elm Street West, Telephone 673-6701.

If the condition is not covered by WCB

Check with your union, or if no union, your employer, to see if you have sickness or disability insurance and apply for it immediately. If there is no insurance, the Unemployment Insurance Commission - 566-5730, has sickness and accident benefits. Apply for it immediately. The entitlement is for a maximum of 12 weeks.

If you are disabled

The Disabled Person's Act provides assistance for those who are disabled permanently whether due to a congenital condition, injury or illness. Apply at 126 Cedar Street, 3rd floor, 674-3151. There will be a home visit and you will need medical evidence to support your claim.

If your application is turned down, you can appeal. Forms are obtainable from the Cedar Street office. Contact your MPP. Obtain medical evidence.

Under this act there are also retraining programs for the disabled so enquire about them when you apply.

If you have been contributing to the Canada Pension Plan over the years, you may qualify through them for a disability pension. Apply at 16 Lisgar Street, 4th floor, 674-7501. This is a long process, so see your MP to hurry it along.

If you are elderly

Apply for old age security. Most post offices carry forms.

If your income is below the maximum set by the province, you are eligible for the "Gains" scheme, after you apply for your pension. This is a provincially-run guaranteed income scheme.

There are also special pensioners' rates for theatres, buses and a number of other services. Don't hesitate to use them... you've earned it.

You will also be eligible for subsidized senior citizens housing. Call the Sudbury Housing Authority, 674-8323, for information.

If you need job retraining

Visit the Women's Centre at Cambrian College, 566-8101. They will help you plan appropriate retraining

programs. There are job readiness courses, basic life skills courses, academic upgrading, vocational retraining and on-the-job training to choose from, all sponsored by Canada Manpower.

You will receive an income while you take these courses, which is based on your dependents. It is about equivalent to welfare in amount.

The courses are no guarantee that you will get a job, but they do provide you with social contacts, experience for the work world, and a minimal income while you are there.

Canada Manpower Centre, City Centre, 100 Elm East, 675-2111.

If the problem is with debts

The New Sudbury Community Centre at 560-0430 offers excellent credit counselling free of charge. The Toronto Community Law Handbook is available at the Sudbury Public Library, and will also provide sound advice.

If someone harrasses you for money with a summons, see a lawyer. You probably qualify for legal aid. If the amount owed is less than \$1,000 it will be heard in small claims court, and you can appear without a lawyer. You can arrange payment terms through the court.

There are laws regulating the behaviour of finance companies and the like in the collection of accounts. A bailiff without a warrant is trespassing; a finance company calling you by telephone is harrassing you. These are against the law. If it happens, call the police.

If you are really in trouble, you can arrange to go personally bankrupt. Discuss this with a lawyer, or the New Sudbury Community Centre.

If you have a consumer complaint

Contact the Ministry of Consumer and Corporate Relations 675-8878, or your lawyer.

TENANCY

It is extremely important to realize that there are laws governing almost all aspects of housing. There are a variety of agencies that are responsible for providing advice and assistance to persons with housing problems. Use them. If you are not satisfied with the results, appeal where possible, talk to other people in the same situation, organize to change the situation if the laws cannot help you.

1. For information about proper notice, your rights under the Landlord-Tenant Act or evictions. There is a department at Civic Square headed by Thom Mowry which acts as a Landlord-Tenant Advisory Bureau. They have pamphlets available explaining your rights and obligations. It's free. Telephone 674-3141 for advice or information.

If you want to dispute a rent increase.

This is the responsibility of the Rent Review Board at 45 Elm Street East. Telephone 673-7173. Until December 31, 1978, rent increases may not exceed 6% except where specifically allowed by the Rent Review Officer. A landlord must give you 90 days notice of a 6% increase, and you can file to have this increase justified. You get a form to do so from the Rent Review Board. If a landlord wishes to increase your rent more than 6%, you will be able to attend the hearing. The landlord may not evict you for seeking your rights. If you yourself cannot attend the hearing, or do not wish to, someone can represent you there. The hearing is informal and is held in the Rent Review Office.

If you need repairs done, and the landlord refuses.

There are a number of alternatives. Firstly, there is a **minimum standards bylaw** in the regional municipality which spells out the basic standards for residential dwellings. It is available from the Community Renewal Office at Civic Square-674-2171, ext. 231. If your dwelling does not meet these standards, contact the office and they will send out an inspector. If he agrees that there is a problem, he will get in touch with the landlord and try to persuade him. If the landlord does not conform, he will issue an order giving the landlord a certain number of days to make the repair, or the region will take him to court.

