November 3rd, 1972

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PEACE IN VIETNAM?
WELL, ALLRIGHT
Dear Mr. Spalding,

I am writing to you in the hope that you are a genuine democrat. As a member of the student body, I feel that it is my absolute duty to rise up out of what I consider to be a state of mediocrity that prevails at Cal State. I strongly believe that the current status of the campus newspaper is unacceptable and that there is a need for change.

I have been closely following the events surrounding the selection of the cover page for the most recent issue, and I am gravely concerned about the pace at which decisions are made. I believe that the lack of thought and consideration given to the cover page is evident in the recent issues. The current front page is not only uncatchy and rather humorous but also lacks a sense of thought and purpose.

Furthermore, I am disturbed by the apparent cover-up of important news stories. Articles on issues that are of significant importance to the student body, such as the changes in the student government, are not given the attention they deserve. I feel that the students are not being adequately informed about the decisions that are being made, and I believe that this lack of transparency and accountability is unacceptable.

I am not satisfied with the current state of the newspaper, and I feel that it is my duty to bring these issues to your attention. I believe that the students deserve better, and I strongly urge you to take action to improve the quality of the newspaper.

Sincerely,

[Signature]
WHAT THE STUDENTS SAY...

What is your reaction to the promise of peace in Viet Nam?

ART SMITH, Senior, Art Major: “I don’t believe it unless I see it – the facts prove contradictory.”

BRAID POPE, Sophomore, Undecided: “As far as Nixon is concerned, it’s just a political move so that he might gain an advantage in the election that’s coming up. He could have done it a long time ago. Everybody acts as though he has been working on it for such a long time, but it shouldn’t have taken that long. If I ever got to voting in the election, I wouldn’t.”

DONOVAN BERGE, Sophomore, Undecided: “It’s a nice tactic by Nixon to get more votes and make people think that there will be peace. I wouldn’t believe it unless I see it – the facts prove contradictory.”

ISABEL EBERT, Senior, Psychology: “I think it’s a nice tactic by Nixon to get more votes and make people think that there will be peace. I wouldn’t believe it unless I see it – the facts prove contradictory.”

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BECKY WHITE, Senior, Psychology: “My personal opinion is that Nixon is a very evil man. I won’t believe it until I see it. It makes me sick that it didn’t happen sooner. If it does come through, I believe he has done it just to win the election, not because he thought it was the moral thing to do. Nixon has no morals.”

TONY GNECK, Senior, Art Major: “If it becomes a reality, I’ll really be happy about it. But I believe that as long as there are people and ideologies who want to fight, it’s going to be happening. Probably until there is a universal body of law to govern all countries it will still exist. If it isn’t Viet Nam, it will be some place else. I think that is really sad.”

JUDY PLOTNER, Freshman, English Major: “I don’t really think this is a promise of peace. I’m very skeptical about it. After a war has gone on twelve years, I don’t think like it should go on and on. We’ve more or less grown up with it – it would cause a lot of people to be messed up because their lives would be so changed.”

In this issue...

Re-elect A Snake?

Editorial

The prospect of peace in Viet Nam brings true joy to my heart, and to the hearts of countless others torn by years of unreached PENNSYLVANIA. He is a clever, scheming, snake-like politician who is doing now what should have been done years ago. His move seems to me to have been saved precisely for this season of autumn madness – a gusty bow on the tight package which is his sure re-election as President of the United States in November, 1972. He will win by a landslide now more assuredly than ever – all his false hopes, jaded promises, and rhetorical nonsense perpetrated upon the American public are magically transforming themselves into the one reality of peace. Nixon is the snake in the Garden who schemes, flattens, and tempts – a sorcerer conjuring human emotion to insure himself of a sound victory in ’72.

