

Confusion reigns over SU plan

by Bruce Gates

Law Enforcement students planning a field trip to Ottawa Oct. 26-29 are upset with Student Union for not accepting their application for a \$1,000 subsidy, but SU says its position was misinterpreted.

The students had applied for funding to subsidize their hotel costs for three nights in Ottawa, where they will be billeted four-to-a-room in a downtown hotel. Total cost would be \$43 per student.

The trip's purpose is to attend seminars and to study the Supreme Court system and the RCMP. Twenty-nine will be going this month and another 33 will attend in February.

"We're going to sit in on seminars all day in Ottawa, and we're going to pay for our own meals. What we're asking for is \$1,000 to split evenly between the two groups to subsidize half our hotel costs; the rest we'll pay out of our own pockets," said Louis Agostinho, a spokesman for Law

Enforcement, 2nd year, who said they were going to petition SU to make all sums of money granted available to the student body. "We paid our activity fees for projects like this. We're asking for a sum of money, and we've been turned down. They suggested that they would give us \$138, but that's only

three dollars per person, and it's not fair," said Agostinho.

"Recreational Leadership received \$20 per person for their trip to Ottawa," he added, "so you can see why we're a bit upset."

SU, which reached a compromise with the college administration earlier this year for a

more equitable distribution of approximately \$130,000 in student activity fees among the five college divisions, said several other groups have asked for considerable sums of money which would seriously deplete funds.

"We allocated \$3 per capita to each division," countered SU

President Molly Pellecchia. "But we didn't realize so many would want to go on field trips to the Bahamas to study 25 hotels, to Ottawa, or even to Europe!"

"We approved Law Enforcement as a division union, but the Constitution says they have to wait at least two weeks before they can receive any money.

"Applied Arts has close to 1,000 students, so on a per capita basis, that means they get close to \$3,000. Now if we had to give each division of Applied Arts \$1,000, as the Law Enforcement students were asking, how much money would we have left then?" she asked.

Ms. Pellecchia voiced her concern about the matter and felt many who attended the last SU meeting misinterpreted some of the facts presented.

SU doesn't want to make any figures available until it gets the situation straightened out.

"There's nothing political about this," said Ms. Pellecchia.

COVEN

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Oct. 12, 1976

Humber College of Applied Arts & Technology

OPSEU votes against Protest Day



photo by Carl Ferenczy

YOU PUT YOUR QUARTER HERE... Not really. This instrument, being demonstrated for Humber technology students, is actually a sophisticated sur-

veyor's transit, called a tachometer. It can calculate grades and distances within 5mm accuracy. The instrument is valued at \$12,000.

by Brenda McCaffery

The Toronto west branch locals of the Ontario Public Service Employees Union have voted 269-143 against the Oct. 14 one-day protest, called by the Canadian Labor Congress, against wage and price controls imposed by the federal government.

This vote was reached in a closed meeting at the Constellation Hotel last Thursday night.

Despite the recommendation by Frank Eastham, OPSEU executive assistant to the president, to participate, among those voting against were locals 562 and 563 of Humber College.

Bargaining units in this area include about 6,000 employees of the Ministry of Colleges and Universities, and the Ministries of Transport, Communication and Health.

Dave Jones, executive secretary of faculty local 562 at Humber, said he was disappointed with the result. "The issue is significant. In principle, by not acting, we're indicating that the government can do what it wants," he said.

According to Mr. Jones, "A one-day walkout may not be the best type of protest. Wage earners can't afford to take a day off without pay. So the people who are making the most effort are the least able to protest."

The final decision about Oct. 14 will be determined by Oct. 9, when OPSEU locals throughout Ontario have cast ballots. There must be at least 65 per cent affirmative votes for OPSEU to support the protest.

At a joint information meeting Sept. 30 in Humber's lecture hall, Andy Sabourin, OPSEU staff representative for Toronto west, told teachers and staff, "My position is that you should go out."

Mr. Sabourin, who has been a trade unionist for 14 years, favors support of the CLC's action against

the controls, "an agreement brought about by government and put upon us. The controls attack the people by limiting wages. Unlike the rich we can't live off our accumulated wealth."

Corrie Barrett, a director of OPSEU region five, agreed with Mr. Sabourin's comments. "The government took away our rights as working citizens when they implemented the restraints program," she said.

Other union representatives at the meeting were Academic Vice-President Diane Grandison from Keesdale campus, and President of support staff at Humber, Ruth Edge.

The small audience of about 75 people consisted mostly of support staff from local 563. The custodial workers who came to the meeting during their duty hours had to work a couple of hours overtime.

"Drunks" invade Humber

by Henry Jarmuszewski

It was a flyswatter's delight. Last week a swarm of flies invaded Room L202 of Humber's North Campus. Nimble fingered students had little difficulty swatting the flies, which appeared to be in a drunken state.

Crawling over each other, the flies gathered around the window sills until they multiplied into a virtual glob.

Many of them lay dead on the floor, while the others swirled around the room recklessly.

The reason for the phenomenon is still a mystery. The Encyclopedia Britannica offers two theories. Flies gather in large numbers to either mate or die.

