





HYSTERIA is

Written and produced by  
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Ann Other, Well women.

WE WANT TO ENCOURAGE O to  
write, produce, draw and  
print their own material.  
Please send any contribu-  
tions, pics, photoes, letters  
articles etc. to us, or  
better still produce your  
own magazine. There is not  
enough anarcho-feminist  
stuff around. Contact us  
soon!

Hysteria:

c/o WOMEN CENTRE

44, The Grove

Bristol BS1

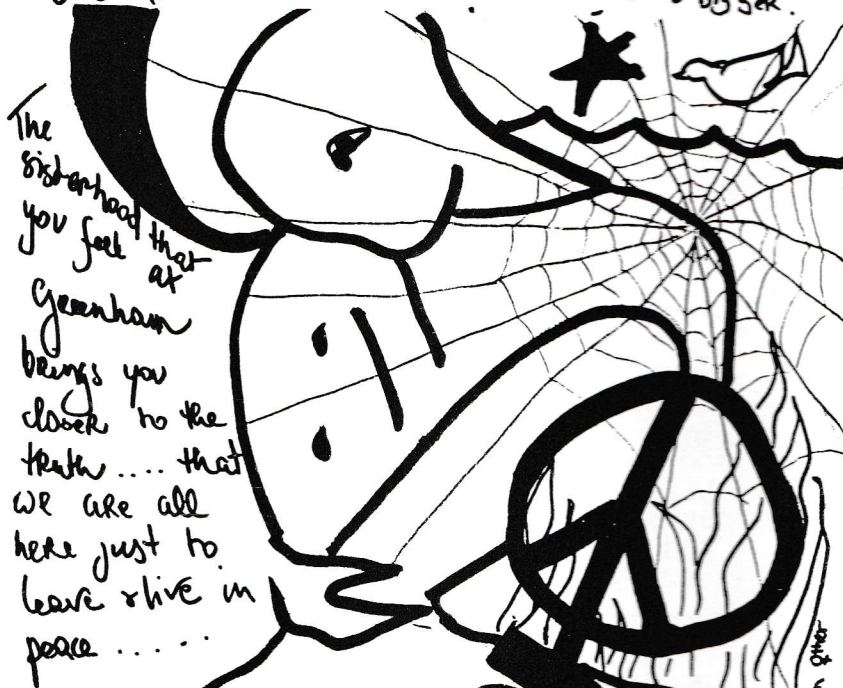
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Drowned Rat Collective,  
Box 010

c/o Full Marks Bookshop.  
Stokes Croft, BRISTOL.



There is a magic place called Greenham Common where  
our trees gather & make the trees & glass glow.  
Living just outside the fence we are glow  
reciprocated & there we too glow bigger.



28<sup>TH</sup>/29<sup>TH</sup> JULY

WOMENS CO-OPS WEEKEND

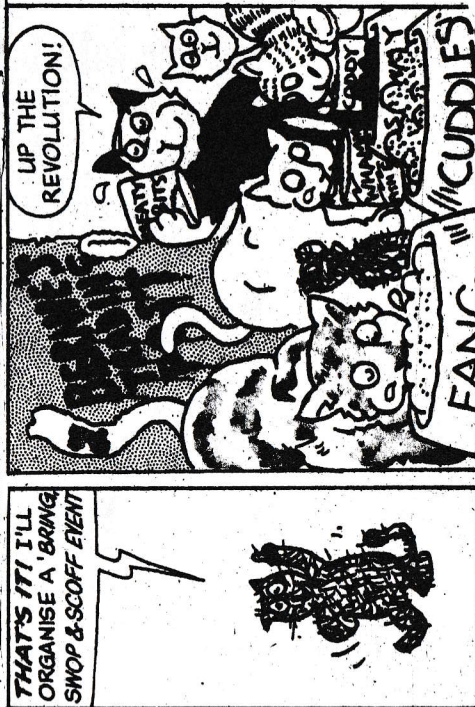
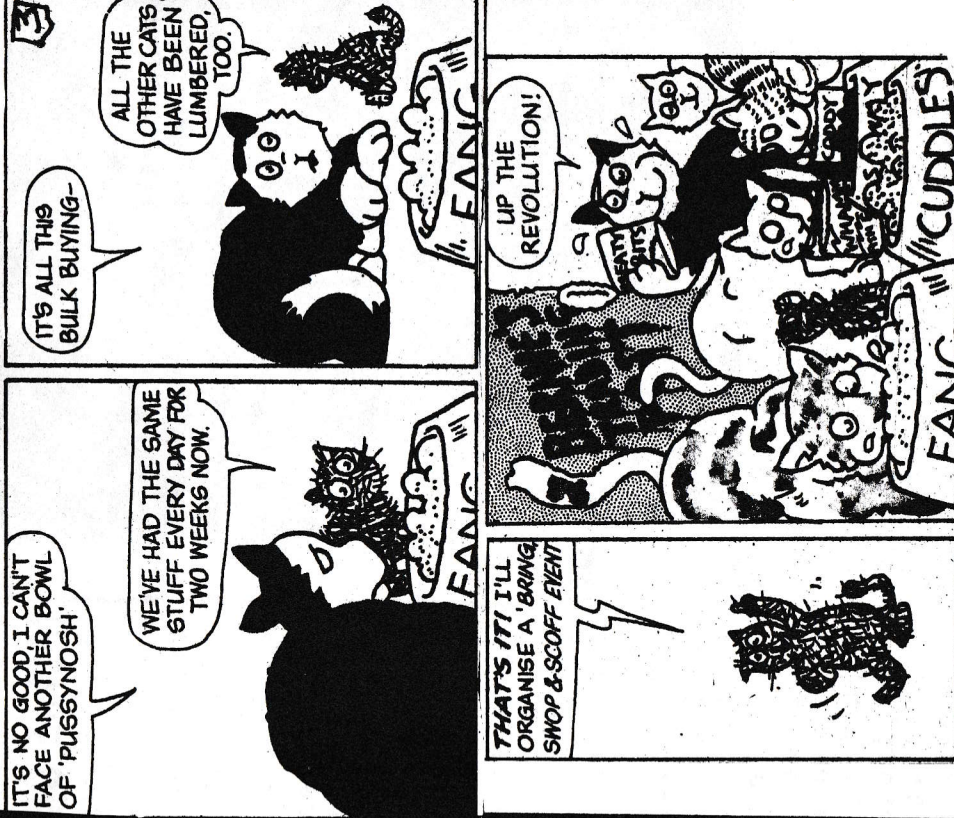
At the Leeds Co-ops fair. Women only  
field, w/shops, entertainments, camping, video.  
The theme of the weekend is skill sharing.  
There will be small discussion groups and  
practical workshops: -eg mechanics, shoe  
making, computing, spinning, plumbing.  
Also football, hockey, dance, fire-  
eating + more.