I cannot help but react cynically to the circumstances surrounding Nixon’s hasty actions. He is a clever, scheming, snake-like politician who is doing now what should have been done years ago. His move seems to me to have been saved precisely for this season of autumn madness – a gusty bow on the tight package which is his sure re-election as President of the United States in November, 1972. He will win by a landslide now more assuredly than ever – all his false hopes, jaded promises, and rhetorical nonsense perpetrated upon the American public are magically transforming themselves into the one reality of peace. Nixon is the snake in the Garden who schemes, flattens, and tempts – a sorcerer conjuring human emotion to insure himself of a sound victory in ’72.

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Nancy Saunders

Nancy Saunders

Nancy Saunders

FAIT

L’AMOUR

MAKE LOVE NOT WAR

when two people join together each heart expressing deep love for a moment of passion the cosmos divides and the light of creation pours through their tangled bodies

D.H. Lawrence, WOMEN IN LOVE
MINORITY STUDENTS UNITE!

Recently the E.O.P. office at C.S.C.S.B. has received communication from several colleges around the country attempting to organize and aid minority students. They are offering assistance to students interested in furthering their educational goals. Among others, the University of California, San Diego, and the Law School of Harvard University have contacted Tom Rivera, Associate Dean of Students for the Educational Opportunity Program; both schools offer a valuable service to minority students planning graduate studies.

The following letters should help you understand these programs, and through them you will see the interest these growing universities have in you. If you wish any help in this area please contact Tom Rivera in the E.O.P. office (student services building) immediately, or feel free to personally reply to any of the addresses given.

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To: C.S.C.S.B.
From: Harvard Law School, Cambridge, Mass., 02138

Dear Sir:

Historically, Harvard Law School has always been open to minority students and since the latter part of the sixties, we have aggressively and affirmatively directed more of our efforts toward: 1) encouraging additional numbers of minority students to consider law as a career, 2) increasing the minority representation in Harvard Law School in particular. This letter comes in the hope that through our combined activities we may foster a greater interest and participation in the legal profession by these groups.

Although Harvard Law School does not have a special program for minority students, nor is one contemplated, we are very much aware of the non-traditional factors in most minority students’ backgrounds, as, for example, reflected in the standardized test scores, and these factors are weighed in our admissions process. Presently, implementation of the aforementioned policy has resulted in an approximate 15% minority student representation, including the second (to Harvard) largest group of Black law students and a growing Chicano, Native American and Puerto Rican population. Needless to say, this policy is an integral part of our admissions process.

On the basis of established NEED, we will provide financial aid to any students admitted, sufficient to meet the basic expenses of law school and to complete his or her legal education at Harvard Law School. There are several types of aid available, receipt of one type over the other depends on personal situations; however, aid is usually given in a “mix” of half grant and half loan, with provisions for extended repayment.

Also, we have a fee waiver procedure to which the standard of financial hardship is applied to the joint application of the student and the student’s parents. Since an application is not considered complete until the fee is paid or formally waived, an applicant should return his completed fee waiver form promptly to insure consideration.

With your help we should be able to increase the Chicano representation at Harvard Law School and other law schools throughout the country. Should further questions arise concerning our process or related matters, please contact me or the student listed on the enclosed letter.

With warm wishes from Cambridge, I am

Very truly yours,
Robert A. Williams
Assistant Dean

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TO: C.S.C.S.B.
FROM: Harvard Law School, Cambridge, Mass., 02138

Dear Sir:

In cooperation with the Harvard Law School, the Chicano Law Students Association is compiling a list of Chicano students capable and interested in pursuing a legal career. This list will facilitate our mutual efforts in recruiting Chicanos for admission to the Harvard Law School. Therefore, if you have names of individuals who would appear to be good prospects, please forward them to the following address:

Russell Vigil
43 Walker Street
Cambridge, Mass., 02138

Students with questions concerning the admissions process may write to the above address or, more directly, to:

Admissions Office
Harvard Law School
Cambridge, Mass., 02138

We are also including requests for schools in the Boston area. These should be reproduced and distributed to all those interested.

Thank you for your cooperation.

