
HERLAND • SISTER

r e s o u r c e s

December 1984 a publication of HSR Collective, 1630 N.W. 19th at Blackwelder, OKC OK 73107

HAWKINS AND DELEAR IN CONCERT

Hawkins and Delear, of St. Louis, Missouri will perform Sunday, December 9, 1984, at The Second Fret, 3009 North Classen, Oklahoma City (521-1735). The concert begins at 8:00 p.m. and the cost is \$2.

"Our music covers a wide variety, easy listening, thought provoking, feminist music," according to the artists.

Herland is pleased to present this evening of entertainment for the Oklahoma women's community. Don't miss out!

NOTICE TO HERLAND HOLIDAY SHOPPERS

There are only 7 more shopping days at Herland until Christmas! In addition to our regular weekend hours, this month we will also be open from 10:00 a.m. to 8:00 p.m. Friday, December 21.

The month of December is a stock reduction sale. Herland is phasing out current stock so as to facilitate the change to collective management January 1, 1985. Many items are reduced 15% to 30%.

HERLAND APPLIES FOR AN INC.

The Herland Sister Resources Collective has applied for nonprofit incorporated status with the State of Oklahoma. We have adopted by-laws and set the wheels in motion for a new organizational and financial structure.

As always, we welcome and appreciate your patronage, suggestions, volunteer energy and donations.

Happy New Year from Herland to you!

ANNOUNCING A SPECIAL ISSUE OF A PERIODICAL

The University of Chicago Press publication, Signs: Journal of Women in Culture and Society, Vol. 9, No. 4 is The Lesbian Issue.

Contents include: "The Mythic Mannish Lesbian: Radclyffe Hall and the New Woman," "The Thing Not Named: Willa Cather as a Lesbian Writer," "Distance and Desire: English Boarding-School Friendships," "Sexuality, Class, and Conflict in a Lesbian Workplace," "Ourself Behind Ourself: A Theory for Lesbian Readers," "The Politics of Transliteration: Lesbian Personal Narratives," "Homosexuality, Homophobia, and Revolution: Notes toward an Understanding of the Cuban Lesbian and Gay Male Experience, Part I," "Discrimination Against Lesbians in the Work Force."

In addition to these articles, viewpoints, review essays, revisions/reports are six book reviews, seven letters/comments and two archival articles: "Lesbian Sexuality in Renaissance Italy: The Case of Sister Bendetta Carlini" and "The Military and Lesbians during the McCarthy Years."

\$7.00

OKLAHOMA PEACE STRATEGY

The Oklahoma Peace Strategy is a nonprofit, voluntary association of groups and individuals dedicated to promoting world peace through local action.

The November newsletter included articles on the community of John XXIII Nonviolent Action Award; arms talks; a Central American news report you won't find in any other local media; "Children of War" tour; and calendar. Subscriptions are available from OPS, P.O. Box 54874, Oklahoma City, OK 73154.

Report on Toxic Shock Syndrome

The Boston Women's Health Book Collective published this report August, 1984.

A NEW DISEASE: In 1980, the public learned about Toxic Shock Syndrome (TSS). It is a rare but serious disease which mainly strikes menstruating women under 30 who are using tampons. Although only a small number of menstruating women have gotten TSS, a few of them have died.

SYMPTOMS: This disease is a syndrome or group of syndromes. At present, only those people who have all the symptoms listed are officially counted as having TSS. However, there are reports of people with a few of the symptoms who have a milder form of the same disease. The symptoms are: a high fever, usually over 102, vomiting, diarrhea, a sudden drop in blood pressure which may lead to shock, a sunburn-like rash.

CAUSE: Little is actually known about TSS and information is changing rapidly. It is probably caused by a new strain of the bacterium *Staphylococcus aureus* (*S. aureus*). The bacterium infects some part of the body, often the vagina, and produces toxins (poisons) which go into the bloodstream. Researchers do not know why TSS occurs with the use of tampons. The Food and Drug Administration (FDA) has found a higher risk of TSS with higher absorbency tampons. No one knows if this is because of the absorbency itself, the materials which make the tampon more absorbent, or some other factor. Although, tampons have been for sale since the 1930s, they have changed in the last 10-15 years with the introduction of super-absorbent fibers like modified cotton or rayon polyacrylate. Ingredients are now listed on the box.