Information about how to start co-ops,  
how to get money etc. Also stall exhibitions  
(if you want to bring one - free. Ring Liz -  
0865-248249) All women welcome.

Most of the fair is outside. Inside  
w/shop are on the ground floor & have  
access. Accommodation available for ♀  
with disabilities + ♀ with children (free)  
Ring Tracy 0532-651104. Tailors with  
disabled access. Signers available. Crèche  
from 10.00am until 7.00pm (mixed workers)

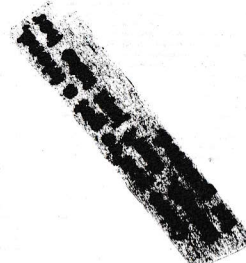
Lifts to the fair may be available  
ring kaz - on 980 1197  
Entrance £2.50 + £1.50 for weekend  
£1.00 + 50p for 1 day  
for more info contact Liz 0865-248249





The second rule you're is. The steadily always however with a boy, as free going out with of rights. If you leave a couple together, you see them together, you neglect them when you finally

You're so liberated/you're so fine  
You're so free/so you say  
Not shackled to your femininity  
or speshed into your role  
But You don't talk to winnin  
You just flirt with men  
Whose games are you playing?  
Whose rule do you follow?  
Still believing in their eyes  
Swallowing all the lies  
You don't care for me  
Whose side are you really on?  
When you let them divide us again  
negative positive