Sincerely,

Cordialmente,
Chicano Law Students
Association at Harvard

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Movimiento Estudiantil de Chicanos de Aztlan

In an attempt to assist Mexican-Americans in obtaining admission to various Boston area colleges and universities, the MECHA students of Boston will provide information, applications, and catalogues upon request. Please circle the school or program you are interested in attending.

UNDERGRADUATE

Brandeis University
Brandeis Transitional Year Program

M.I.T.
Radcliffe College (Women)
Tufts University
Wellesley College (Women)

Boston College
Boston University

GRADUATE

Brandeis Arts & Sciences
Brandeis Florence Hewl School
Harvard Arts & Sciences
Harvard Business School
Harvard Design
Harvard Education
Harvard Kennedy School of Government
Harvard Law School
Harvard Medical School
Harvard Dental
Harvard Health Career

Undergraduate School Presently Attended

Present Educational Status:

(Circle One)
Graduate Level

OPTIONAL: Overall GPA _ ACT Scores V
M I GRE Scores V M

RETURN THIS FORM AS SOON AS POSSIBLE TO:

MECHA at BOSTON
21 Shepard Street
Apartment 41
Cambridge, Massachusetts 02138

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TO: C.S.C.S.B.
FROM: U.C. San Diego,
P.O. Box 109
La Jolla, Calif., 92037

Dear Sir:

At present we are trying to develop a listing of minority students who are planning to graduate in 1972 or who have graduated and would like assistance in applying to graduate or professional schools throughout the United States. As you are well aware many colleges and universities are searching for qualified minority graduates. Some of these institutions have special programs and available financial aid. It is our hope that this information may be useful to you.

In order to do this we need your assistance. Please forward a list of the names and addresses (current and permanent) of the potential minority graduates for the year 1972. We will contact these individuals and hopefully provide them with information about masters and doctoral programs related to their course of study.

Since these application deadlines, it is important your roster be mailed as soon as possible. We are enclosing a return envelope for your convenience. Please do not hesitate to call (453-2000) or write if you have any questions concerning this project.

Thank you and we are in anticipation of your reply.

Cordially,
Richard M. Valdez
Associate Dean
Coordinador Taller Search Program
University of California, San Diego
Electronic Music Studio On Campus

Dr. Richard Saylor, Chairman of the Music Department, is excited about a unique course this semester, offering an interface for some fine technical equipment. His Seminar in Electronic Composition will feature individual work in a studio equipped with a Buchla synthesizer, acquired last spring. The studio is furnished with the latest electronic equipment for computer-generated sound. Dr. Saylor is justifiably proud of the arrangement, calling it a "tremendous set-up." The basic equipment here, the studio can now only grow and expand. A patch panel interconnecting all the instruments has recently been completed, technical work was done by Allen Summers.

Dr. Saylor's course offers lectures on basic electronics and acoustics. The student is individually instructed until he is able to work in the studio by himself. Students who have completed the course are then given permission to use the equipment as long as they are enrolled. Class enrollment has been limited to fifteen, so that each will receive an opportunity to work in the lab.

Electronic music is in its third year at CSO, and marks the first time that such a well-equipped studio has been made accessible to students in composition. The exciting feature of the arrangement is that, in absence of a full orchestra on campus, a student is still able to compose for one through use of the Buchla synthesizer.

Dr. Saylor states quite proudly that the studio is the first marks of the State College system, as few others even own such elaborate equipment. Students of UC San Diego and UC Davis are campuses endowed with large electronic set-ups.

Birth Control Institute

Seeking Volunteers

Birth Control Institute (BCI) is now in the process of recruiting students interested in doing volunteer work. Volunteers are needed for telephone and in-person interviewing and counseling of teenagers and young adults with unwanted pregnancy; office work, such as helping with mailings, etc.; campus liaison and referral coordination; and alumni programs to sponsor meaningful educational work in local high schools. Needed training and supervision is provided by BCI staff. Previous experience or special educational background is not necessary to fill most of these positions. In some cases, class credit can also be arranged.