Though solitary by nature, a fly will join a mass of flies to mate, but nevertheless maintains its distance. The Britannica also theorizes that the flies, with the onset of cold weather, may have taken part in a mass death ritual similar to the one lemmings follow every seven years.

Equally baffled by the insects' strange behaviour was the custodial department, who said L-block was not the only one to be affected. On previous years the flies have touched down in all sections and repeated the same behaviour there.

Good news for bookworms

by Bill Scriven

The studious section of Humber College's student body will soon be able to visit its favourite part of the college on Saturdays.

Beginning October 16th, the college's library will be open from 11 a.m. to 4 p.m. for a five-week trial period.

Dave Jones, reference librarian, says the library will be in operation because of several requests from the Student Union.

"The library facilities were open on Saturdays a few years ago," Mr. Jones said, "but the attendance at that time was poor."

Students also had to sign in to the college then, and Mr. Jones attributes the low attendance to this.

"The doors will be open for this time period, just as during a normal school day," Mr. Jones said.

He went on to say that because the college is becoming more active on Saturdays, the demand for the library may be there.

"The bubble runs several athletic programs on Saturday," Mr. Jones said. "The library opening will add another dimension for the students to take part in."

Only the second floor of the col-

lege will be open. The periodical room will not be in operation.

"Our biggest problem at the moment is the budget and staff," Mr. Jones explained.

Audrey MacLellan, chief librarian, says there will be one library technician on hand to aid the students.

At the end of the trial period, the Learning Resources Council committee will evaluate the situation

and determine if the library stays open.

"This experiment will provide students who attend other campuses the chance to visit our library," Mr. Jones said. "At the moment, many students find it difficult to reach the college during the week."

The Lakeshore campus tried a similar experiment several years ago, but it met with no success.

Old diploma unpractical

Graphics group designing shaplier graduate prize

A shaplier prize is in store for this year's Humber graduates when they go to collect their diplomas next spring.

After complaints from a few former graduates, John Adams, the Graphics Co-ordinator, was asked to redesign the existing diploma.

The major complaint was that it was not of standard framing size

and that it was encased in a binder which apparently caused further problems.

Mr. Adams gave the task of redesigning the shape and layout to his senior students as an individual class project.

Of the 50 or more projects handed in, the field has been narrowed down to eight by the graphics faculty.

Although Mr. Morris felt that this was a good project he praised the existing diploma.

"Other than the practical reasons for changing it, the present diploma is an excellent piece of graphics."

When a final selection has been made, finishing touches will be added by the artist, and it will then be sent for reprinting.

300 students will contract VD, doctor says

by Robyn Foley

This year at Humber College, 300 students could be hurt by the ones they love.

Dr. Ralph Pursad of the Ministry of Health says four per cent of people ages 20 to 24 will contract venereal disease in Ontario this year.

"That age group is the most sexually active," said Dr. Pursad, "and the incidence of VD is traditionally higher." Last year more than 6,000 Ontarians in that age group contracted VD.

The two most common sexually transmitted diseases are gonorrhoea and syphilis. Syphilis is considered the most dangerous. In

one-third of those who remain untreated, it causes blindness, heart failure, paralysis, or insanity. Pregnant women can pass the disease to their baby who may be born dead or deformed.

While syphilis is the most common form of VD, gonorrhoea is the most widespread. Reported cases have more than doubled in the past two years. Untreated gonorrhoea can result in sterility, arthritis and damage to newborn babies. Women can spread the disease while showing no symptoms themselves.

While both diseases are curable, reported incidences of VD are climbing by eight per cent a year.

Part of the reason for this, said Dr. Pursad, is lack of public awareness.

"The sooner we accept VD as a problem and stop worrying about adverse publicity the sooner we'll move toward eradicating the problem," he said.

But Helen Swann, nurse of the Humber health centre, said attempts at campus information programs didn't work because students weren't concerned.

"Seminars and discussions held in the past were in my experience a waste of time," said Mrs. Swann.

Time for suspected VD treatment is limited to one day a week at Humber. Students can be treated on Thursdays by a physician, but are referred to local health clinics on other days.

Although she would not reveal statistics, Mrs. Swann said most students prefer seeking help off-campus.

At all clinics, patients are not re-

quired to reveal previous sexual contacts. Doctors treat positive cases and report them to the health department.

However, patients are given the option of revealing contacts. Public health nurses follow up on these without revealing the source of the information.

A spokesman for the Etobicoke Health Department said they encourage positively diagnosed cases to send their contacts to the department rather than go after them.

Despite the efforts of the treatment system, health officials said that 45 per cent of reported VD cases are repeat victims.

"This indicates that our information programs are simply not working," said Dr. Pursad.

For students at post-secondary institutions such as Humber College, the information problem may begin before they arrive on campus.

Dr. Pursad said of the massive secondary school information program he heads: "Too often the subject of VD is allocated to physical education instructors who may not be comfortable with the subject. The answer is teachers specially trained on the subject at the Ontario Institute for Studies and Education. But at the moment we are not satisfied with what's being done in secondary schools."