STATING THE PROBLEM IS AS GOOD A PLACE AS ANY TO START,BUT IN THE END IT'S JUST THAT,A START.MOST PEOPLE ARE AWARE THAT THEY'VE INHERITED A SITUATION THAT SUCKS,THE DIFFERENCE BETWEEN 'THEM' AND 'US' IS THAT THEY BELIEVE THAT THE SYSTEM STILL WORKS FOR THEM.SURE THEY REALISE THAT THINGS ARE GETTING WORSE AS THEY DISCONTENTEDLY MURMER THAT "THINGS AREN'T WHAT THEY USED TO BE" OR "DEAR ME,IT'S NOT SAFE TO WALK ON THE STREETS THESE DAYS",BUT ALL THE SAME THEY HANG ON,MAYBE WITH LESS ENTHUSIASM,BUT A LOT MORE DESPERATELY.THEY DRINK AWAY THE DEPRESSING EFFECTS OF THE NEWS,FUCK AWAY THE LONELINESS THAT STANDS SO SHARP AGAINST GLOSSY CONCEPTS OF 'TOGETHERNESS'.THEY FILL THE VOID IN THEIR LIVES THAT IS CREATED BY THEIR DENIAL OF 'NOTHINGNESS' WITH ENDLESS PILES OF USELESS TRINKETS AND COVER THE FEAR WITH PETTY DRAMAS AND COMPLICATIONS.AT THE END OF THE DAY,AFTER A COMPROMISE OR TWO,OR THREE,OR A THOUSAND,IT'S PRETTY EASY TO SINK INTO THE COMFORT OF IMPOTENCE.ONCE SOMEBODY HAS SETTLED ON THE ROLE OF 'VICTIM OF CIRCUMSTANCE',THEY NO LONGER HAVE TO WORK ON CREATING NEW,POTENT AND BELIEVABLE CIRCUMSTANCES FOR THEMSELVES,THEY DEMAND NOTHING AND SETTLE FOR LESS."WELL,IT'S EASIER THAT WAY,ISN'T IT?" NO DECISIONS,NO THOUGHT,NO CHOICES,NO CHANCE OF TOPPLING FROM THE EDGE OF MUNDANITY INTO WHAT COULD BE BETTER.NO NEW HEIGHTS TO REACH."NEVER MIND".CROSSROADS OFFERS ITS REASSURANCES.OF COURSE THE SILENT MAJORITY KNOWS THAT IT SUCKS:WHY DO YOU THINK THEY'RE SO QUIET?....IF THAT'S THE THEM,WHO'S THE US?....IF IT'S JUST MOUTHING OPPOSITION IT'S NOT ENOUGH.THE TRAP OF ISSUES AND 'ISMS' IS A TRICKY ONE.THERE'S A HUGE DIFFERENCE BETWEEN LENDING YOUR DIGNITY,PASSION,COMPASSION AND VISION,WHICH IS A REAL FORCE TO BE RECKONED WITH,AND THE KIND OF OPPOSITION THAT IS ONLY A PARADOX,POSITIVE/NEGATIVE MAGNETIC POLES THAT DO NOTHING BUT HOLD PEOPLE IN PLACE AND PERPETUATE THE SAME STUPID FIASCO.OPPRESSING THE OPPRESSED IS NOTHING NEW AND AFTER THE INITIAL ADRENALIN RUSH THERE'S THE DANGER OF BECOMING JUST AS GREY,LIFELESS AND 'NORMAL' AS THE SO CALLED 'ENEMY'.THERE'S NOT MUCH DIFFERENCE BETWEEN BEING 'IDEOLOGICALLY SOUND' WITH SPIKY HAIR AND A DOLE CARD OR 'IDEOLOGICALLY UNSOUND' WITH PINSTripes,BRIEFCASE AND POWER.THE VICTIM AND THE VICTOR NEED EACH OTHER.IF YOU REMOVE THE 'IDEAL',YOU'RE LEFT WITH THE LOGIC AND THAT'S WHAT'S FUCKED UP AND NEEDS CHANGING,EVERYTHING ELSE IS AN ENDLESS FOOTBALL GAME OF SYMPTOMS AND RESPONSES.THERE'S NOTHING RADICAL ABOUT THROWING A BRICK AT A VIVISECTIONIST.THEY ABUSE ANIMALS BECAUSE THEY CAN'T SEE BEYOND THE COMPROMISES AND DISTORTIONS IN THEIR OWN LIVES,THE SAME COMPROMISES AND DISTORTIONS THAT MAKES THE US OF THIS WORLD START ABUSING HUMANS.WHERE'S THE POINT IN THAT?ABUSE UPON ABUSE,SAME RESPONSE,SAME METHOD,ALL VICTIMS,WHAT HOPE IS THERE IN THAT?WHAT FUTURE IN CONFORMITY,BE IT TRADITIONS OF HATE OR TRADITIONS OF LOVE?"OH BUT WE'RE A SWINGING COUPLE".SURE AS HELL YOU ARE.LIVING YOUR EXCLUSIVE,ABUSIVE LIFESTYLE,YOU MIGHT JUST AS WELL ACCEPT MARRIAGE RATHER THAN MOUTHING YOUR CRITICISMS OF IT.THE PRETENCE OF FREEDOM IS NOTHING BUT AN OBSTACLE IN THE ROAD TO REAL FREEDOM....AND 'SISTERS',IF YOU PRESENT YOURSELVES TO THE WORLD AS 'WOMAN',SUBJUGATING SELF AND BASING DECISIONS ON GENITALIA,YOU'RE SIMPLY PERPETUATING THE VERY BONDAGE THAT HAS BEEN USED TO SEPERATE,CLASSIFY AND CONTAIN WOMEN AND MEN FOR THOUSANDS OF YEARS....WHEN WILL WE GROW BEYOND DIVISION?THERE'S MILLIONS OF WAYS TO COMMIT ACTS OF RAPE,REVENGE IS ONE OF THEM.MALICIOUSNESS,HATE AND THE POLITICS OF 'MACHO',FROM EITHER MEN OR WOMEN IS SHITTY,UNJUSTIFIABLE,MEAN AND INCREDIBLY,PREDICTABLY,TIRESOMELY,BORINGLY NORMAL.NORMAL,IS THAT HOPE?for demanding nothing/and settling for even less/from ourselves/discontent with what is/we play handball against the electric fence of the death-camp/shouting ourselves mute when we could maybe break through the sound-barrier/painting away the pale when we could be brighter than the speed of light/defining hillocks when we're standing at the base of the mountain/defying what could be when we don't know what is/wearing the pyjamas of a prisoner before even trying to chisel away at the confines of reason/beyond the perimeter there are no props/outside we only wear the shackles and chains that we're too lazy or frightened to remove/

ANNIE ANXIETY



"You've tucked the kids into bed ...  
 slipped into something simple ...  
 taken your Valium ...  
 and you're waiting for him to come home ...  
 mustn't be late for the evening shift at the  
 bread factory"

Women's position in the family is central.