Second, if the dwelling is in unsafe condition and is structurally unsound, you can call the Bylaw Enforcement officer 674-2171. They will inspect immediately, and advise the owner to remedy the situation. If he does not, the Region will do the repair, and charge it to the owner. This is only in very serious cases. You should be aware that you will probably have to vacate the premises while the repair is carried out. The city and the region do not have emergency housing.

Third, the **Medical Officer of Health** at the Sudbury and District Public Health Unit, 522-9200, is responsible for enforcing the Public Health Act and the Heating Bylaws. If the problem is with inadequate or unsafe plumbing or water supply, or with inadequate heating (copies of bylaws governing minimum heating requirements are available from Civic Square or the M.O.H.) or with rodents and bugs (like cockroaches and bedbugs), they have to help you. The inspector goes out on a complaint and if he agrees there is a problem, he will issue an order requiring the landlord to remedy the problem, within a certain time limit.

Fourth, the Fire Inspector is required under the Fire Marshall's Act to act on complaints about fire hazards, such as inadequate or unsafe wiring or heating systems. He will also inspect, and issue an order to the landlord to repair the condition. If he finds that it is dangerous to the occupants to remain in the dwelling, he can order it closed until the condition is rectified. Telephone 674-8160.

Fifth, if you have had an indication from any of these bodies that the repair is really necessary, and you are not satisfied with the speed of the results, **you can have the repair done yourself and deduct it from your rent.** There are risks inherent in this, however, as the landlord may dispute it in court, and can even have you evicted if the judge finds your action frivolous or unnecessary. If you do proceed this way: have an opinion from one of the other bodies above; get three estimates (where possible) from different companies and choose the cheapest; keep a written account of the steps you have taken, with dates, etc.

Sixth, you can also force these bodies to act if they refuse. If you feel you have a good chance, **see a lawyer** and get a "writ" ordering them to act. Hopefully, you will never have to go this far.

RENT-GEARED TO INCOME HOUSING

You are eligible for public housing if you have an income and are a resident for one year of the city where you apply. Only the City of Sudbury, Garson and Rayside-Balfour have family public housing in the Region.

If you have just separated, you will not be eligible unless you have proof of the custody of your children, and

the question of the property rights with your ex-husband is settled.

If you wish to apply, you should go to the office, the Sudbury Housing Authority at 96 Larch Street, 674-8323 and fill out an application. They will send you an application by mail, but if you make mistakes, it will mean delays. The application is reviewed by the Applications Clerk, and if you are eligible you will receive a home visit to determine your need for public housing. And then you go on the long waiting list. Your position on the waiting list is determined by a points system based on need. There is no appeal about this, and you cannot know where you are on the list.

If you move while on the waiting list, make sure you notify the Sudbury Housing Authority. They will then reassess your position.

Rent is calculated at 25% of the gross income of husband and wife. Whether this is determined yearly or monthly depends on the discretion of the Project Manager assigned to you. Your rent will not go up during the term of your lease, but it will be lowered if you have proof of income reduction. The only appeal is through the SHA manager, Mr. Gregor. However, if you are sure you are being treated unjustly, see a lawyer.

All other problems you will have in public housing are handled through the same channels as for other tenants. If you have a Tenants Association, try approaching them.

MARRIAGE

Family Law is in the process of change in Ontario. The following is accurate to March 1, 1978.

Getting married is a very serious business. There are certain things you should do to protect your own interests.

- 1) You should write your own marriage contract, specifying which property is to be yours and which is to be his, and how that shall be determined in the future. If you do not, you may find that everything belongs to him should you separate.
- 2) You should continue to maintain a separate bank account, and establish your own credit rating by making small loans and repaying them promptly.
- 3) There is nothing legally requiring you to take your husband's name, and more and more women keep their own. Consider it.
- 4) Because poverty is one of the most serious problems for married women, you should consider keeping some kind of work, even part-time, or educating yourself to stay in tune with the job market.
- 5) Never sign a legal document without consulting a lawyer.

Commonlaw relationships

- 1) The husband has no obligation to support the wife during or after the relationship. Neither will she inherit unless there is a will.
- 2) The commonlaw wife has certain rights under the Workman's Compensation Act and the Canada Pension Plan, provided there is no dependent widow. These can be obtained from the respective offices.
- 3) You should ensure that there is a formal contract drawn up about mutual property, and a will. This will leave you as protected yet freer than a legal wife. There are books available at the Public Library on how to write your own will.
- 4) You can have family OHIP coverage by writing a letter to OHIP at 295 Bond Street, Sudbury, giving them all the particulars.

- 5) You can register the children in the father's name at birth by filling out a special form at the City Clerk's office in the Civic Square.