Last year in Ontario, 1111 males and 1735 females ages 15 to 19 contracted syphilis or gonorrhoea, despite the information programs.

"Perhaps VD can be called a lifestyle disease," said Dr. Pursad. "It's a problem that can't be solved by clinics alone without the help of behavioural scientists and sociologists."

For now, Dr. Pursad suggests the use of condoms and better sexual stability in relationships as a means of reducing the risks of contracting VD.

Major stations train students

For one day each week students from Humber's Radio Broadcasting course work at the real thing.

About 30 second- and third-year students are receiving intern training at major radio stations such as CHUM-FM, CHFI, CKFM and CHIN. Phil Stone, co-ordinator of the program says, "It's the best

year so far for placement. Ninety-five percent of the students are placed and the rest soon will be."

Using the skills they have learned in CHBR AM and FM, the college radio stations, the students are working in production, copywriting, music library and news writing jobs in the wider world.



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Hordes swarming in CCL classes

by Chris Silman

Shortly after Humber's day students empty the halls at the end of the day, hordes of night students swarm in to fill the classrooms after dark. Full-time students are only a fraction of the scholars attending Humber throughout the year.

The rest are enrolled at the Centre for Continuous Learning which offers over 1,200 credit and non-credit courses, seminars, workshops and conferences.

"It is the biggest continuing education program in Canada," said Robert "Tex" Noble, director of the centre. Over 50,000 students participated in CCL programs last year.

In financial terms that means big business — multi-million dollar business — but Mr. Noble preferred not to give as much as an approximate figure regarding annual revenues because of the "competitive nature of continuing education evening programs."

The average course cost is about \$50.

Courses are offered not only at

the North campus, but at Lakeshore and neighbourhood schools and centres.

Included in the Centre for Continuous Learning are: the Centre for Women, directed by Renate

Krakauer, which offers counselling for women as well as courses such as Assertiveness Training; and the Centre for Labour Studies which attempts to meet some educational and development

needs of the labour movement in Toronto through courses such as Building Effective Local Union Leadership. Joe Grogan is the Director.

Humber students may enroll in

evening classes for the standard night fee unless it is a course related to their full-time study program. In that case, a letter from the day instructor allows free enrollment in the course.

Humber walls come down

by Brian Nolk

The outside of Humber College seems to remain the same, but the inside is changing continuously—walls are torn down, others are put up, there is painting, paving and repairing done.

The people in the Physical Resources department, directed by Ken Cohen, work through the summer and winter holidays, as well as the class term, making these changes.

The installation of pay parking, including the construction of booths, gates and barriers, cost \$60,000. Six new classrooms squeezed into D building cost

\$40,000. The cost of expanding the receiving area behind the Bookstore, the SU offices and the Landscape Technology offices totalled \$16,000.

These and similar construction bills would be much higher if Physical Resources did not employ its own architects, engineers and tradesmen as well as use student

and Manpower Training workers on the projects. Ken Cohen estimates they save at least 20 per cent using these methods rather than standard contractors.

Roof repair, electrical and mechanical work being done at Lakeshore 1 will cost \$50,000. Keele Dale is receiving new stucco, carpet and paving that will total \$30,000.

When students return from the Christmas vacation they will pass through new wider doors in the main entrance that will allow easier passage, and they might notice that the switchboard has been moved. But then, new structures here are really nothing new.

Osler parking squeeze

by Donna Black

About 20 occasional drivers to Osler Campus are faced with the problem of where to park their cars when they get there.

The campus has only 53 parking spaces, and was able to rent an additional 20 spaces from Humber Memorial, next door.

Students who only drive to the campus occasionally, and did not buy a parking pass, end up with no place to park.

Those at the campus who were lucky enough to get parking passes in September, pay the same as drivers at the North Campus, \$20 per semester.

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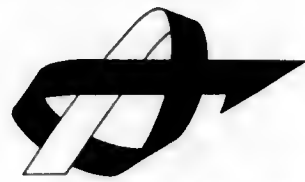
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Humber staff misses chance on Protest Day

At a time when the nationwide popularity of the Trudeau government is less than 30 per cent, the tacit support shown by the Toronto West region of OPSEU of the cornerstone of the prime minister's economic policy, price and wage controls, comes as a surprise. The walkout was rejected in a 269-143 vote.

That is not to say all those against the Day of Protest are Trudeau supporters. Outside of Quebec, it would be impossible to herd a group of people into a hall and find two-thirds who support Trudeau's policies. In fact, the ratio would probably be reversed. Therefore, a vote against the walkout can also be translated as a vote against the method promoted by the CLC.

We feel a negative vote based on method of protest is a weak vote. Non-supporters have suggested there are better ways to let the government know how people feel about the wage and price controls. Ideally, there should be better ways, but the administration of Pierre Trudeau is not an ideal one. The fortress-like office of the prime minister does not encourage dissent. Only a nationwide walkout will produce results.