# IMAGE, OBJECT, SUBJECT, PRODUCT

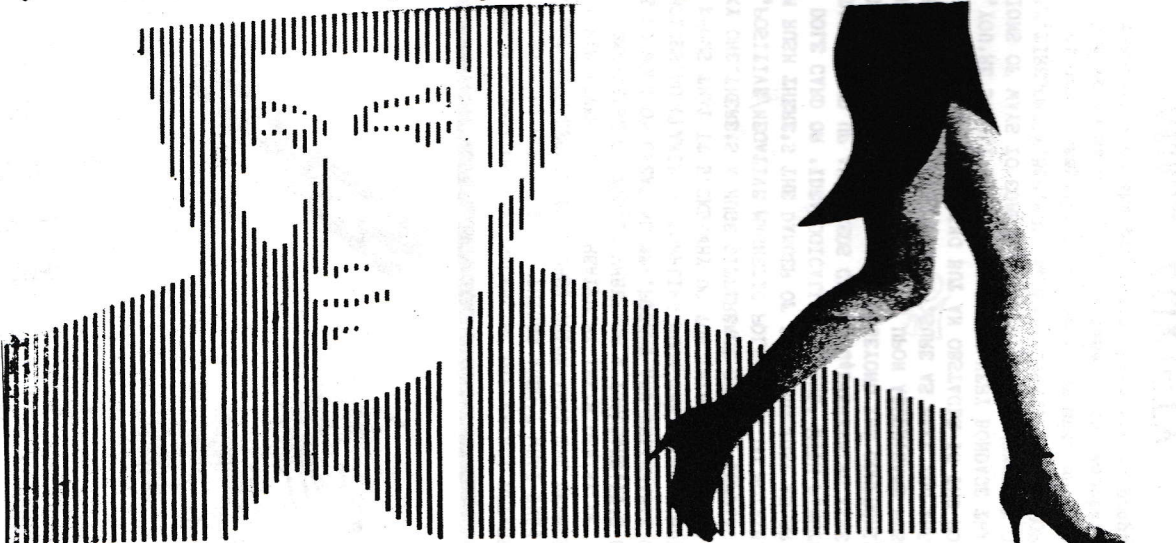
We live in a consumer society. We consume daily. We are the products of consumerism. She unwraps the chocolate of sexual desire. She has bought it, unwrapped it/undressed it, eaten it, chewed and swallowed, focus on sensual lips. Stomach satisfied. You have chosen, bought, consumed-satisfied. She is 'beautiful', in a field full of flowers and grass, the sky is blue, the clouds are white. In the advert she is in control. She is the subject, the object is the chocolate. She consumes the chocolate in a scene of idyllic freedom. We read the magazine, the problem page. She is ugly, fat, flat, shy, boring, tall, short, big nose, wide mouth etc. Lonely... she needs a man to tell her otherwise. She is object of desire defined by male. She wishes she had never met that man. She is pregnant... abortion? She identifies her body with pain. Sexuality defined by contraception... 'Your problem

not mine' trust... premature withdrawal from experience. So many descriptions applied to her sexuality, slut, whore, virgin. Cunt. Sexual liberation of the womb, that dares to be fertilized. Mistrust, fear, fear of rape, as she looks around her, so many contradictions....

She is at the railway station, a man looks at her (she looks pretty). She looks at him, lowers her eyes, he looks at her, his right to look (stolen looks) his right to look, she feels beautiful, attractive, detached. She is alone, she blushes. He comes over, starts talking to her, she dismisses him in a few words. He goes down the platform & waits for the train. He is alone. He sits down, he reads the advert; 'YOU'LL NEVER CATCH A PRETTY POLLY WEARING TROUSERS'. He wears the trousers, he does the catching. He sees the long legs, the spiky heels, he is told how to identify desire. He is object to the poster, he is the subject that desires the legs, the legs the object. He looks at the countryside, the long arched hills, the setting sun, the flowers growing in the grass. Diamonds resting on her neck 'This X'Mas give her diamonds, diamonds are for ever.' To get you have to give (supply) to give you have to work, produce, produce an object of desire. The man gives the object of the woman's desire to the woman, to in turn get his object of desire-the woman. Does the woman want the diamonds? What is he saying with the diamonds? I am a man of status, I can secure our future. This creates the bond. ('last for ever'). Their relationship is sealed, the more wonderful the gift, the more wonderful you are. The bond, the male female bond, exaggerated, twisted, corrupted, crystallised in the eternity of love. Possession but one can only possess objects. To possess one cannot be active and passive at the same time. One person acts to possess while the other surrenders. Why so many contracts in male, female relationships? Why so much pain? CONTROL.....

Dependency,  
 to be depended upon,  
 secured,  
 imprisoned,  
 frightened,  
 alone. To reach out,  
 to give without taking but given back to..... a vision?  
 The need to see the vision that has been given to you

YOU BECOME A COMMODITY, AN OBJECT OF DISPLAY TO BE VISUALLY CONSUMED BY ANY AUDIENCE.