The past 300-year effort by black parents to overcome white resistance to quality public schools for their children now faces a crisis in California and the nation. Proposition 21 and other so-called anti-busing legislation, while nominally focused on the work of transportation to achieve school desegregation, serve, in fact, as a public signal of white America as to whether the nation has gone "too far" in their belief in equality in society.

The Supreme Court's 1954 decision enabled the country to improve its self-image and its well-being at minimal cost to most of the country. Now, the indications are that a few courts are violating the Civil Rights Act of 1964 in the long-postponed Brown mandate barring racially-differentiated public schools, has been gutted in the South, where school desegregation was believed a "southern problem," and renewed hope to a South still far from defeated in its decades-long effort to avoid compliance with Brown.

In view of the growing opposition to busing, there is a strong temptation by blacks to compromise on the issue, accept the reality of all black schools and trade away the possibility of integrated schools in return for additional funds. Community control, or a combination of both. But the temptation loses its appeal when confronted with two lessons gleaned from the American racial experience.

WHERE YOUR MONEY WENT

The Senate recently passed an authorization for student funds to be used by the Music Dept. The $3,800.00 will be used for guest artists in the Wed. noon Musicals in FA104 which is free for all you students interested in attending. A Chamber Orchestra, groups and costumes for the Opera Workshop productions put on twice a year, and last but not least for the Choir to have uniforms that will remain with the school for future years, The Music Dept. thanks to all the students at Cal State for their support, and to remind you to take advantage of all the entertainment (free) available to you.

Three students from M.E.C.H.A. went to a Chicano Conference in New Mexico. The Senate approved $235.00 for that trip. Students attending were Diane Paullas, Martin Valdez, and Ron Saezoo.

The Dorms people received $75.00 for their Halloween party. This money was not appropriated by the Senate, however, as the money came out of Special Events fund.

Do you have any questions concerning money? Namely yours student government? Student involvement? What can you do for student government? Or what student government can do for you? Bruce and I (Bruce is your A.S.B. President) will answer any and all letters if humbly possible. We will print them in every issue of the Pawprint. Send your letter to the A.S.B. trailer. Our regular office hours are 9:30 a.m. - 1:30 p.m.

WRITE ME!!!! RENEE DESHANE A.S. TREASURER P.S. Vote yes on proposition 211!!

No on Proposition 211

PROF. DERRICK A. BELL, HARVARD LAW SCHOOL

The almost 200-year effort by black parents to overcome white resistance to quality public schools for their children now faces a crisis in California and the nation. Proposition 21 and other so-called anti-busing legislation, while nominally focused on the work of transportation to achieve school desegregation, serve, in fact, as a public signal of white America as to whether the nation has gone "too far" in their belief in equality in society.

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In view of the growing opposition to busing, there is a strong temptation by blacks to compromise on the issue, accept the reality of all black schools and trade away the possibility of integrated schools in return for additional funds. Community control, or a combination of both. But the temptation loses its appeal when confronted with two lessons gleaned from the American racial experience.

1. The effort to compromise on school integration will not be rewarded by white with concessions, but will simply remove the moral question posed by black resistance, and will lead today as it did when Booker T. Washington attempted his famous "Atlanta Compromise" in 1905 to a more abandoned disregard for black rights than would otherwise occur.

2. There are, for the great majority of black children, no alternatives to school integration that offer a brighter hope of quality education.

While the mixing of black and white school children does not guarantee a quality education for either racial group, the right of blacks to an integrated education makes possible a legal and political climate in which the potential for quality education for black children (even in alternative school experiments) can exist and grow.

White resistance to integrated schools represents the contemporary manifestation of the traditional belief that America is a white man's country. It must thus be opposed even by blacks who are convinced that the educational merits of integrated schools are overrated, misconceived, or simply nonexistent. The right of black children to attend integrated public schools is quite literally whether exercised or not is a right that is crucial not only to success, but also to the survival of blacks in this country.