Non-supporters also take the view that support for the Day of Protest implies support for exorbitant wage increases. This is ridiculous. No reasonable individual would agree with 20 per cent and higher wage increases. But by the same token, no reasonable individual would support a program that has seen foreign investment in this country reduced to a trickle; or a plan that has confused business to the point it is not sure exactly how much profit it is permitted to make.

The people who are against the Oct. 14 Day of Protest are slitting their own throats. They are opting for a confused, dis-oriented society that Pierre Trudeau has single-handedly created. Worst of all, Trudeau will interpret non-support of the walkout as an approval for his economic policies.

The faculty and support staff of Humber have missed a good opportunity to let their discontent be known. BL



Letters to the Editor:

SU president defends position

To the Editor:

After reading the article "Protest Day: no support from Student Union" in the October 4th issue of Coven, I feel it is necessary to express some reasons on why the Union took a stand of non-support.

1. The Labour Union's method of expressing themselves is one that is neither productive or viable. If the Unions are not in agreement with government policies, there are government representatives to express their views. There are numerous ways of expressing views in a democratic society. CLC has picked the most illogical.
2. No control system functions perfectly and the AIB is no exception, but the inflation rate has declined.
3. Nothing positive is being accomplished by the strike. If the Labour force is not in favor of the AIB, why weren't other proposals presented or being offered?
4. Canadian wages are 10 per cent higher than any other country yet productivity is 9 per cent lower. Why?

The Unions stand is not one that everyone will agree with. We hope though, that the individual student considers this issue seriously and acts in a mature and intelligent manner.

I would also like to correct the statement of honouring the picket line which was misquoted. As the President of the Student Union and representative of the Union's views, I will be here on October 14.

Molly Pellecchia,
President, Humber College Student Union.

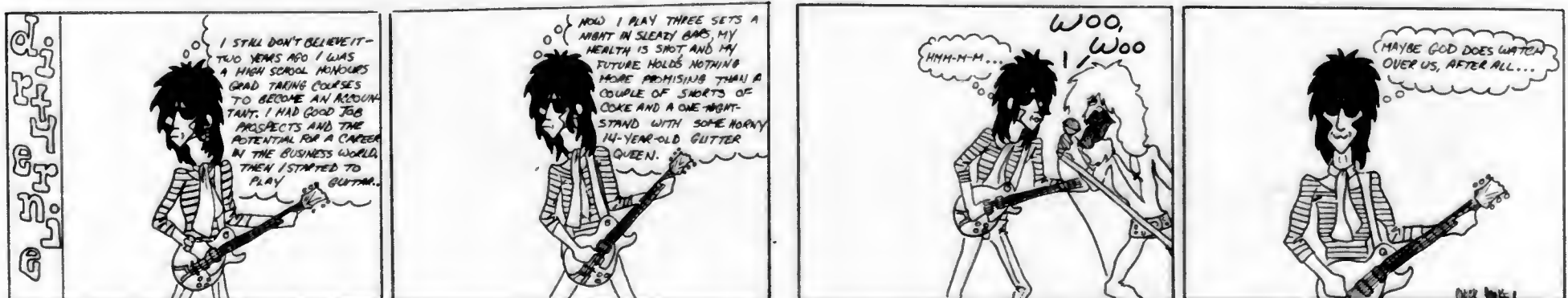
Reporter commended

My congratulations to Hersh Mandelker for a fine job of interpreting the interview he had with me concerning the "Consult us first" story in Coven last week.

It's a treat to see an article that accurately represents discussions held.

With Hersh's friendly, confident manner he should become an excellent reporter.

Thank you very much
Ruth Matheson, Director of Placement



Wayson Choy: "Do what you want to do"

by Judi Chambers

"You don't want to talk to me, do you?" Wayson Choy said when he was first approached for an interview. "I'm so boring, there must be others you want to see."

In his modest way he was flattered; embarrassed, but flattered.

So he evaded the interview for several months, until he was finally apprehended.

There's something you'll immediately notice when you talk to the 37-year-old instructor. He's devoted to the teaching profession; perhaps unusual these days.

"The main work of my life is associated with the college. I like to learn from what I have to prepare for the courses. When you're teaching, you must understand it well in order to pass it on to someone else. I approach my material in such a way as to make it clear for other people, not just for myself. When you have to pass things on, it's the best way to learn."

He's a jack-of-all-trades in that he's taught a variety of subjects in the past 10 years. This year he's instructing Contemporary Drama, Mythology and basic Communication courses. In the past he's taught Literature, Psychology and Concepts of Searching for Self.

In Wayson's life it's extremely important he does what he wants to do. That's why he left his advertising job 12 years ago.

"I was very unhappy in my job because at one point the work became "just-earn-a-living-work", and it didn't make sense to me. I wasn't having fun and I really must like to do what I want to do. It has to be fun and fortunately teaching seems to be that."

Born in Vancouver in 1939, Wayson went to live in Belleville, Ont. when he was 14, but returned to the west for his education.

Showed writing talent

While majoring in a four-year course of English and Sociology at the University of British Columbia, he began to show talent for creative writing. He fell in love with it and still fondly remembers the time he dreamed of becoming a writer.