RAPE RAPE RAPE RAPE RAPE

STOCKINGS TIGHTS AND STOCKINGS TIGHTS AND STOCKINGS TIGHTS AND STOCKINGS TIGHTS AND STOCKINGS TIGHTS AND STOCKINGS

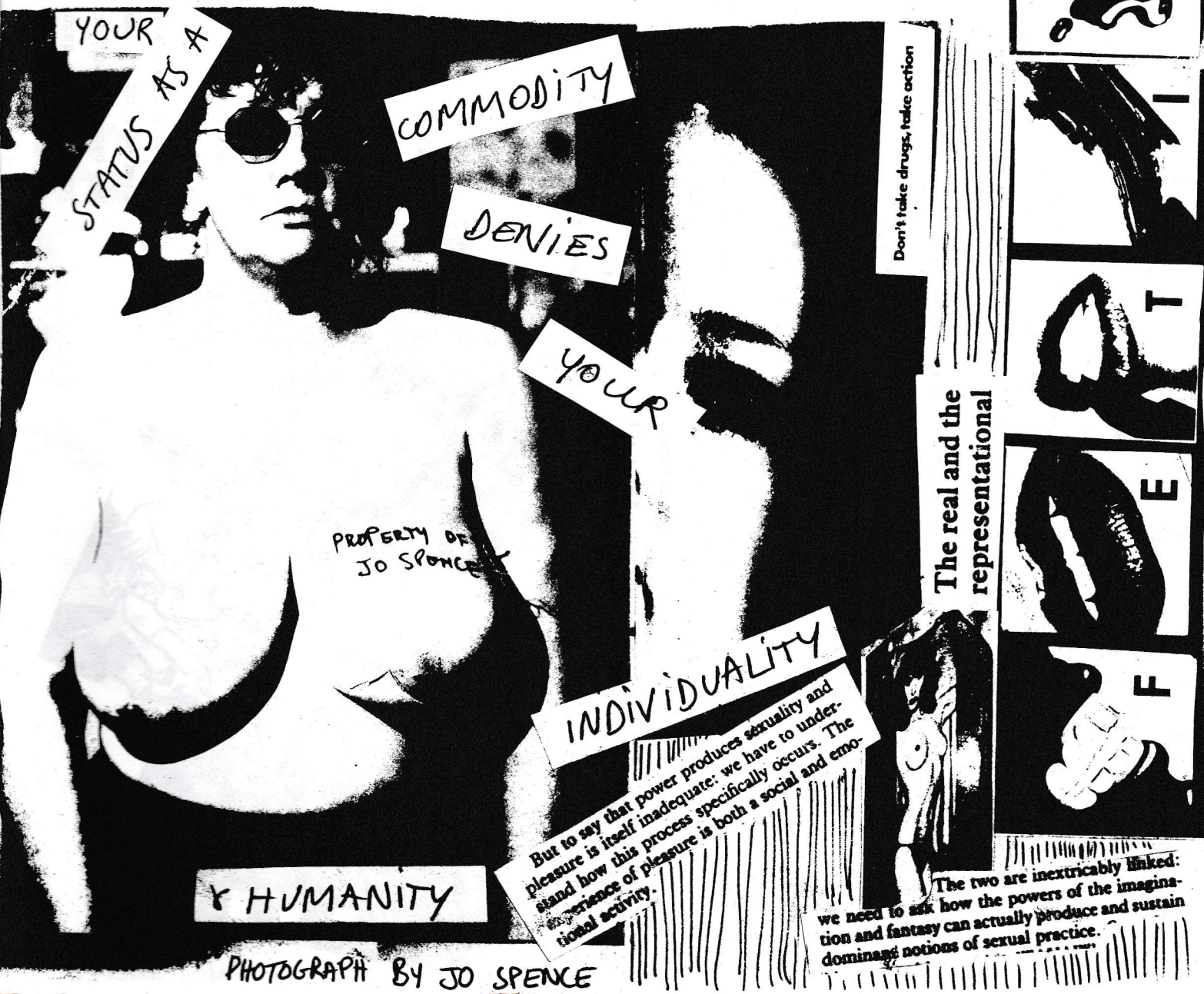


the need to find your own vision.

Meat sexuality overplayed, destructive of real sexuality/sensuality. If we could all really touch one another, their world would really blow to bits. As women I feel we need time to ourselves to redefine who we are and our own individual needs. Recognise the obsessive sexuality we are given on a silver plate, the pay off syndrome forget the package deal there isn't one. Infinite incompleteness.....

Sex is just another product, it makes you a martyr to the cause of capitalism. Another con-adventure, in it all we seek adventure and excitement, get away from the pressures and we do, but not for long, because they've sold you the unattainable dream, they've made a mountain out of a molehill, they've taken away the energy that lies behind it, they've swallowed it all in profit and control. They are scared that we redefine our boundaries, that we smash their boundaries of colour, sex gender, creed.

We see ourselves in voyeuristic terms, we measure ourselves up to standards, not good looking enough, not clever enough, not liberated enough. In discomfort we try and reach out, normally out of desperation we overcome-out of love we surrender. Surrendering, that is what is so hard, at our most naked we are at our most vulnerable, but it is easy to cover up physical nakedness. Covering up...not getting hurt. Physical satisfaction like P.E. at school, a good run takes it out of your system. DON'T FUCK YOUR SYSTEM. FUCK THEIRS!!! FIGHT THE SYSTEM WITHIN YOU. Ann Other.



PHOTOGRAPH BY JO SPENCE



# SEX, DRUGS & ROCK & ROLL

'We all need to escape' - but the attempt to do so can be one of the most futile realities of life. The spectacle that society maintains, preventing us from self management can only be strengthened by such attempts. For an example of the spectacle in operation look at the music industry - a parasitical organisation which has manipulated the insecurities of people since birth.

We cannot escape by sham revolt - only by confrontation and real change.

Billions of people each year save and sacrifice for a week or two of 'freedom' - the holiday of their dreams - fortifying themselves for another year of drudgery. It's a stupid con designed to give individuals the illusion of autonomy whilst putting them into a cage of both mind and body. It is a sick joke - it is a farce.

Well we may be on holiday on the dole, supplying ourselves, out of a pittance, with some form or another of escapism to make life seem more satisfying - the gig, a hair dye, glue, guinness. Attempts to make ourselves more credible - unquestioning consumption, we live experiencing through others, identifying with image - a particular music - particular dress, one brand or another ultimately someone is making money, and it keeps you in your place, so it's the same con. Capital has achieved a total segregation of people into units and factions. Divided we fall. Rebellion has been almost stylised out of existence, 'sub-cultures' of different 'youth' wander about taking out their alienation not on those who

suppress them but on similar groups mediated by images created by ego-infested posers parading their inability to say anything revolutionary. Life has become manufactured as the ultimate commodity, the nuclear holocaust can be seen on our screens - we can witness the ultimate spectacle - the annihilation of all life. If all the people on the big ritual annual CND march couldn't have gone - what then? Would they have started to think for themselves, and realising that it was up to themselves to protest, done something significant to oppose warmongering governments, or would they merely have adopted a different pose.