WOMAN APPOINTED ASSOCIATE DEAN

Back from a summer program in the use of Computer Science for the Humanities Dr. Sylva Clark, Assistant Professor of Spanish, has been appointed as the Associate Dean of Academic Administration. Dr. Clark, who received her Ph.D. from the University of Kansas in 1971, is the first woman to hold such a position here at C.S.C.B. "I am often mistaken as the secretary for Dean Thomas," (James Thomas, Dean of Academic Administration) Dr. Clark admits but jokingly adds, "it really helps that in the end I'll have the last laugh.

This is Dr. Clark's second year in residence here at Cal State. She accepted the position as Associate Dean she has reduced her course teaching load to one class. The course she teaches, a Culture Study of Mexico, is rumored to be "an exceptional experience in learning."
**McGovern/Shriver Coffee House Activity:**

**Friday, Nov. 10**

Ken Thompson, Democratic candiate for Congress in the 33rd Congressional District, will be on the program of a political campaign breakfast at the McGovern/Shriver office. Thompson, who is challenging incumbent Jerry Pettis for the seat, will speak on topics of interest to students and will answer questions following his speech. This event will be held at 12 noon in LC 27. Mr. Thompson's appearance is sponsored by the Political Science Council. All interested students are invited.

**Christian Life Meeting:**

1:00 p.m., LC 211

Jane Fonda, Tom Hayden, and Holly Near will appear at Riverside City College, Saturday, November 4, in the Auditorium. Sponsored by the Riverside Political Prisoner Defense Committee. A donation will be asked.

A representative from the Department of Rehabilitation will be on campus each Wednesday, 1:30 to 2:30 p.m., Room 127, SS Building. Counseling will be available about materials, supplies, and transportation may be paid by the Department of Rehabilitation for individuals who have vocational handicaps, either physical or emotional. Financial need is not a requirement for eligibility. For further information, you may contact the Financial Aid Office, Room 129, SS Building.

Gary Lawton, Political Prisoner

On November 10, 1972, in LC 27, from 11-12 noon, Chukia Lawton, wife of Gary Lawton will be speaking. Her topic will be the political prisoner and will center around the circumstances under which her husband, along with two other blacks are currently being tried for murder of two Riverside policemen. The event is being sponsored by Sadger House and all students are urged to attend. Gary Lawton was a prominent black maintenance man at Riverside and worked for both housing and jobs for blacks, and was fired in 1968 after Martin Luther King, Jr.

Gary Lawton, one of Riverside's leading black political activists, is a perfect example of the way a local or national government tries to get rid of anyone who moves to make a correction in it (i.e. Angela Davis or George Jackson). Gary Lawton was arrested and employed maintenance man at Riverside for several years a leader in grass-roots organizations in Riverside's black community. He was head of a group called the Black Congress who urged boycotts of stores with racist hiring practices, protested police harassment and demanded that a run-down housing project, in which low-income blacks were forced to live, be improved. No doubt he was a thorn in the side of the county's elitists.

To dispose of this thorn, Riverside now has him on trial for the 1971 murder of two white officers, Leonard Christianson and Paul Teel. The county's evidence against him goes something like this: the initial reports gave descriptions of four suspects; 3 whites and one black. In a later FBI report, this was changed to 4 black suspects between the ages of 16 and 18. So were described as about 5'7" with medium builds, the other as about 6' with a thin build. Lawton matched none of the suspects' descriptions. He is 6'3", 33 years old, heavy set, and balding. Lawton has also taken 12 lie detector tests. He ended up taking 2 after police claimed that the first machine broke down. The tests confirmed "no deception" in his statements.