Marital disputes

At some point in their lives together, all couples have disputes. Some of them are more serious than others. Sometimes we need outside help to get back together. For Catholics, there is Marriage Encounter and Service Familial 674-5456, 237 Bond Street. For others, there is Family Counselling through the School of Social Work at Laurentian University, 675-1151; the Family Court 674-3151; the New Sudbury Community Service Centre 560-0430; The Sudbury Algoma Sanitorium, 675-9291, and through different churches. If these alternatives do not appeal to you, you might try asking a friend that you both trust to act as a mediator, or chairman while you discuss the problem.

SEPARATION AND DIVORCE

There are basically three kinds of separation: you desert, your husband deserts, or mutual agreement. To be "in desertion", you must leave without cause and without consent of the other spouse, fully intending separation and severing all services, and put some physical space between you. To leave a house does not necessarily mean you are deserting, if the conduct of the other spouse drove you out. What constitutes just cause, varies with the judge who decides it, but it has to be "grave and weighty", unforgiven adultery, repeated beatings (one is not enough), non-support, deviant sexual behaviour.

If you leave, make sure you take any children with you. If you do not, you will be considered to have deserted them also. In cases where the wife deserts (without "just cause"), she forfeits her "dower rights", the third of the property she holds by the marriage itself, and it is much less likely that she will obtain support from the husband for herself (although the rights of the children will not be affected.)

If he deserts you, you are entitled to stay in the matrimonial home until he makes suitable arrangements for you, and you can immediately apply to the family court for support for you and the children. See a lawyer to do this. You will be entitled to legal aid. You should have no trouble getting welfare if you find yourself without income.

If the separation is by mutual agreement, try to draw up a written agreement about property, the children and so on, as your feelings might be less reconcilable later on. This should include the division of property, custody, support for yourself and the children, including questions like who will pay OHIP, dental bills etc.

Steps to follow:

A. If you are planning to leave, but don't have "just cause" in legal terms,

1. see a lawyer, and find out exactly what your rights are, and how you can ensure that you get at least a portion of the property, and the best possible arrangement for yourself.
2. find a place to live. Before you will be able to get welfare, you will have to have a permanent residence. Usually landlords want at least two months rent at the beginning. You may have to borrow this.

3. Accumulate some money. The law is the process of change, but you may find that any money you have is your husband's, even what you save out of the grocery money, unless you have earned money outside the marriage. Make sure you have receipts or evidence of those things that are your property: gifts, purchases, etc.
4. Move, taking the children with you. If you need support, because you do not have work, welfare may try to make you sue your husband for support. If you do not want to do this, discuss it with a lawyer.

B. If you are forced out of the home by his behaviour ("constructive desertion"):

1. If you have been beaten, see a doctor immediately and make sure the evidence is recorded. The YWCA and La Paix, provide shelter for battered wives and their children (674-8664, 111 Larch Street) for up to two weeks. They also help you get welfare and provide counselling.
2. If it is for other reasons, follow the steps in C below.

C. If he deserts you:

1. Apply to Family Court 674-3151, for an order of support from your husband. The court clerk there will be glad to help you, or you can go to a lawyer (with a legal aid certificate, if necessary). The court will probably fix the amount he should pay and then try to enforce it. The problem with this procedure is that it is not always easy to make him pay. His wages may be garnished, and he may be jailed, but, as one woman said, "It's always a battle just to get one cheque out of him a year".
2. You can stay in the house, and you will probably have no trouble keeping the children, unless your husband can show he is a better parent than you, or you are unfit as a mother, so that the Children's Aid removes them.
3. Apply for welfare or family benefits, as in the earlier section of this book.
4. Make sure you change any joint bank accounts to your name. If you are having trouble with debts that he has accumulated, discuss the problem with your lawyer or the New Sudbury Community Service Centre, 560-0430.

Child Custody

A child is usually given into the custody of its mother if (1) he/she is younger than seven, or (2) between seven and fourteen and female. Lately more fathers are gaining custody of the children, and much depends on the judge. Also more parents are finding ways to share custody: holidays and weekends with one parent, alternate weeks and so on. Both parents have an obligation to support their children until they are 16 or until they are 18 if they are still in school.

You may find that your children have been upset by the changes, this is quite common, and you should not feel guilty. You can get help from Parents Anonymous 674-9251, and from the Sudbury Algoma Sanitorium 675-9192.

The Children's Aid Society may be called upon to investigate the home if there is a custody dispute over the children. Try not to get involved with them if you can help it, as it is very difficult to break your ties with them. They are not accountable to the public but they must defend any decision to remove a child from the home for their files or their conclusions. You may find however, that you simply cannot cope with the children for awhile. If this is the case, the C.A.S. will place them in a foster home for a time to give you a break.