Of course it isn't just the evils of capitalism is it? Wherever you go - it's the same - people surrendering themselves and allowing their freedom of thought and action to be taken away. This is not confined to the world of buying and selling but reflects itself in our lives and minds by the formation of relationships based on consumption. boss/worker, trader/shopper, wife/husband, punter/prostitute, politician/voter. We do not know about our bodies, and allow 'experts' to tell us what is right and how to be healthy, and let them cure us. We do not know what makes us happy so we shop around to see what is available. Sex becomes another distraction mediated by image and commodity. Without real liberation for all people sexual liberation is impossible and self defeating. We cannot be free until we challenge our incarceration at home and in the workplace and change social relationships within sexes as well as between them.



6





# ADVERTISING THE IMAGE

Walk down the street; turn on the television; listen to the radio flick through a magazine. Whatever you do, wherever you go, you are surrounded by adverts. LOOK! They shout, LOOK AT ME! BUY ME!

Women are far more conspicuously and frequently portrayed in adverts than men, no matter what the goods being advertised. They have a dual role, centred around the concept of attraction: - to attract the eye, to look good and to attract the customers interest, to appeal to her. The most boring and mundane article looks good, is attractive, in a good-looking setting, and what more attractive, than a pretty woman? There is nothing inherently world shattering in a bottle of shampoo, nothing exciting about cornflakes, BUT, a woman, the more scantily dressed the better, will always attract attention. The woman becomes essential to the presentation of the product, becomes almost a part of the product. BUY THIS BED, THIS CAR, THIS SOAP, and get a sultry eyed woman thrown in FREE!! This is the implication, and no matter how much we may reject the message in our conscious minds, it begins through constant repetition to impress itself on our unconscious thinking. For adverts are not designed to appeal to our rational, thinking selves, but to a mass of unconscious, illogical, ill thought out impulses. Thus, in order to sell their product, adverts and advertisers connive with and reinforce social -ly acceptable views, ideas which will not conflict with deep seated, unchallenged prejudices into which we have been socialised from an early age. Only by recognising and directly confronting these ideas and prejudices can we consciously reject them including the image of women portrayed by adverts, of a creature to be bought, used and consumed like any other product. Through visual and verbal association, woman is confined in a position of usage along with the washing powder, table or food she is being used to persuade you to buy - constantly discardable, re - usable and interchangeable.

Yet women themselves, if only by virtue of their majority in the population (52%) are the country's major consumers. That they/we accept the message outlined above is an indication of the extent to which they/we have internalised the advertisers view of them/us. Nevertheless, adverts are designed to appeal to women as consumers and it is here that women's' second function in advertising lies. The woman selling you the product is not merely selling you a particular item, but a set of images with which that item becomes identified. Eat this yoghurt, and you and your family will become young, healthy, tanned, well-trimmed, intelligent, well-dressed, active, athletic, and probably blonde. Within this image lies a set of assumptions about that which is good, desirable, that which you are expected to accept. Thus women are used in adverts to present and confirm to the consumer an image of her ideal self. Women as consumers are expected to identify with women as adverts; they are presented with patterns of lifestyle, looks and character to which to conform. The ideal woman is young, pretty, with a growing family. She has interests of her own, but subordinates these to the needs of others - buy a convenience lunch so you have time for a walk, but never sing a couple of cardboard boxes at your family so you have time to watch a film with a friend.

No matter what the goods advertised, the women advertising them live up to this set of images; washing up liquid is used to play with your daintily dressed daughter, not given to your husband to do the washing up with; deodorant is used by a sylph sprinting through the jungle, not a middle aged woman up to her armpits in the weekly wash; tracksuits are worn neatly ironed to jog around the park, not wrinkled and baggy to train for a marathon.

Yet these images must always be desirable, must present a picture of reality to which women are encouraged to aspire. No matter that less than 20% of British households are nuclear families; this is the norm which women should attempt to attain. The single women, old women, single mother, lesbian couple, are all outside the norm, this golden glowing woman, picture of health, wealth and beauty, which can be yours if you eat this, buy this, use this. Thus women, being other models of ourselves, are used to attract us to a particular image of life which confirms and builds on society's idea of which is good, acceptable, and desirable.





# 8 FASHION YUK!!

Anyone who is a slave to fashion or adopts the image of a certain group or sub-culture, is a sucker to the system.

Surely we have a choice of what we want to wear don't we?

If we don't like it we can always make our own clothes! (Then we may question where the materials come from. As we live in a cash economy we should be aware that buying new clothes/materials contributes directly to the exploitation of the workers.)

You may decide that 'off the peg', mass produced clothing hasn't much to offer and is mostly shoddily made anyway. (quantity rather than quality.)



High street stores give a toned down version of the top designs to fit in with the image they are putting over, which is usually very dull and unimaginative especially for older men and wimmin. If you're not the right size, either too short (cutting off the excess material on trouser hems) or too large (searching out specialist shops for 'outsized people') you are at a disadvantage. The presence of such specialist shops can make large people who are large feel excluded but it also points out that these people aren't catered for in ordinary stores.

So, you turn to those people who design 'originals'. This may seem like a good idea because the clothes are well made and unique (some are even looked on as art, which means more expensive) But these people are just alternative capitalists like the big 'names', they set the trends for 'this year', 'this season', 'this month'.