Although the main target, to make things a little better the police also arrested two other black men, Nehemiah Lawton, Gary's brother, and Larrie Gardner, an unemployed janitor. Not one of these men had anything to do with the murder or the police. The purpose of the arrests is to divide, and exploiting the government. He was jailed by the Army for six months and threatened with a court martial. He is now working within the Veterans' movement against the war with Jane Fonda, John Voight, Donald Sutherland, etc.

**NO on Obscenity Initiative**

**Chemistry is a dirty word. So is obscenity. Vote "No on Proposition 18."**

We dislike hardcore pornography as much as anyone else — perhaps more, since more than that — but we disagree on the specifics of the constitutional methods by which the definition differentiates would go about correcting the situation. We doubt that it would have conflicted with the libel of the principal that meant and the literal definition as the law of the constitution itself.

There are too many hard-core pornography and obscene materials. These laws are creations with the decision of the California and United States Supreme Court on obscenity. Although that is, in general, hard in some cases to define the facts, sometimes have been, sometimes have not been upheld against "hard-core pornography."

Proposition 18 would strike a balance and get down to the present court decrees and will authorize the black, and not just who are by no stretch of the imagination obscene. The proposition is not only not obscene, what it is, it also it doesn't mean public worry. It would give to every book that you think is obscene to say that it is and you can take it away and give to every person who you think is obscene to say that he is, or that he is not. And he is, or that he is not.

The opponents of the proposition are correct, that it makes more certain for the less meaningful words of the first and second paragraphs may be in the test of the proposition itself.

The opponents of the proposition argue, correctly, that the speech value, for instance, he also lacking of several forms of art is "indecent" and "obscene."

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**Georg Smith (ex-prisoner of war)**

Thirty-two years old, George Smith (ex-prisoner of war) will be speaking in P.S. 10, George Smith was captured in 1946 in the prison camp on Saipan and was in the NLF in honor of Norman Morrison, a Quaker who emulated himself on the steps of the Pentagon in 1965. He was captured in 1965 along with the other Green Berets in Vietnam and was sentenced to 27 years in prison. He is now working within the Veterans' movement against the war with Jane Fonda, John Voight, Donald Sutherland, etc.

On October 20th, 1972, the following community event was held at the Riverside Community College:

**Speaker: Postal Service, tentative; Information. Nov. 24 — Party. Business Management Club, CSCSB, November Calendar: Nov. 7 — Meeting 12:00 LC 219. Speaker: Dean Stansell; Topic: Job prospects; Tour information: Pacific Telephone Co. Nov. 10 — Meeting 12:00 LC 219. Speaker: Ken Thompson; Topic: Job prospects; Alderman Hawaii, Phil, is a Vietnam vet.**

**The Political Science Council is in full swing.**

**Session: Debatists are in the process of being planned.**

**Future activities of the club include: A discussion with Dr. Shriver, an associate professor, or minority professors. A debating society. AND A BEER BUST!**

**Photography Club Meeting Monday, November 6 at 6:00 p.m. in Lower Commons. All interested students please attend, or from the community and deal directly with the camera.**

**The meetings will be Wednesdays at 11:00 in PS 122.**
Women's Part, by Hurricane

The purpose of paramedics in the Women's Movement is to provide comprehensive, community-based programs offering health services to all women. There is a strong and belligerent philosophy that women, given choice through education and the opportunity to seek women with whom to discuss their health problems. Women paramedics educate women about health services to our sisters and to do this with the sympathy which we all share through our experiences. Women paramedics are aware of the special needs of our communities. Women, as are ethnic paramedics who address themselves to the special concerns of the various ethnic communities.

The various services paramedics offer are:

1. SELF-EXAMINATION. Basic to feminist philosophy is the concept that women with a clear understanding of our bodies will be able to demand and provide better health care. Women paramedics educate women about our bodies through the helping art of self-examination. With the use of the vaginal speculum and cervix are viewed, signs of health are learned and women are made aware of any need for professional attention. This extended self-examination and techniques we have been encouraged to perform on our breasts for early detection of breast growths which may be cancerous.