"At that time I was writing short stories and poems, and most of them were published in small magazines. I've always wanted to write and I still have some feelings for it, but not the romantic ideas I did then." He's won a couple of scholarships and numerous awards, one of which was the Best American Short Story.

When he graduated from university, he travelled around Canada for a year, hunting for job and wondering what to do with his life.

Then he landed a job at Maclaren's Advertising in Ontario, doing promotional work and writing free-lance for a year and a half.

"It was one of those jobs where you must decide to stay or move on," he said, "so I decided to move on."

Hesitantly he decided to teach and worked in Durham, Ont., instructing grades 11, 12 and 13. It was a trial run if he didn't like it he wouldn't stay.

It turned out to be the best training he ever had.

A year later, he was teaching at Burhamthorpe Collegiate in Toronto. In 1967, when the concept of community colleges was formulating, he was asked to teach at Humber. Since then he's been settled and educating more than 70 students daily.

Although most of his time is spent on college work, Wayson loves to travel. His expeditions include France, Italy, Germany and Greece. Next May he hopes to visit Italy again.

Works as volunteer

In his free time, he is a volunteer worker for various agencies, one of which is the Distress Centre.

He collects anything from fountain pens to boxes and occasionally dabbles in painting, but he's quick to mention he's no artist.

In the early '60's, Wayson became involved with civil rights. Because of his Chinese origin, he felt there was some political prejudice and studied Canadian citizenship. He researched and spoke his views about the things he felt were wrong. He also presented a civil rights campaign to the federal government and challenged some of the laws.

"I wasn't politically active then, but you might say I was researching in a very loud way because I wanted to know what was the truth. I guess today if I felt my rights were infringed, I'd probably still get involved. After all it's part of a person's duty."

It seems no matter what questions you ask Wayson, he manages to turn the conversation back to his teaching duties.

"At Humber, there's flexibility in teaching and it's nice having different viewpoints about things. It also helps to educate students and make them independent."

Although some may think the world is in a mess today, Wayson refuses to let trouble get him down.

"People sometimes complain I'm too op-



"My time is spent mostly on college work," Wayson Choy says. The instructor has taught at Humber for 10 years and enjoys his job. (Photo by Steve Townsend)

timistic. The economical and political system doesn't bother me because I have some super friendships. No matter how chaotic the outside world may be, my world is still very loving and sensible. So as long as the system doesn't interrupt my immediate friendships, I'm not too worried.

"For anyone to cope with life, they must establish their own small world, understand it and be realistic about what they can do. Remember what ever you do life, it's important that it's what you want to do. You'll sleep better knowing that when you wake up, you'll like what you're getting up to."



Humber's Humdinger...

Carm Maddalena from the Fashion Careers program likes dancing and all kinds of music. (Photo by Les Cheshire)

Hotel and Restaurant students prepare gourmet lunch on Wednesdays

by Steve Pearlstein

Lobster in wine sauce, Caesar salad and bananas flambée are just some of the taste bud-tingling gastronomical goodies being offered by this semester's business students of the Hotel and Restaurant Management Program.

Under the direction of senior course co-ordinator Igor Sokur, students in the gastronomy course will provide luncheon dining every Wednesday, 11:45 a.m. until 1:45 p.m., in the Business Division's dining room, D111.

An à la carte menu will be offered, but the full price of a noon meal will be only \$4.00, excluding bar. The fare consists of an appetizer, soupe de jour, a selection from either the seafood course, beef or poultry course and a selection of vegetables. Caesar salad will be prepared for guests right at their table. "There will also be other fancier dishes available at slightly extra cost", says Mr. Sokur.

The purpose of the weekly luncheons is not only to give Humber students and faculty a chance to get out of lunchtime doldrums, but also to allow second-year Hotel Management students

to prepare meals in an actual dining room.

Igor Sokur, a master chef and winner of a host of culinary awards, is proud of the food management program he has designed.

"Humber's Hotel Management program is the largest in the province. Our food labs set examples for the teaching of food preparation throughout the province. We think we're the best," says Mr. Sokur.

Speaking of "Food"...

by Jean Topilko

If caviar, borscht, or beer appeal to you, but calories don't, you can still enjoy Food, Food, Glorious Food, this year's first theatre production.

Through a light-hearted and humorous approach, the play depicts a variety of viewpoints, opinions, stories, and facts and figures about food. Topics ranging from cannibalism to the sex-life of an oyster are explored through the use of prose, song and dance.

The cast of six is composed of three females and three males.

"In this course, a student manager is selected each week and the whole operation of the food preparation and service is planned by him and is his responsibility. The manager has to plan the menus and direct the operation of each step from the kitchen right to the table — all I do is offer suggestions when they are needed."

Students and staff who wish to pamper their palates are asked to make reservations through the Business Division, extension 257

They are: Caroline Barrett, Peggy Coffey, Sharon Pummell, Benito Caporiccio, Stanford William Jr., and Frederick Williamson.

The play is directed by Gerald Smith and designed by David Blaney, both instructors of the theatre arts program. The script was compiled by Patricia Keeney Smith.