TREATMENT & FOLLOW-UP: If you get any of the symptoms listed during your period and you are using a tampon, remove it immediately. Do not use tampons or any other internal method for catching menstrual blood until you get a culture showing that you do not have any *S. aureus* in your vagina. It's a good idea to get in touch right away with a medical person who can keep track of what is happening to you. For a mild case, the most important thing is to drink lots of fluids and rest if possible. TSS involving severe dehydration or very low blood pressure may require hospitalization with medical treatment. Although antibiotics do not seem to affect symptoms once the disease has started, they can still significantly reduce the chance of recurrence. Since this type of *S. aureus* is penicillin and ampicillin

resistant, beta-lactamase anti-staphylococcal antibiotics must be used.

PREVENTING TSS: You can reduce your risk of getting TSS the most by not using any internal menstrual product. Use the least absorbent tampon you can to collect your flow. If it is dry or difficult to pull out when you remove it, then you need a less absorbent one at that point in your flow. You may also reduce the risk with tampons by using them on and off during menstruation. Although some groups recommend changing tampons frequently, there is no evidence that this reduces the chance of getting TSS. Some women have chosen to use natural sea sponges or diaphragms to collect menstrual fluid. No one knows if the risk of TSS with these alternative methods is any different from that with tampons. There have been at least two cases of TSS associated with sponges. There are mixed reports on whether sponges are contaminated by pollutants while growing in the ocean and how serious a problem this is. Currently, women's clinics have diverse opinions on whether to recommend sponges. The FDA has stopped distribution of sponges for menstruation, usually done by one-woman businesses, while moving slowly in requiring stricter standards for tampons.

WHAT NEEDS TO BE DONE: Believe it or not, tampons have never been subjected to government or independent studies for safety and efficacy. More research needs to be done. One piece of information the consumer can and should know is how absorbent each type of tampon is. Finally, in response to consumer pressure, the FDA is moving to require labeling on the box. Write to John C. Villforth, Director, NCDRH, FDA, HFX-1, 5600 Fishers Lane, Rockville, MD 20857

<u>Brand/style</u>	<u>(absorbency in) Grams</u>
Tampax Junior	5.18
Tampax Original Regular	6.82
Tampax Slender Regular	6.97
Kotex Stick Regular	8.17
Kotex Security Regular	9.13
Tampax Super	9.30
Pursettes Regular	10.28
OB Regular	10.69
Kotex Stick Super	10.92
Pursettes Super	12.09
Kotex Security Super	12.12
Playtex Deod. Regular	12.61
OB Super	12.84
Playtex Non Deod. Regular	13.16
Playtex Non Deod. Super	15.66
Playtex Deod. Super	15.78
Tampax Super Plus	15.93
OB Super Plus	16.71
Playtex Non Deod. Super Plus	17.05
Playtex Deod. Super Plus	17.40

Give BOOKS This Holiday.....

The Thin Woman, by Dorothy Cannell. St. Martin's Press, 1984. 242 pp. \$13.95 cloth

Dorothy Cannell's first novel, The Thin Woman is an occasionally feminist, sometimes silly, always entertaining combination of mystery, treasure hunt, family saga, love story, and British drawing-room comedy. The best thing about this book is its delightful heroine, Ellie Simons, who is smart, articulate, forthright, and witty - altogether worthy of joining P.D. James's Cordelia Gray and Amanda Cross's Kate Fansler in a feminist gallery of sleuths.

Taking It Like a Woman: A Personal History, by Ann Oakley. Random House, 1984. 212 pp. \$14.95 cloth

Sociologist Ann Oakley says she began this book, which is an autobiography, a social history, and a collection of fictional scenes, as an attempt to answer a series of important questions that she felt uneasy about: What makes a feminist? How can a feminist find a congenial place within a patriarchal society? What is the nature of love between men and women? How do we face our own mortality? This book is so searchingly honest that it is sometimes painful to read, but the reward is worth the effort.

Jewish and Female: Choices and Changes in Our Lives Today, by Susan Weidman Schneider. Simon and Schuster, 1984. 640 pp. \$19.95

This is an immensely valuable resource for women who are committed feminists and committed Jews. It lucidly summarizes the activities of Jewish women over the past fifteen years in both religious and secular environments.