'ETHNIC'



DISCO SEX

So following this fashion market, what you buy, has built in redundancy. i.e. this time next year 'bright vibrant colors' will be in, instead of this year's pastel shades. Who says? Why not wear last year's brand new jumpers or trousers? Anyway what do you wear clothes for, to keep warm OR to look trendy and/or show off your wealth? Perhaps at the moment the trend is to be comfortable and not deform your body but, what about your social life, the friends and groups you mix with, How do you treat each other?



DRESSING OLD



JOGGING

To be 'comfortable' may mean your group all wear pink and grey, jogging suits and antique pijama tops. If you aren't able to do this are you... excluded from the group? Physically thrown out? Or treated differently? Pressurised into being like them?



What about subcultures, these different groupings who adopt an image which states 'this is who we are', 'we're all rebels' (rebellious against their parents, friends, society but buying their 'uniform' brand, new from usual retailers) an US & THEM situation. You may share the same aims and ideas as this X group but you won't be accepted into it or be associated with it because you don't come up to the expected image. That is, THE SUPER-FICIAL IMAGE.

The view that if we all dress the same then there will be no need to pretend or impress 'is crap!'

The old saying 'you can't judge a book by its cover' is true.

We are all individuals and should be able to decide for ourselves what we want to wear.

**BE YOURSELF!**

**BE CREATIVE!**

Break down the stereotypes, images of how wimmin and men should dress/look LIKEWISE with children.

**BE AWARE OF.....**

The exploitation of workers.

The sweat shops. The factory farming of animals for fur and leather AND the threat -ened EXTERMINATION of many breeds of wild life for...

FASHION.



EVERYBODY + OTHER PARTS



My Name is Rosi. I'm 11 years old. I find it very funny the things they say in tampon and towel advertisements in Girls and

Womans Magazines about periods and the way you should deal with them. Lots of Girls don't get told about periods and

When it comes to having their periods they feel shy and embarrassed about the whole thing. The things in the magazines just say -

Will you be sticking to towels this summer?

fit you naturally.

This perfect fit makes Slender so comfortable. You won't even know it's there. Nor will anyone else, for that matter.

Nothing absorbs like Lil-lets. Or fits you better. Because they expand widthways only.

"Use this Use that".  
"Towels won't work this is much more comfortable."

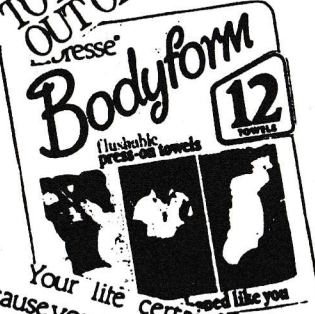
They don't

tell us what periods are and how

it's really something that is very important in your life.



AT YOUR AGE, LIFE'S TOO GOOD TO MISS OUT ON



And you can forget about any little worries you might have about inserting a tampon.

NOW YOU'RE A WOMAN, YOU'D PROBABLY LIKE SOME GROWN-UP ADVICE.

Even the slimmest towel can cause discomfort. Why risk spoiling your fun. When you're going out the best protection is within. Lil-lets.

In Mini, Regular, Super and Super Plus absorbency sizes.

Small, neat, and doesn't need an applicator.

The small key to freedom

Your life certainly shouldn't stop just because you start having periods!

So next time your period comes round, don't sit there thinking how boring it all is.



Now you've started your periods you'll have all sorts of questions you'd like to ask. And probably your biggest question is whether there's a nicer way to deal with periods than awkward, uncomfortable towels.





# Bleeding Wimmin.

You can make your own sponges by buying a large natural sponge, cutting it up and threading some dental floss through the middle and you've got a tampon.

Try out different sizes until you got a comfortable one.

Slightly dampen the sponge to make it soft before putting it in.

You might find it convenient to have a couple of them-different sizes for different flows.

They need to be rinsed out fairly frequently and squeezed dry.

Sometimes a combination of different soakers is useful -I used pads at the beginning of the flow when I feel too sensitive to put anything inside.

Then after the first couple of days I use sponges, in the past I've used the diaphragm to catch the main flow.




With my natural sponge there's one thing I don't have to worry about - Toxic Shock Syndrome

## BLEEDING IS O.K.

Part of the reason some women athletes don't have periods is they may have higher levels of muscle building testosterone. This can mean that the main hormones making the menstrual/fertility cycle are dominated like hell and so do not cycle. There can be other reasons why periods disappear e.g. stress, post pill, pregnancy, breast feeding etc.

In the last few years I've been trying to understand this part of myself, and our lives as wimmin. I don't want it to go away and I don't consider it an inconvenience anymore. Understanding my fertility means that I can have more power in things like not getting pregnant, not pushing pills into me or other contraptions. If you want to find out more about your fertility cycle, natural birth control, getting pregnant, fertility awareness-

## Fertility Awareness Poster



● A full coloured representation of events in a menstrual cycle; including a sample chart of a woman's daily recording of physical changes which signify her fertility.

● Size: 42x60cm. £1-80 + 25p p&p.

● Bulk orders welcomed. Contact: Bristol Women's Health Group, 30, Sydenham Rd Bristol BS6 5SJ

## CONTACT....

**BRISTOL WOMENS' HEALTH GROUP**

c/o 30 Sydenham Rd  
Cotham.

or.