Seven one-hour shows, including two evening shows, will be performed at the College from October 1 to October 23 inclusive. Tickets are two dollars and can be purchased at the S.U. ticket office or at the door.

Athletics and Recreation

Taking the pulse test

BY LAURENCE MOREHOUSE AND LEONARD GROSS

It's time to get fit.

Before anything, we have to make certain that your present condition is such that you can undertake a fitness program without endangering your health.

The best assurance, of course, is from your doctor. If you've had a medical checkup within the last year, the chances are that you can start your program. Had your doctor found some reason why you shouldn't engage in moderate exercise, he would surely have told you at the time. Nonetheless, it would be a good idea to call him now and make certain you can proceed.

If you've developed any of the following symptoms after hurrying up a flight of stairs or carrying a bag down an airport ramp or engaging in mild exercise such as gardening, you should see your doctor immediately—and you should definitely not undertake a program until you do.

Pains in the chest
Dizziness or faintness
Gastrointestinal upset
Difficulty in breathing
Flu-like symptoms

One simple measure of whether you are fit enough to engage in moderate exercise is your ability to walk two miles. If you can't do that, it's as specific a warning as one from your doctor—and you should see him about it.

I'm not trying to scare you. I simply want you to be prudent.

Be sure to check with doctor

If any of the following categories applies to you, be sure to check with your doctor before starting the program:

High blood pressure
Heavy smoking
High cholesterol
Total lack of exercise
History of heart disease in your immediate family
Tension
Obesity

Physical exercise should feel good; there should be absolutely no feeling of discomfort; this test is to make certain there won't be.

The test will be no harder than climbing stairs. It consists of taking your pulse while you sit, then stand and finally step up and down for three one-minute periods. I'll tell you what to look for to see that you are responding well to these exertions. The results will make certain that it's safe for you to begin increasing your physical capacity on your own under my guidance.

For the test, you'll need a wristwatch or a clock with a sweep second hand. You'll also need a ruler, to measure the height of the step you'll be using during your test.

First, you'll want to find the best place to feel your pulse. Be active for a minute or so

in any manner you wish—take a brisk walk, or climb a flight of stairs—in order to amplify your pulse. Now explore the following:

The radial artery in your wrist, just inside your wrist bone at the base of your thumb joint.

A carotid artery on one side of your throat, either just above your collarbone or below your jaw. Remember, don't close off the second carotid artery on the other side while you're going this; you may shut down the blood supply to your brain.

A temporal artery at the side of your forehead (temple) just in front of your ear. Again, press on one side only.

Most people prefer the radial artery in the wrist. If that's the system you elect, use the following procedure:

Place your wristwatch on your wrist so that you can see its face when the palm of your hand is up. Next, place the wrist on which you have your watch in the palm of your other hand, so that the wrist falls into the crotch between thumb and forefinger.

Let the tips of your fingers curl toward your thumb. Now your third and fourth fingers will rest over your pulse. The little pads at the ends of those fingers will fit right into the groove of the wrist. The pad on your middle finger is the pulse "feeler". If you press slightly against the wrist with your fingertip feeler, you should be able to find your pulse. Don't panic if you can't find the pulse at first; it takes a few minutes of practice.

What you feel at each beat is not blood flow, but a pulse wave that moves along the arteries about 12 to 18 feet per second. Doctors and nurses use one of several methods in taking the pulse: counting it for a minute, counting it for 30 seconds and multiplying by two, or counting for 15 seconds and multiplying by four. We use still another method: counting for six seconds and adding a zero. We do this for a good reason. A longer count is more accurate in general terms and is ideal for taking the pulse of someone at rest. But a long count does not tell you about your exercise response as accurately as does a six-second count taken immediately after the exercise. Then the pulse (and heart) is beating at a rate that most nearly reflects the exertion you achieved during your movements. Within 15 seconds, the pulse has diminished from that peak, within 30 seconds still more, and within a minute still more. The variation between the pulse rate immediately after exercise and the rate one minute later can be as much as 30 beats.

You're now going to determine your pulse rate by counting the number of pulses in six seconds and adding a

zero to get the per-minute rate. Catch the rhythm of pulsations for a while. When your pulse coincides with an easy time interval (at one of the five-second marks) start counting. Begin with "Zero" as the second hand crosses over the five second mark. If you don't say "Zero" you'll miscalculate. Then count the number of pulses in six seconds.

The test has six grades.

Grade One is to record and interpret your pulse at rest. Grade Two is to do the same when you're standing. Grades Three, Four and Five determine your reaction to mild exertion. Grade Six tests your rate of recovery.

It's best to take the test a few hours after eating, smoking or drinking. All three will elevate your pulse. Coffee is to be particularly avoided.

If you've been physically active, rest for a few minutes before starting, so that your pulse has a chance to become steady at a low level.

You shouldn't talk to anyone during the test, because conversation increases the pulse rate. If you want to experiment, take your pulse, then count out loud to 10 or talk to someone, and then take your pulse again. Your resting rate will now probably be 10 beats a minute higher than before.