Children of the Wolf, by Jane Yolen. The Viking Press. 136 pp. \$11.50 cloth

Jane Yolen, a prolific, award-winning writer, has done it again. Children of the Wolf is an engrossing "young adult" read. Yolen writes, she says, with great joy. She crafts carefully because children read with their whole heart.

Reviews written by Christine Mack Gordon, Maureen T. Reddy and Janet Tripp. From Hurricane Alice, Fall 1984.

Erin's Daughter in America, by Hasia R. Diner. \$9.95

Described here are thousands of Irish women who saw in America a chance to utilize the energy, ambition and ability that would otherwise have remained stifled by the poverty and social inflexibility of their native land.

New Lesbian Writing: An Anthology, edited by Margaret Cruikshank. \$7.95

An excellent collection containing the rich diversity of lesbian voices. Contains both poetry and prose and a good, recent lesbian bibliography.

The Reach and Other Stories, edited by Lilian Mohin and Sheila Shulman. \$7.95

Britain's first lesbian, feminist fiction anthology.

Mules and Men, by Zora Neale Hurston. \$6.95

"...the material throws into relief the peculiar amalgamation of African and European tradition which is so important for understanding historically the character of American Negro life." (Franz Boas)

Extra (Ordinary) People, by Joanna Russ. \$10.95

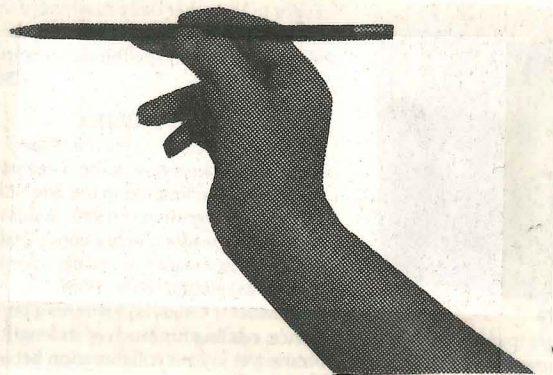
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LOTS OF THINGS, BUT NO BOOKS

GADGETS FOR GIDGET

Because our customers have been so happily besieged by Gadgets and Things catalogs, we have decided to dedicate this part of the newsletter to gadgets and lots of things - no books. We at Herland Sister Resources know how hard it is to find attractive, appropriate and cheap presents. As you look over this page, you'll see that none of these things cost over \$90. Many of the gadgets listed are unique items that the HSR staff has searched the world over to find. It's that special time of the year and these are those "special" gifts for that person in your life who has everything.



No. 3 LEAD PENCIL - Not only writes, but erases, too!

Not just your ordinary No. 2 Lead Pencil, this unique writing utensil is ideal for all that scribbling you do. This No. 3 pencil, encased in a sleek black paint finish, will fit your hand perfectly. But that's not all! The crowning glory of this very special writing instrument is its eraser top. No longer do you have to search for an eraser when you rethink those lofty thoughts. Just turn the pencil upside down and erase them all away. Turn the pencil back to its upright position and you're ready for continuous hours of writing pleasure. Travels anywhere - no batteries, and no annoying, clumsy cord to get in your way. When it gets too short, just throw it away! Makes writing a pleasure! (Sharpener sold separately.)

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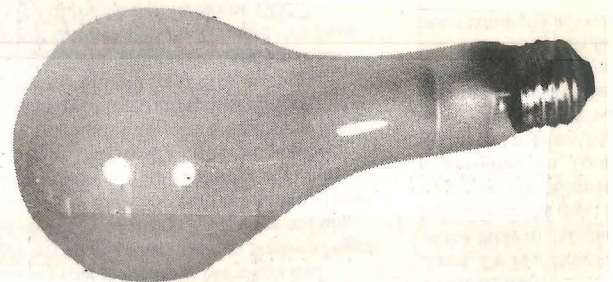
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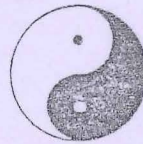
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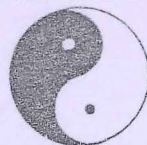
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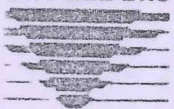
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NATIONAL DUES \$6-25 STATE DUES \$ 2.50-\$5.00
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Mail to the chapter or state address below.
If none, mail to: NOW, BOX 7813, Washington, D.C. 20044

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