

Famous peace activist to tour Canadian universities

VANCOUVER (CUP) — Convincing students they were born to save the world will be no easy task, but the world's most famous peace activist will tackle it when she tours Canada's university campuses beginning April 8.

Dr. Helen Caldicott is returning to Canada to promote the Canadian Peace Pledge Campaign, which aims to make defence policy a major issue in the next federal election.

Caldicott, an inspiring speaker who can move her audience from laughter to tears and back again, has awakened many listeners to the threat of nuclear war and the need to work for human survival.

"Our generation was born for one reason," Caldicott says. "We were born to save the world."

During her upcoming tour, organized by the 375 member Canadian Peace Alliance, Caldicott will offer her advice on "making Canada a world leader for peace."

An activist since 1971, Caldicott campaigned against French nuclear testing in the South Pacific and uranium mining in Australia.

In 1980, she gave up her position on the faculty of Harvard medical school to found Physicians for Social Responsibility, a group which later received the Nobel Peace Prize.

In 1982, she gained stardom and notoriety in the Canadian film "If you love this planet." A National Film Board release, the film won an academy award as the year's best short documentary.

The U.S. state department did not share the academy's enthusiasm, however, and labelled the film "propaganda of a foreign agent."

The author of "Nuclear Madness" and "Missile Envy," Caldicott says she experienced "a state of clinical shock" after a 75 minute interview with U.S. president Reagan in 1982.

In 1984, during the U.S. presidential elections, she sold her home to take to the

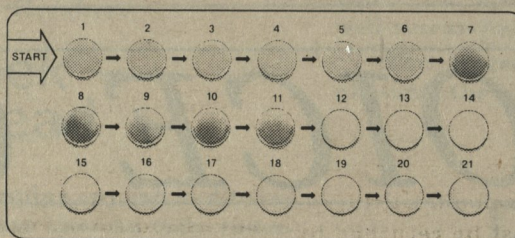
road and continue her public education on the dangers of nuclear war and alternative strategies which would foster world peace.

She continues those efforts today. □

Coming soon to a Barn near you . . .

March 25

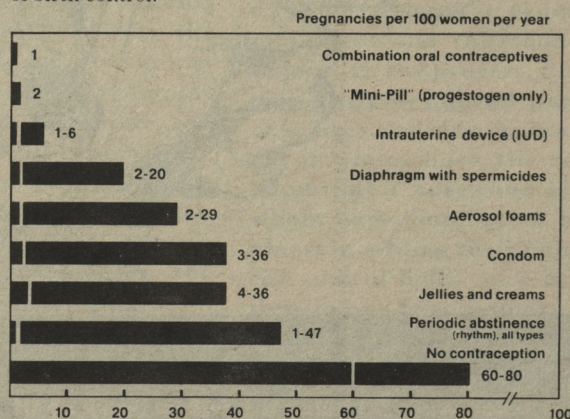
FACTS EVERY WOMAN INTERESTED IN BIRTH CONTROL SHOULD KNOW ABOUT THE PILL



In 1960 "The Pill" created a revolution. It is likely that no modern scientific development has had a more profound impact on society than the oral contraceptive. It is also likely that no other medical development has been more exhaustively studied, or more subject to controversy, confusion or misinformation. There have been enormously important advances in research and knowledge since 1960 and the most widely used oral contraceptives today are quite different from the one that started the revolution. If you are concerned about contraception you should understand the facts.

Some important facts about today's oral contraceptives

1. The oral contraceptive most often prescribed by doctors today contains less hormone in an entire month's supply than the first product contained in a single tablet taken for one day.
2. Today there are nineteen different brands of oral contraceptives available to Canadian women. They vary in hormone dosage and ingredients. Some are new. Others have been in use for many years.
3. Until recently, oral contraceptives involved taking the same strength of pill throughout the monthly cycle. The first advanced triphasic oral contraceptive, introduced three years ago, varies the strength of both of the active ingredients in three stages. This permits a large reduction in hormone dosage resulting in fewer minor side effects.
4. Here is a comparison of the effectiveness of various methods of birth control!
5. Most oral contraceptives are virtually 100% effective in preventing pregnancy when taken as directed. They are the most effective method of reversible contraception available.
6. As with any medication The Pill involves some degree of risk, although the low-dose products minimize this risk.
7. There are certain groups of women who should not use The Pill. Your doctor will advise you if you are in one of these groups.
8. Extensive studies show that women over 35 who smoke are at greater risk and should not use The Pill.
9. There is evidence that women who take The Pill may receive important beneficial effects including:
 - (a) reduced incidence of endometrial and ovarian cancer,
 - (b) reduced likelihood of developing benign breast disease,
 - (c) reduced likelihood of developing ovarian cysts,
 - (d) reduced incidence of pelvic inflammatory disease which can lead to infertility,
 - (e) reduced anemia due to reduced menstrual blood loss,
 - (f) reduced severity of menstrual cramps and premenstrual syndrome.
10. The health risk associated with the use of oral contraceptives is less than the health risk of childbirth except for women over 35 who smoke.



The figures (except for oral contraceptives and the IUD) vary widely because people differ in how well they use each method. Very faithful users of the various methods may achieve pregnancy rates in the lower ranges. Other women may expect pregnancy rates more in the middle of these ranges.

Remember, taking any medication involves a degree of risk. It is important to understand the facts so that you, with your doctor, can make an informed decision.

Supplementary information for women considering the use of oral contraceptives is available at your doctor's office or pharmacy.

This information is presented by Wyeth Ltd., the leader in oral contraception, serving the health needs of Canadians for over a century.

1 The Report on Oral Contraceptives, 1985, by the Special Advisory Committee on Reproductive Physiology to the Health Protection Branch, Health and Welfare Canada, September 1985.