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think of them. Be antagonistic; smoke where the signs say NO SMOKING

**Bed-wetting.* Tell them you wet the bed when you're away from home. If they don't believe you, prove it when you're inducted.

The only flaw in the above methods is that most of them are embarrassing; after all, how do you go about telling your girl "Baby, I'm going to be a homosexual. I want you to teach me what to do." How does one buy a doctor? As for arriving drunk or high, Guilfordians just don't do such things; at least not in public anyhow.

Now if you want to do something a little more drastic you can always burn your draft card, preferably before a large audience with television coverage. After all, if you're going to go to jail, you might as well have some fun on the way.

If you are sincerely against fighting I suggest you join the Peace Corps or Vista, or a similar organization. Or you can volunteer for service as a medic or some other noncombatant job.

Now there are two remaining ways to beat the draft. First, you can work hard and really apply yourself and get the grades necessary to stay in college. Then upon graduation go back to school for postgraduate work, or get married and get a job that carries a draft deferred status. The second alternative I'm going to offer you is so drastic and far out that it probably hasn't occurred to very many members of the student body. To paraphrase Horace, "Enlist, young man. Enlist." It may seem square at first, but what's square about helping your country?

People Pills and Population Control

New York (NAPS) — If you're alive 30 years from now, you'll be able to say "Of all the people who have been born since the year 1 A. D., about half of them are alive today!" Strange as this seems, the fact remains that by 1995, there will be six billion people on earth if the present rate of population growth continues.

This "explosion" is of as much concern as the bomb and is one that is not peculiar to underdeveloped countries alone. Here in the United States the birth rate is beginning to create an economic pinch: large families on relief call for an increasing share of public funds.

Twice as many people are born as die each year, says Kenneth B. Keating former U. S. Senator and currently National Chairman of the Population Crisis Committee. And already, one half of the world's population suffers from hunger or malnutrition.

President Johnson referred to population problems in his State of the Union address and no less than 10 bills regarding birth control have been introduced in the 89th Congress — a clear indication of the growing interest of government.

What are the consequences if nothing is done to change the trend? According to a report from the Population Reference Bureau, Inc., in 50 years, the population of the United States may reach 500 million — increasing each 10 years by the total number of people in the country in 1900. Cities might be forced to cram millions into huge apartment blocks, literally reducing each individual to a mere number.

And for the world, pessimists have said that it will be overrun by starving hordes, water will be priceless and wars will start over food for the masses — a dismal forecast for the scientific society we know today.

Even if new methods of producing food and water supplies are found — such as "farming" the oceans and desalting the sea — the problem of housing and just plain open space exists. The sandlot ball game, the tromp through the woods and the backyard flower garden may be unknown.

Fortunately, science has another answer, a preventive solution. This answer is in family planning through modern techniques. Today, in many countries government experts are already urging the use of birth control measures to prevent the potential population explosion.

Contrary to popular opinion, it is not only at the large family with many children that the program is aimed. Particularly in the U. S., more women are marrying now at an early age, and more of them are having several children. Six million girls are now in the highly marriageable 18-to-21 age bracket, as compared with only 4.7 million five years ago, the Population Reference Bureau says. And medical science has seen to it that most of these children born today live to be adults. To halt the population explosion, the family that plans to have three children needs to limit the number to two, etc.

Birth control has been widely accepted in this country for some time. It is clear however, that the state of family planning of birth control in the world is not efficient enough. Even in the United States, for example, women in low-income urban areas say that over half of their children were unplanned and unwanted, a recent article in *McCall's* states.

What methods of birth control are used? Today's women have a choice of more than 50 commercial products that are on the market, in addition to the rhythm method, presently the only means of family planning approved by the Roman Catholic Church.

Unfortunately, a number of those methods are little better than nothing at all. And with the exception of oral contraceptives, all are less than completely reliable. For example, of the women using the rhythm method, 40 per cent will become pregnant in a year. And among those couples using mechanical means, such as diaphragms or condoms, 15 per cent of the women will conceive, the Planned Parenthood Association says.

The only means of birth control that is virtually 100 per cent effective is the oral contraceptive — when taken as directed, of course. First introduced in the United States almost five years ago, and available only on physician prescription, the pills are the answer to many women's problems.

Significant numbers of women, however, experienced sufficiently severe discomforts with the first oral contraceptives to prevent them from continuing with the pills and to discourage other women from taking them. Producing what is commonly known as "pseudo pregnancy," the first oral contraceptives often gave the side effects of the real thing: nausea, weight gain, breast tenderness, etc.

So medical scientists improved on these pills. The result is the sequential oral contraceptive. Mead Johnson Laboratories, Evansville Ind., introduced the first sequential oral contraceptive, called Oracon, in April, 1965 and at least one other has since become available. Oracon greatly reduces the incidence of side effects that women experienced with earlier products.

Both the earlier oral contraceptives and the sequential contraceptives prevent ovulation with syn-

thetic hormones taken daily in tablet form. In the sequential method however, the hormone content of the tablets and the days on which they are taken are designed to very closely simulate the body's natural process. It is believed to be for this reason that side effects are so much lower.

Now that a means of birth control has been developed that is not only virtually completely effective but is more acceptable to women, it is becoming increasingly easy to plan the size of a family according to the desires of the parents. It is this way that the "population explosion" can best be controlled, insuring a better economic, educational and social atmosphere for those children who are born — and truly wanted.

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temperature (not over 100 degree). If you are within the acceptable standards, you are now ready to move to the second stage where a registered nurse takes your blood pressure.