2. PREGNANCY SCREENING. Paramedics are trained to take pap smears. The fixed smear is prepared for reading by the certified laboratory technician.

3. VAGINAL INFECTIONS. Paramedics take vaginal smears by procedures similar to those of the pap smear. As with the fixed smear the smears are sent to a professional laboratory for reading.

4. VENEREAL DISEASE SCREENING. Paramedics are trained to take gonorrhea smears and are able to perform similar procedures to those of the pap smear. As with the fixed smear the smears are sent to a professional laboratory for reading.

5. BIRTH CONTROL COUNSELING. Literature and discussion about all available birth control methods is provided. Women are helped to learn the proper fit and use of the diaphragm, foam, etc.

Research in other clinics has indicated the potential of female paramedics in various fields relating to the health of women. We see the potential and need for these services to be incorporated into the community services. They include: Schiller staining to check for bacterial deviation in intrauterine device insertion; cervical biopsy; endocervical biopsy; endometrial biopsy; blue staining for neoplasia; cervix exudate; semen; semen preservation and distribution of birth control pills; laboratory analysis of vaginal infections; taking of blood samples; midwifery, pre- and post natal care.

Women paramedics are working to do-institutionalize medicine, to make it responsive to the real needs of women, to disseminate health information, and to provide the quality care for women which the medical establishment is not providing.

6. Never bathe within two hours after eating. It injures digestion.

7. Never bathe when the body or mind is exhausted. It is liable to affect the circulation.

8. A good time for bathing is just before retiring. The morning hour is a good time also, if a warm room and warm water can be secured.

9. Never bathe a fresh wound or broken skin with cold water; the wound absorbs cold and causes swelling and irritation.

10. A person not robust should not bathe; very careful bathing care should be exercised to avoid any chilling effects.

THE DIFFERENT KINDS OF BATHS

The Sulphur Bath

For the itch, ringworm, itching, and for other skin irritations, bathe in water containing哗哗哗 whirls.

The Salt Bath

To open the pores of the skin, for aching joints, aches of the bones, burns, baking soda or lime used in the same way are excellent for cooling and cleansing the skin.

A very small quantity in a bowl of water is sufficient.

The Hot Air Bath

1. Place the alcohol lamp under the chair, without the dish of the lamp over the seat of the chair, as in the bath, and let him remain until a gentle perspiration is obtained. This bath may be taken from time to time as may be deemed necessary.

2. While remaining in the hot-air bath the patient may drink freely of cold or tepid water.

3. As soon as the bath is over the patient should be washed with hot water and soap.

4. The hot-air bath is excellent for colds, skin diseases, and the gout.

The Sponge Bath

1. Have a large basin of water of the temperature of 80 or 93 degrees. At its sides, place a small dish of water on which the lamp and plate to rub the body over with a soft, dry towel until it becomes warm.

2. Now sponge the body with water and a little soap, at the same time keeping the body well covered, except such portions as are necessarily exposed. Then dry the skin carefully with a soft, warm towel. Rub the skin well for two or three minutes, until every part becomes red and perfectly dry.

3. Sulphur, lime, or salt, and sometimes mustard, may be used in the sponge-baths, according to the condition of the skin.

The Foot Bath

1. For foot-bath, in cold water, add 1/2 cup of salt to a gallon of hot water, it is very beneficial.

2. Heat the water as hot as the patient can endure it, and gradually increase the temperature by pouring in additional quantities of hot water during the bath.

THE SITZ BATH

A tub is arranged so that the patient can sit down in it while bathing. Fill the tub about one-half full of water. This is an excellent remedy for piles, congestion, headache, gout, and for acute inflammatory affections generally.

THE BATH

Place a little vinegar in water, and heat to the usual temperature. This is an excellent remedy for the disorders of the liver.

Shambala Bookman, Telegraph Ave., Berkeley, California, if you're into reasonable prices and high-quality herbs.