Now take your pulse again. If you've done all of the above properly, your pulse should be measurably lower.

Going to register lowest rate

In this relaxed, quiet state, you're going to register your lowest seated pulse rate. It should be less than 100 beats per minute. If your seated pulse rate is near 10 counts in six seconds, you'd better remain seated and get a full minute count. If it's 100 or over, try some more biofeedback relaxation to see if you can bring it down. If your pulse remains at 100 or more, you may have a fever or an infection. If this is the case, you shouldn't continue with the pulse fitness test until your illness has disappeared.

But if you don't have a fever and can't explain why your pulse is higher than 100, then it's prudent to check with your doctor to be sure that the rapid pulse is normal for you and that there is no reason why you shouldn't go ahead with activity.

If your pulse rate is less than 100—10 beats in six seconds—you may proceed to Grade Two.

We're going to test another aspect of your response to exercise—your orthostatic tolerance. This is the ability of your circulatory system to adjust to the vertical position after you have been sitting for a while.

Stand quietly for one minute. Remain in an easy resting position, not rigidly at attention. Shift your weight or wiggle your toes, as you wish, but don't move around. At the end of a minute, count your pulse. The difference between your sitting pulse rate and your standing pulse rate is another key indicator of your present level of fitness.

When you think you have a steady resting pulse rate, try a series of "biofeedback exercises" that can deliberately slow your pulse rate by releasing a lot of the excess tension in your body. Instead of sitting on a chair, let yourself sit into the chair. Let all your weight go into the chair. Instead of holding your legs up off the floor, let the weight of your legs move into your feet so that your feet feel heavy on the floor. Now let your shoulders drop comfortably outward instead of holding them up. Let your face relax; feel that you are no longer frowning your forehead, squinting your eyes or clenching your teeth. Finally, let your belly relax. Put your hands on your belly. Do they rise or fall as you take a breath? In two out of every five cases I have examined, the belly is drawn in as breath is drawn in. This is backward breathing. Your abdomen is moving in opposition to your respiration. You're creating excess tension. Try to reverse the pattern. As you take in a breath, let your hands move outward.

Stop the test exercise at the first sign of poor tolerance. There are several possible symptoms of poor tolerance. The first would be your attitude: you felt like quitting, you wanted to slow down, you ran out of gas, you began to feel worn out. Physical indications would be profuse sweat, cramps, achy legs, a tremor or twitching in the legs, shortness of breath, difficulty in breathing, a pounding heart that hurts. Any of these symptoms in a minute of mild exercise is a signal to stop your test and seek medical advice. If you stop, sit down. Don't ever stand quietly after exercise.

The moment you finish, sit down and count your pulse. If you felt some distress, or your count is 12 or more, your test is over and you have ascertained that you have a low tolerance to exercise. This probably means that you are deconditioned and are in need of an exercise program, but before you continue, talk it over with your physician.

If you experience none of the symptoms of poor tolerance and your count in six seconds is below 12, proceed to Grade Four. Repeat the one-minute test exercise immediately. Then sit and count your pulse. If it's 12 or more in six seconds, stop. If it's under 12, proceed to Grade Five. Once again, repeat immediately. Take your pulse. The standards are identical to Grades Three and Four. So with a ruler, and consult the accompanying table. Find your body weight and move laterally across the table to where it intersects with the vertical column for your height step. Example: A woman weighing 140 pounds using an eight-inch step will step at a rate of thirty lifts per minute.

The test is simple: Step up with your left foot, then your right foot. Step down with your left foot, then your right foot. Repeat the lifts as many times as indicated on the table. Try to finish in one minute, no faster or no slower. You can tell after 15 seconds whether your rhythm is sufficient to achieve the required number of steps. If you're going too fast or too slow, adjust accordingly.

This pulse test works well for our purposes. It's not a medical test. It doesn't diagnose anything. What it does is turn up any sign of poor tolerance you may not have noticed before, and it shows you what your level of fitness for exercise is at the present time. It gives you a precise guide as to

where you should start your program. If you have gone through all six grades and your heart rate hasn't passed 120 and you recover rapidly at the end of the test, you've demonstrated a comfortable rate of fitness and you can begin a maintenance program.

If you've had to stop at any time before the end, then you need a developmental program to bring you to the maintenance level. You haven't flunked the test. You've simply established an important data point—your present level of exercise tolerance.

Either way, you're ready for a program geared to your specific needs. The program is in two parts. The first is a daily routine to deal with the problems that showed up in your response to the test. The second is a set of three simple exercises you'll perform 10 minutes a day, three times a week.