Often placing younger children in day care or a nursery school can help both them and the mother a great deal. (see Childcare section)

It is common for people involved in separation disputes

to use the children as weapons against each other. You may have to decide whether it is really better for the child to be dragged through all this or to just not dispute the custody.

Marriage separation is difficult to cope with. You may find that most of your friends are friends of your husband and not yourself; you may have difficulty with the children; you may find yourself much worse off financially than you have ever been in your life. A lot of women break down under the strain. If you find this is happening to you, there are a number of things you can do that may help. The section on Emotional Crisis mentions some of them. You can also try talking with other women in the same situation. . . . they often have many new ideas to cope with tension and stress.

Divorce

The grounds for divorce are marriage breakdown for three years, and five if you are the spouse that deserted, adultery, cruelty, rape (of someone else: your husband cannot legally rape you), lengthy jail terms, alcoholism, drug addiction, homosexuality, and a few other minor reasons.

You can do your divorce yourself if it is undisputed by your husband. This will cost you about \$80 to \$100. The book **How to do Your own Divorce** in the Self-Council Press series tells you how.

If the divorce is contested or there are any difficulties at all, you are better to see a lawyer. You will probably qualify for legal aid. If your husband deserted you, he will probably have to pay the costs of the divorce.

Divorce proceedings seem to take a very long time. Further, there is a three month waiting period between the court's decision and the final granting of the divorce.

Family law in Ontario is presently in a state of flux, and a small change in the law can make a very large change in practice. In the proceedings of separation and divorce, you should consult a lawyer.

DEATH IN THE FAMILY

Death in the family is always difficult. It is a time when hurt prevails and unfortunately, many decisions and legal situations have to be dealt with.

If the death occurs at home, the police and ambulance should be notified as soon as possible. Also, call someone you can rely on to help you through the ordeal.

If it is your husband, the Widow's Self-Help Committee, 566-6155, can send a member to assist you. Since she will have been through it before, she can give you not only support, but also information.

Funeral arrangements have to be made as soon as possible. It is important to have support from a friend for this, as financial realities may be forgotten in the desire to express your grief. The least expensive funeral fees in Sudbury are about \$500, and cremation is about \$385. These amounts cover all services. Don't panic if you don't have the cash on hand: the homes will make payment arrangements.

As soon as your bank is informed of the death, they will freeze your joint account. If your estate has been frozen, you can borrow from the bank. If you are in financial difficulty, here are some places that may help:

Regional Social Services: 675-7501. Someone will come to see you.

Canada Pension Plan 674-7501. They have a lump sum death benefit in addition to the monthly widow's pension.

Their two handbooks, "Death Benefit" and "Survivor's Benefits" explain what they can do.

Veteran's Affairs, Box 540 North Bay, 1-472-2000. If the deceased was a veteran, you may be entitled to benefits.

The Workmen's Compensation Board, 673-6701. If the death was an industrial accident, you qualify. An amount is paid immediately to cover miscellaneous expenses, another \$600 is paid toward the funeral, and then \$286 is paid every month to the widow and \$77 every month to every child under 16 for as long as the child remains in school. These amounts change from time to time.

We recommend that you get a copy of "Information for Widows and Those called upon to Aid Widows" from the Confederation Life Insurance Company, 673-9571. Other pamphlets that can help are available from Revenue Canada, 673-7811.

If there is a will, it may be wise to see the lawyer who drew it up. Any lawyer can do the work if it's an ordinary estate. The fee is usually a certain percentage of the value of the estate. If the estate is of high value, you will also need an accountant.

Having a will helps matters a great deal. They are not usually expensive to draw up. If you were living common-law, and there is no will, you may, through your lawyer, appeal under the Dependents' Relief Act, for a settlement. Under the Workmen's Compensation Act, certain provisions are made to protect common-law wives.

The most useful resource for anyone dealing with recent widowhood, is the Widow's Self-Help Committee, 566-6155.

EMOTIONAL CRISIS

Most women at some time in their lives go through a severe depression. This can be caused by many things including diet, lack of money or privacy, too much work, loneliness, reactions to medication including the birth control pill, and general stress. If this is happening to you, first check to see if:

- 1) you are eating a well-balanced diet, especially plenty of protein and B-vitamins. Many mental disorders are caused by too much sugar or not enough good food.
- 2) you are not having a reaction to a medication, or other drug. Even coffee and cigarettes can cause depressive states. Birth control pills, diet pills and nerve pills (tranquillizers) can all cause severe depression in some women.
- 3) you can do something to improve your general living situation. Maybe you should change jobs, take a leave of absence (UIC does pay sickness benefits if you can prove you must take an absence from work for reasons of health), send your preschoolers to a nursery school or a daycare centre. Welfare has homemaker services if you are really desperate. The Children's Aid will look after your kids in an emergency also. Maybe you should be leaving your husband, or seeing a credit counselling service.
- 4) you have someone you can talk to: a friend or relative or a priest or minister.