At the third stage, a trained nurse takes down your medical history and takes a sample of your blood for a hemoglobin count. In case you're worried, there's a doctor present at all times in case of any emergency.

The fourth stage is the recording stage. Here all the information which has been gathered about you is transferred onto a form which will go to the Piedmont Carolina Blood Center at Charlotte along with your pint of blood. This regional center collects blood from forty-four cities in piedmont North Carolina. Here the donor receives the plastic bag into which his blood will be drawn.

The fifth stage is where the fun begins. You lie down on a padded table and your arm is cleaned and the needle inserted. About five minutes later the whole operation is over and you can get up. There's little discomfort and almost no pain.

At the sixth stage the donor arrives at the Canteen. Here he may help himself to free cokes, coffee, crackers, and so on. Also he can share his tale of fright with his fellow donors who have their own accounts to re-iterate.

Mrs. Pate gave me some statistics about Guilford's donations over the past few years. Last year we gave 117 pints out of a possible 900 from the student body; about 15% donated blood. Our best year was in 1960 when we gave 178 pints. According to Mrs. Pate this is a good percentage of donors. This year the bloodmobile hoped to get 125 pints from Guilford College. This is only a 12% donation from the student body. I think we can do better than this.

Davidson, for the past two years, has had donations from approximately 52% of the student body. For its efforts, Davidson has been awarded a mahogany plaque which is given annually to the college with the best percentage of donors. I think that the plaque would look a lot nicer at Guilford College than at Davidson. It's too late to do anything about it this year but next year should be a different story.

I think that one of the most significant things about the bloodmobile is its necessity. Blood is one thing that money cannot buy; it must be given, and given willingly. No one gives blood because he has too, but because he wants to. No one can visit the bloodmobile, donate a pint of blood, and leave without feeling deeply satisfied.

THE HORNETS NEST

by Virgil V. Horney III

Through the generosity of the editor of this paper, it has become possible for me to write a column for the Guilfordian. Some of you may wonder at the title I have chosen. In the Revolutionary War, the area around Charlotte was a hot-bed of activity by American loyalists — the area became known as the hornet's nest because of the trouble it made for the British. Most of the colonists who participated in the fighting were from the mountains or from the piedmont sections of the state. Now I'm from the piedmont and I spend as much time in the mountains as my time and money permit. Thus, by reading the previous sentences, you've learned a bit about North Carolina history and the background of this column.

Before I settle down to writing my regular columns, there are a few things I'd like to mention.

First, many of my friends have frequently asked me when will the Guilfordian come out. All I can say about the first issue is that the first issue is always Hell to get out. We had delays in getting the copy to the printer and the printer took quite a bit more time than necessary to get the paper printed. Mechanical delays, such as this, neither I nor the other staff members can control.

Second, it has been brought to my attention that some people do not read the Guilfordian. Surely this isn't true. I just can't believe that anyone could come to Guilford and not read the Guilfordian. That's just like saying "I don't read Playboy." I know somebody reads this magazine because the drugstore had sold all this month's copies before I got there.

Third, the Guilfordian is held up by a lack of articles. I've got a

couple of articles in this issue along with this column. I'm just as lazy as you are, and it should be clear to all that I'm not another John Steinbeck, William Faulkner, or Hugh Hefner. I doubt if any of my readers are either. I'd like to be proved wrong. If anyone thinks he can prove me wrong, here's how to do it. Write an article on any pertinent subject involving Guilford College and bring it to the Guilfordian office in the Union Building. While you're there, fill out the application blank and join the staff. If you're good enough to write an article to submit, you're good enough to write an article to print. Remember, these articles aren't graded like the assignments you turn in to your English teacher. I'll even offer some ideas: Dottie Alley, why don't you give us an article on being one of Guilford's rare Freshman Homecoming Queens; Joe Hooker, you could give our sports section a boost by telling, in your own words, what it's like to help train a mighty good football team; Dave Roberts, you could write us quite an article about your experiences as a bag-piper. I know that there are other people on Campus with stories just as good. Write 'em out and bring 'em by.

Fourth, I'm not omnipotent, omnipresent, omniscient, nor omnivorous. There's a lot that happens on Campus that I never hear about. I'm always open to suggestions for a good column, so bring me any suggestions you may have. I'll try to use them.

This concludes The Hornet's Nest for this issue. Next time, I'll write about something a little more interesting. Look for me in the next thrill-packed issue of the Guilfordian. Remember, everybody reads the Guilfordian.

YOU THINK YOU GOT TROUBLES

The newspaper staff sometimes finds itself at a loss when it approaches a journalistic problem that only an experienced journalist could handle. We are aware that the college is not capable of handling every type of course, for they must restrict themselves to a basic liberal arts program and the core curriculum. The merits of these programs have already been discussed by the paper. We feel, though, that a journalistic writing course should be offered on campus. Working on the paper should be a requirement of the course, for we feel that only experienced persons could handle the tasks assigned to them. The work involved in putting together a newspaper is very fatiguing both physically and mentally when one is blessed with an efficient and

enthusiastic staff, but when only a few take enough interest to join the staff the task is doubly hard.

If a journalism course were established on campus, this would solve many of the problems that face the newspaper with each issue. The persons in the class would be on the staff of the paper and could be assigned according to the needs of the paper. Persons, therefore on the staff, would receive credit for the work they do.

As it stands now the staff which is composed of some eleven writers has only one English major. The persons on the staff put in various amounts of time, yet receive nothing for their time except to see the finished product in print.

If a journalism course in association with the paper is never established, I doubt the newspaper will dissolve completely, but it will decline in quality and subsequently, status.

COMMENT by BOWLES