Next: How to add activity calories

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SPORTS CALENDAR

INTRAMURALS

ACTIVITY	ENTRIES OPEN	ENTRIES CLOSE	ORG. MEETING	PLAY BEGINS WEEK OF
Competitive Flag Football	Mon. Sept. 13	Mon. Sept. 20	Wed. Sept. 22	Sept. 27
Competitive Soccer		Mon. Sept. 27	Wed. Sept. 29	Oct. 4
Competitive Volleyball	Wed. Sept. 8	Wed. Sept. 15	Fri. Sept. 17	Sept. 20
Recreational Basketball	Mon.	Wed. Oct. 13	Fri. Oct. 15	Oct. 18
Competitive Ice Hockey	Wed. Oct. 13	Fri. Oct. 22	Wed. Oct. 27	Nov. 1
Recreational Ice Hockey				

VARSITY PROGRAM

SPORT	CONTACT
Soccer Wed. Oct. 6	Peter Maybury
Fanshawe at Humber 1:00 p.m.	
CLUBS	
Badminton — Mon. Sept. 27 7:00 p.m.-11:00 p.m.	
Tennis — Thurs. 7:00 - 10:45 p.m.	
Sat. 8:30 p.m.-11:30 p.m.	

Memberships are limited



Girls join guys

BY Bruce W. Cole

Flag football at Humber this year won't have any Lancasters, Rogers or Ealeys, but may include some Darlens, Cindys and a few Marys. For the first time at Humber, flag football will be co-ed.

"If girls want to play on a team, they are asked to register at the athletic office," said Athletic Director Peter Maybury. "Not all teams are required to have girls. However, the Recreation team has 13 girls and 12 guys."

Paul Garnet, the captain of the Rec team explained: "We just passed the registration sheet around the class, and found that there were more girls than guys interested in playing."

Besides the Rec team, the five-team league will also include the Screaming Eagles, the Maulers, the Staff and the Blazing Typewriters.

Mr. Maybury liked the idea of the 15 players being split up into only five teams, because of the easier scheduling. "It will be much less complicated than our 17 team volleyball league," he said.

"The soccer team will have first chance at the field on particular days," said Mr. Maybury, "so the scheduling could be tough. Class time may also cause some teams to miss games, and with the cold weather coming, we will have to have a short schedule." The schedule hasn't been finalized yet, but it will probably be a single round-robin, with each team playing four games.

The play-off set-up will likely have one team being eliminated from post season play. The season will last about three weeks, and will start October 12.

Mediocre golfers tie for second

by Tom Kehoe

In a tournament last week, able golfers failed to distinguish themselves from mediocre weekend players as Mohawk College won the First Annual Molson's Colleges Invitational Golf Tournament. Humber tied with Sheridan College for second place, 14 strokes behind the winners.

Horseshoe Valley Golf Course in Craighurst proved too difficult for some golfers to handle, as 12

players failed to break 100. Only one golfer, Peter McLaughlan of Sheridan, broke 80, firing a 78.

Mohawk's Wayne Wilton, Dave Storoschuk, Mike Shewchuk and Stuart McFarland combined for a team score of 353. Humber and Sheridan each finished with a 367.

Humber was led by Lloyd Walton, who fired an 80 over the 18 hole event. John Neuman fired a 92, Ralph Shilton a 95, and Tony Monardo, a 100 to round out the Humber scores.

Hawks win again

by Dave Jepp

Humber Hawks soccer team came through with flying colors last Tuesday, October 4th, with a 1-0 win over last year's champions, Centennial — at Centennial.

It was a rough match with both teams committing numerous fouls. Centennial had the majority of the play but couldn't penetrate Humber's defense. At times the Hawks had nine men back to keep Centennial off the scoresheet.

The only goal of the game came midway through the second half when Reginald Ash pounced on a loose ball in front of the net and shot it home.

The win puts the Hawks back in first place with Centennial dropping to second.

On Wednesday, September 29th, the Hawks trounced Seneca 5-1 with goals by Elvio Tomei (2), Steve Patterson, Mike Casnji and Reginald Ash.

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at the



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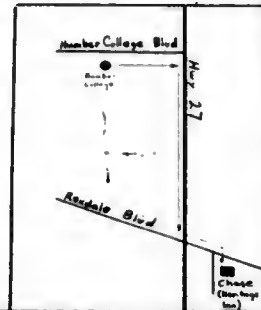
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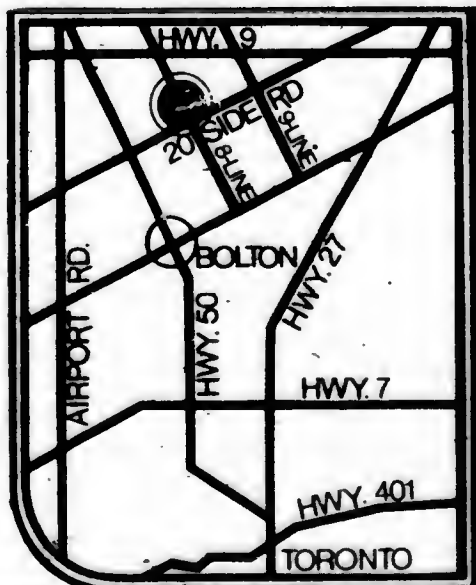
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Notice to Members of the College Community

Labour's National Day of Protest October 14, 1976

It is the intent of Humber College that all academic activity and support services, both day and evening, will proceed as scheduled on Thursday, October 14, 1976.

A handwritten signature in cursive script, which appears to read "Gordon Wragg".

**Gordon Wragg
President**