If these options are not enough, you can then go to the Sudbury Algoma Sanitorium, 675-9192. You can go to the outpatients department anytime from 9 to 5 Monday to Friday and see an "intake worker", who will be either a social work student or a psychologist. Sometimes, this is all you need . . . a chance to talk to someone. OHIP covers all costs. If you wish they will set up a form of therapy for you: individual therapy, group therapy, family therapy on an outpatient basis.

You can also be referred to a psychiatrist through your family physician if you wish. OHIP pays for this just like any other specialist.

If you are in serious difficulty, or are behaving in ways that the psychologist or doctor interprets as "a danger to yourself or to others", then you are confronted with a whole other problem. You are about to become a mental patient.

MENTAL ILLNESS

The treatment of mental illness in this country is at an incredibly primitive level. In Ontario "mental disorder" is defined under the Mental Health Act as "any disease or disability of the mind". In Ontario, any person may enter a mental institution of his own free will provided that a physician agrees he needs treatment therein. Admitting oneself to a mental institution is usually taken to be agreement with the treatment and procedures routinely given there. The patient will be able to leave of his own accord, if the physician in charge of his case agrees he is ready. If not, his commitment may become an involuntary one.

A person may also be committed to a mental institution involuntarily on the say-so of a single physician, not necessarily a psychiatrist. To do this, the attending physician must indicate facts that show mental disorder, and state why this is the only recourse open to him. On the strength of this alone, you can be institutionalized for up to 30 days, and then your case is re-examined and renewed if necessary. Each renewal increases the length of the legal detention period. A committed person who leaves the institution without authorization can be brought back by the police.

If you feel you have been improperly deprived of your liberty, you can appeal to a review board made up of psychiatrists, lawyers and a citizen at large. The procedure is like a trial. If you feel you have been treated improperly you could possibly sue the doctor or the institution, but you would have to start the proceedings within six months after the alleged incident.

The problem is that very little is known about the causes and/or treatment of mental disorders, and most treatment is geared to keeping the patient quiet more than to helping him.

At the Sanitorium, your treatment involves seeing a psychologist, social worker or psychiatrist. Forms of treatment include group therapy, one to one therapy, chemotherapy and shock treatment.

At the General Hospital, you will be seen by a psychiatrist. Treatment is likely to include shock and/or chemotherapy, even to the extent of using shock on outpatients. See box for a description of shock therapy.

Supposedly, voluntary mental patients have the right to refuse treatments that they do not want, but the question is what you can do about it. Objections can be seen as evidence of mental disorder and a reason to commit the patient involuntarily. If you are in a mental hospital, do everything in your power to have support from someone outside.

Chemotherapy does little to cure patients. At most it allows them to hide behind a kind of fog long enough to heal themselves, at worst it has dangerous side effects: severe deficiencies, rashes, blurred vision, dependency, loss of appetite.

The fact of the matter is that there is almost no really good care for mental disorders in town. We would advise you strongly against even voluntary commitment. If you feel you must do so, go to the Sanitorium, and draw up a form before you go, stating that you do not wish ECT or chemotherapy without your consent, such consent to be obtained in the presence of another person whom you trust. (See Patients Rights).

Electro-convulsive therapy (ECT) is the passage of up to 170 volts of electricity through the brain. The first ECT was administered in 1938 to a prisoner and since then it has been used extensively in mental hospitals. The ECT electrodes are placed on the patients' temples and over the front and back of one side of the head. This voltage is like applying a current equivalent to a 100 watt bulb, flashed on for 1 second. The result is a grand mal convulsion, a seizure like a severe epileptic fit. After the shock treatment there is a physical change in brain tissue: pinpoint hemorrhages, headaches, dizziness, loss of appetite and missed menstruation. There is some permanent brain damage, and amnesia can persist indefinitely. *The death rate from ECT is one per thousand patients. (John Fredberg, M.D.)*

VIOLENCE IN THE HOME

Wife-battering and child abuse are common phenomena in the City of Sudbury. Our survey showed that family fights resulted in physical violence in about 16 out of 94 cases. In a world where people are thrown together in isolated family units, which are somehow supposed to compensate for all the callousness and frustration of the outside world, this is not surprising. Physical violence is just one more expression of anger and fear, and is not always worse for the person assaulted than are streams of sarcasm or constant abusive language.

Wife-battering

If you find that you are being physically abused by your husband, you can take a number of steps.