Some of the "wonder herbs" known to the ancient Chinese and Indians (pomegranate (shihamw), a root found growing in the Orient known to invigorate and prolong life and function as an aphrodisiac; fo-ti-tieng (hydroxyoleate ailixial minor) found in the jungle districts of the Eastern Tropics and which contains an unknown vitamin called vitamin X. It has a rejuvenating effect on the brain cells and endocrine glands. Li Chung Yan, Chinese herbalist who lived for 256 years, used the herb daily: ginseng grows in India, the islands of the Indian Ocean, and some parts of South Africa, and possessed longevity properties similar to those of ginseng and fo-ti-tieng. It is a definite brain food; and it serves as part of the diet of Ceylon elephants, purported to be part of the reason why they have such long lives. One of the favorite herbs of the Cherokee Indians was golden seal (hydrastis canadensis), a virtual cure-all and particularly wondrous for sore throat colds. Watch out if you are a taste weighty, however; because this one is worse than pyrethrum, if you can imagine that.

All these magic, organic goodies are sold by Lass-Khamak.

Herbs could help put you back on a level of communication with your very own body, and wouldn't that be neat?
intramural teams in heated play

by howard cosign and don meridrft

cal state's intramural football program enters its third week with several crucial games on tap. in a battle of unbeatens, the first place derelicts engage the second place spades in a struggle to determine who will occupy first place in the western league. kickoff time is 3:00 p.m. also playing today at 3:00 p.m. are the quick, hard-hitting spades, led by quarterback clyde virges. they will engage the hard-hitting wooden polacks in a contest to prove to be a particularly brutal contest. western league games, which begin at 4:10 p.m., feature the unbeaten o.c.s. vs. the winter white berets and the hard-hitting spades take on the much-improved loose ends in an important match. and now, a look at last week's results.

standing

eastern league

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western league

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friday, nov. 3, 3:00 p.m.

derelicts vs. dildos
spades vs. wooden polacks
los carnales — bye

friday, nov. 3, 4:10 p.m.

chargers vs. loose ends
o.d.'s vs. white berets
freaks — bye

los carnales

outscore polacks, 46-31

in a game marked by the absence of any defense, los carnales managed to put more points on the board than their opponents, the wooden polacks. in this high-scoring marathon, randy swaboda and pat walsh were the offensive stars for los carnales, swaboda with three touchdowns and walsh with two. for the polacks, mark gorden played a good game and came up with two touchdowns. chris richards also played a fine game and came up with a touchdown.

o.d.'s stone

the freaks, 31-12

the lightning-quick o.d.'s smashed the second consecutive victory over the hapless freaks by a score of 31-12. establishing themselves as the team to beat in the western league, the o.d.'s were led by defensive standout jeff mezzetti, who came up with six interceptions. offensively, lanky derelict qb bill mudge ran for two touchdowns and played an overall outstanding game. the spades scored their only other touchdown in an interception by clyde virges, who ran it all the way back.

loose ends

win by forfeit

the loose ends, a faculty-composed team, swept to their first victory of the season, mainly because their opponents, the white berets, failed to show. the white berets are composed of faculty personnel. some were suggested to this reporter that the reason the white berets failed to appear was due to a pre-game meal that left all members of the team incapacitated. having eaten at the cafeteria, i can see how this could happen. but, as clark may, veteran faculty quarterback suggested, "we take our win any way we can get them."

english

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*california state universities and colleges student president association resolution on proposition 14

whereas, students of the california state university and college system are consumers, renters and voting citizens and therefore concerned with economic and political questions; and

whereas, there is no provision for direct tax relief for renters contained in proposition 14 which results in renters paying $767 million in increased taxes, without receiving any tax relief; and

whereas, it has been determined by the office of the legislative analyst that the main beneficiaries of proposition 14, owners of non-residential properties, would receive a net tax saving of close to one billion dollars; therefore be it

resolved, that the california state university and college student president association strongly recommend a no vote on proposition 14. passed october 15, 1972