1. It is a crime, called "assault", and you may call the police. They are required to respond, although many of them are hesitant to be involved in family disputes. If they refuse to come, and you are afraid for your safety, tell them so. The problem with calling the police, is that they will lay charges, and you will find yourself in court against your husband. Many women are afraid to be in this situation, and for that reason, do not call the police. If you are seriously afraid for your safety, the police will hold your husband in jail until the hearing.
2. You can get out of the house. La Paix at 111 Larch Street, 674-8664 will provide shelter for you and your children for up to two weeks, and will arrange welfare, etc. See Separation section for more information.
3. Once out of the house you can yourself lay charges, if you have solid evidence of the assault. You cannot charge your husband with rape, but you can charge him with indecent assault.
4. You can seek marriage and family counselling at the Sudbury Algoma Sanitorium 675-9192, Family Court 674-3151, or at Service Familiale, 237 Bond Street, 674-5456. Any of these organizations may be able to work with you and your husband to change the situation, although it is unlikely to work.
5. If he continues to threaten your health and safety, you may be wise to seek shelter in another city while you take proceedings against him. The YWCA in other cities usually has inexpensive places to stay.

Child Abuse

Most women at one time or another lose their tempers at their children. The form that this anger takes has more

to do with our own treatment as children and the number of stress factors in our own lives than with our ability to control our tempers. If you were beaten as a child, you are more likely to beat your own children.

If you find yourself unable to restrain your anger at your kids, call Parents Anonymous, 674-9251. This is an organization which seeks to help prospective child abusers and child abusers, redirect their anger. It is premised upon the desire of people to treat their children well.

There are other practical steps you can take . . . try to improve your own state of mind. If possible, get more rest, eat more foods containing natural tranquilizers: milk, liver, whole grains, fresh fruit. Try to get some time to yourself, even if you have to ask the neighbours to watch your kids for a day or so. If you are at home with the children all day, look for part-time work, or even volunteer activity to get you out of the house. If you have full-time work, maybe you should be considering quitting.

If you are really at the end of your rope, call the Children's Aid. They will arrange for the children to stay in a foster home until you can pull yourself together, 522-8600.

Sometimes, the children themselves may be difficult to get along with. Parent Effectiveness Training might help you a great deal in coping with this. Call Pat Myers, 560-5298 for more information, or purchase the book on the same subject, by Thomas Gordon.

If you feel that someone else is battering their child, talk to them about it. One of the major contributing factors to child abuse is the isolation of women in our society. Even if the person is angry, you have shown your responsible. If that approach does not work, then you should call the Children's Aid, 522-8600.

When the Children's Aid is involved, they no longer immediately remove the child from the home, unless there is a real danger to the child's safety. They try to work with the family to improve the home situation. This is pretty superficial however, and largely dependent on the personality of the case workers. Usually she/he makes a visit every couple of weeks for about six months and talks with the members of the family. This is certainly not going to change years of conditioning or the frustrations that created the situation in the first place.

ALCOHOLISM

Alcoholism is a major health problem in Sudbury. Heavy drinkers often suffer from a number of related problems: loss of appetite, vitamin deficiencies, stomach inflammation, skin problems, sexual impotence, inflammation of the nerves, liver damage, mental confusion, disorders of the heart and blood vessels. The death rate from alcohol and alcohol related diseases is quite high.

Alcoholism is an addiction. The first problem is to admit that you are addicted, and that you need help. If you feel you might have a drinking problem, you can make inquiries from Alcoholics Anonymous (AA) at 674-6217. It's available 24 hours a day, 7 days a week. They do not use last names and pride themselves on their anonymity. It is free and no application is required to join. Aid is available in French, English, Italian and Finnish.

There is a women's detox centre in town also. It is located at 674-3193, and is called The Recovery Home for Women. If a person arrives drunk, they stay in the detox section until they have dried out and then they move to the recovery section. Their success rate is about 37%. Some of the women accept jobs within the home, and some go to school or jobs during the day and return in the evenings.

One of the major problems for women alcoholics is the tremendous social stigma attached to their condition. As a result, there are hundreds of women drinking themselves to death in their kitchens, afraid to admit they need help, and unsure where they can go.

If someone in your family is an alcoholic, his disease is affecting everyone in the home: emotionally, psychologically and often physically. Al-Anon is a good source of information and help for the families of alcoholics; and Alateen does the same for the children of alcoholics. Both can be reached at any time at 674-6217. The service is free and anonymous.

DRUG ADDICTION

There are limited resources in Sudbury for the treatment of a drug problem other than alcohol. The minor tranquillizers: valium and librium and others like them are the major problem drugs for Sudbury women. If a woman has been taking these and finds herself too dependent on them, she should discuss other ways of coping with her problems with her doctor. (See the Emotional Crisis section)

In cases of non-prescribed or illicit usage, the Sudbury Algoma Sanatorium offers counselling through their social work department, 675-9192. A woman who suspects that her child or children may be having problems can obtain assistance through the Children's Aid Society, 522-8600.

All cases of drug overdose should be taken immediately to the Sudbury General Hospital at 700 Paris Street. If you have no ride, call the police or an ambulance.

Information on all drugs, drug laws and drug-related problems can be obtained from the Addiction Research Foundation, 131 Regent Street South, 675-1195.

LESBIANISM

There is no law against homosexual acts as long as they take place in private between no more than two consenting adults. A gay bar, public washroom or park is not considered a private place.

Human rights legislation does not forbid discriminating against homosexuals, who may be fired because of their sexual preferences and who may be refused employment anywhere. Although it has never happened in Sudbury, a lesbian mother can have her child taken away if a court agrees that her homosexuality makes her an unfit parent.

Homosexual couples cannot legally marry, but they can draw up a contract to establish a division of property in the event of separation, and they may protect their inheritance with a will.

In Sudbury, we have been unable to locate any organization of homosexual persons. If you feel the need to talk about this with someone, call CHAT (The Community Homophile Association of Toronto) 1-416-862-1544.

JUVENILES

(if you are under 18)

If you want to leave home:

You may not leave home on your own until you are 16 years of age. If the home situation is intolerable, you may discuss the matter with the Children's Aid Society. If the situation is really terrible they can place you in a group home or foster home by making you a Ward. They may also have a worker assist you and your family in working

out the problem(s). This may not be counselling of the highest quality, but it can help.

At the age of 16 years you can legally leave home, but you may have difficulty supporting yourself. The Welfare department will probably contact your family and if they say that they are willing to support you, you may be refused welfare.

If you are sexually active:

It is illegal for anyone over the age of 14 to have sexual relations with you if you are under 14. It is a serious crime and carries a heavy sentence.

Between the ages of 14 to 16, your partner may be charged if you were "previously chaste". This kind of court procedure is horrendous for the woman because the defense will try to prove that you were not a virgin.

You should consider birth control and protection against venereal disease. If you are under 16, you may have serious problems getting treatment without parental consent.

If you need contraception you may receive free advice from either the Sudbury and District Health Unit or AC-CRA.

A doctor may give you birth control without your parent's consent if you are 16 years of age or over. If you are younger than that he risks his licence. The Hospital for Sick Children in Toronto will provide contraceptives for girls as young as thirteen. Consult the birth control section for further information.

If you find that you are pregnant

Any child over 12 may decide to give her baby up for adoption. Please see section on Adoption.

If you are 16 or over you may legally have an abortion without your parents' consent: if you can find the money. If you are under 16 and are considering an abortion, you will need your parents' consent as this is considered surgery. Please see section on Abortion.

If the problem is incest:

Incest is sexual relations with a member of your family. Legally it is a serious crime. It can also have genetic consequences if a child is born of the union. In the Sudbury area, it is fairly common.

Your parents are obliged by law to provide you with food, clothing, medical attention and shelter and the environment of the home must not threaten your health, sanity or morals. The latter refers mostly to parents who urge you into prostitution, use you for sexual relations themselves, or lead you into crime.

In return for this they are entitled a considerable amount of latitude in your upbringing. They can physically abuse and restrain you, providing it doesn't result in injuries severe enough to require medical attention. Your parents can decide what education you will receive, what your religion will be, what your name is, and where you live. Your father's home is your legal home unless the courts rule otherwise.

When you reach the age of 16, your parents can ask you to leave and they no longer are obliged to support you unless you are physically or emotionally disabled.

— The Law is Not For Women

Most social agencies react with horror at the idea. It is extremely important for you to realize that it is only a problem to the extent that it upsets you. If it does not, then there is no need for action.

If, on the other hand, you or someone else is being forced or intimidated into sexual relations with a family member, you should contact Janet Mays at the Laurentian University School of Social Work 675-1151, ext. 481. She can advise you how to proceed in this difficult area.

If you are in trouble with the law

You may be in trouble with the law for a number of reasons, from theft to missing too much school. Sometimes, it may be your parents who have claimed you are unmanageable and have sent you to training school. Training school is jail for kids. You should see a lawyer immediately. Legal Aid will pay your costs if your parents can't or won't. You may have some initial bureaucratic hassles getting legal aid, but you will get it. You have the right to legal representation. Ask around before choosing a lawyer. If you feel he is not really interested in your case, see another one.

There is presently a pilot project in Sudbury which will, in some cases, make sure a child caught in a legal dispute has a lawyer. There will also ordinarily be a lawyer present in Court to help people without their own lawyers. You are almost always better off to hire one well before the day of Court.

If you are in trouble at school

Under the Education Act, all people must attend school regularly until the age of 16. Except in the case of illness, missing too much school is considered truancy and you may be charged under the Juvenile Delinquents Act and sent to training school. Again, contact a lawyer.

If you are having trouble for other reasons, it is important that you figure out whether this is your fault or the result of a school system that cannot meet your needs. There are a few books that may be helpful; **The politics of the Canadian Public School** by George Martel and **How Children Fail** by John Holt. Both are available at the Sudbury Public Library, and at some bookstores.

RAPE

There are hundreds of myths and just as much controversy surrounding rape. It is very common. In Sudbury, our survey found that 23 out of 94 women interviewed had been "physically forced or intimidated into sexual activity they did not want", and 12 of these said they would call it rape. Most of the rapes took place in the home of the victim or a friend's home, and most of the women were acquainted with the rapist prior to the assault.

The Law

There are many sexual offenses covered by the Criminal Code of which rape is but one. These laws date from medieval times when women were considered the property of their husbands or fathers. The rape of the woman was seen as a crime against her owner, never against herself.

A male person commits rape when he has sexual intercourse with a female person who is not his wife (A) without her consent, (B) with her consent if the consent is (i) extorted by threats or fear of bodily harm, (ii) obtained by impersonating her husband (iii) obtained by false and fraudulent misrepresentations as to the nature and quality of the act.

Sexual intercourse is defined as "complete upon penetration to even the slightest degree, notwithstanding that seed is not emitted, or "for the purpose of the Code, sexual intercourse is complete upon penetration of the labia, either labia majora or minora, no matter how little, even though the hymen is never touched nor is there any penetration of the vagina".

If you are raped

1. Do not feel guilty: you are the victim of a serious crime, not the instigator;
2. Call a close friend. If someone you trust is willing to comfort you and accompany you in the following steps you may feel enough security and confidence in dealing with the police and the hospital to keep your story straight. If the case goes to court, your friend will be a valuable witness as to your state of emotional health immediately following the rape, or
3. Call the Rape Crisis Centre at 675-1121. They will give you advice and will send a trained volunteer to help you if you need it.
4. Do not wash. You may feel very dirty and exhausted, but a bath or shower will only destroy physical evidence of the rape.
5. Report the rape to the police. **PLEASE**. Although you may feel like hiding yourself away, reporting the rape and pressing charges will protect other women from the same thing. The police will ask you to come to the station for questioning (they will provide transportation) and then to the hospital for an examination. Your name cannot be released to the press.
6. Get to a doctor or the emergency ward of a hospital. You should be examined for any internal injuries and treated for any beatings. VD and pregnancy are possible results of a rape. Any seminal fluid, pubic hair, etc. that the doctor can find will be very useful in court. You should have an internal examination within three hours of a rape.
7. Once you can relax and feel safe with family and friends write down everything you can remember about the rape and everything you remember telling the police. Your accompanying friend may help you. This will be invaluable if you decide to press charges later. It is not necessary for you to decide to press charges right away if you have followed the previous steps.

If you were raped in the past, and want to talk to someone about it, the Rape Crisis Centre is more than willing to listen, 675-1121.

A few things to remember, if you are attacked:

1. Don't yell "Rape", yell "Fire", and everyone will come to look
2. Go to the nearest house, if you're on a street
3. Don't be afraid to hurt someone who is hurting you. Make marks where they will show.
4. Some women are successful in talking men out of a rape.
5. Most rapes are premeditated acts of violence. Men are every bit as capable of controlling their sexual instincts as women are.

Police Statistics: Sexual Offenses In Sudbury 1973 — Present Reported/Charged

section	charge	1973	1974	1975	1976	1977 (to Sept. 1)	
144	forcible rape	14/9 — — — 61** — — — — —	13/8	?/7	?/9	?/8	
146 (1)	statutory rape		?/1	?/1	—	—	
145	attempted rape		?/1	—	—	?/3	
149	indecent assault on a female		?/6	35/19	31/16	?/12	
156	indecent assault		—	18/?	25/18	—	
157	gross indecency		—	?/4	?/3	8/8	?/6
155	buggery/bestiality		—	—	—	—	—
150	incest		—	—	?/1	—	—
154	seduction of female passengers on vessel		—	—	—	—	—
153	sexual intercourse with a female employee contributing to the delinquency of a minor*		—	41/23	29/22	21/18	?/5

*Although not necessarily a sexual offense, many reduced charges are tried under this section.

**Only total available for 1973

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