**WELL WOMEN INFORMATION**  
Thursdays tel.291010  
ext.285



# Homoeopathy for Women

11

The advantages of homoeopathy in the treatment of women lie in the totality of its approach, its accessibility, and its safety. Homoeopathy offers women an opportunity to control their healing in a way that conventional medicine does not, and is concerned with the whole person.

The diagnosis and the treatment take into account the ♀ hormonal cycles and emotional factors. Diagnosis is made after at least an hour of questioning and discussion with a healer. For ♀ this is particularly important as women's feelings need to be taken into consideration and treated seriously. Women need to be able to ask questions and be listened to. Feedback, discussion and attention to detail have been fundamental to homoeopathy since its formulation by Hahnemann 200 yrs ago, and basic to its principles and attitudes. When the problem is basically mechanical and surgery may be required, it is vital that diagnosis, treatment, and after care be discussed and understood fully by the patient with plenty of time allowed for full discussion of underlying fears, doubts and questions.

Homoeopathy is especially useful in such problems as irregular or painful periods.

Homoeopathic remedies are made from very small doses of naturally occurring remedies and have no harmful side effects. They offer what a person needs when they are ill, that is, a remedy which is effective but harmless. Herbalism can be effective but it requires a great deal of knowledge and isn't as immediate in its effect.

There are several books available which will give an indication of the basics of homoeopathy - some are listed below. Remedies are becoming more available, more and more chemists are stocking them, and they are relatively inexpensive.

## BOOKS

Homoeopathy for the first aider.

Dorothy Shepherd

Homoeopathy.

Phyllis Speight

There are several more books written by these two women.

Puddephatt's Primers

Noel Puddephatt

A Woman's Guide to Homoeopathic Medicine. Dr T. Smith

This is a very useful (if expensive - £5.95) book containing chapters on the homoeopathic treatment of period pains, pregnancy, breast feeding problems, menopause, cancer, trauma and rape, contraception, sexual problems, and much else.

## ADDRESSES

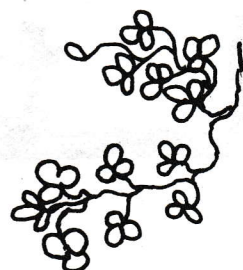
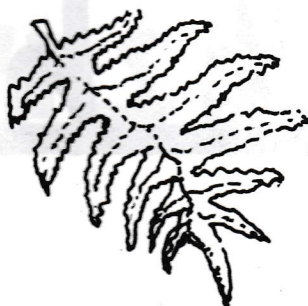
The British Homoeopathic Association.  
27a Devonshire Street. London W1 N1E

Pamphlets available from here : Homoeopathic treatment in the nursery, Dr H F Woods  
Homoeopathy and Paediatrics, Dr D H Foubister

It is possible to receive antenatal care from homoeopathic doctors under NH S. There are six homoeopathic hospitals in Britain all with out patients and children's clinics but no maternity units. Addresses available, and details, from this address. ↑


The London Birth Centre  
16, Simpson Street. London SW11  
Tel. no. 01-223-7076

They will supply a leaflet giving homoeopathic and herbal preparations for pregnancy and childbirth.





**I am a woman  
and I fight  
if I fight  
I contribute to  
the liberation  
of all women  
and so victory  
is born even in  
the darkest hour**



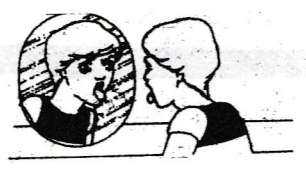




from ISIS international bulletin 3



she's got perfect skin.



The perfect woman image. The sleek, slim, smooth, suntanned leggy female. Man's perfect mate, decorative, coy, "sexually aware", seductive, poised, inert, waiting: to be admired, petted, bedded, raised to her object status and chained there.

Her face, her body, her mindless existence is everywhere, screaming up from the pages of a pornography magazine, pasted onto billboards, caught between pages of fashion magazines, trapped in our televisions.

But more importantly she is locked in each and everyone of our heads. She embodies our guilt for not matching up.

She smiles as we reach for the razor to shave our legs, choose our new clothes, beams with pride as we embark on yet another diet and encourages us as we spend on creams, hair, make-up and frantically scrub our spots.

For when we have successfully completed our tasks, our job will be done, we disappear and out she will step a picture of loveliness now resident in our own bodies.

Pose for the camera—smile, those perfect teeth—click. She is waiting ready, to be loved, adored.

Who is she? She is not a real woman nor a fantasy woman dreamed up by wimmin. She is a myth, a lie, dreamed up by men.

For the sake of this image, this pure goddess

young wimmin are dying of anorexia, thousands every night stick their fingers down their throats and vomit up their guilt and their food,

swallow laxatives, torture their

bodies with exercise machines to smooth out those bumpy areas, crash diets, fasting, electrolysis,

hours having your teeth, nose, hair fixed.

It's always

uncomfortable often painful and expensive.

Why do wimmin do this?

Wimmin are born into a world where they have little/no control over their lives/bodies.

They are baby machines (if science can replace us he will). Wimmin are chained to the home,

dependant on male providers. Thanks to economic and religious

(male) laws which are especially harsh in areas such as Iran, India, South America among many others;

their only value as cheap

labour, mothers, comforts for men—denied a life of their own.

In western civilization wimmin have comparatively more independence depending on their colour/class but to keep us in check another male law

is brought into play—that of the ideal woman. The image persists even in the most

liberated of us. How many wimmin can honestly say they love their bodies?..

We've been known to hide under baggy clothes feeling too fat

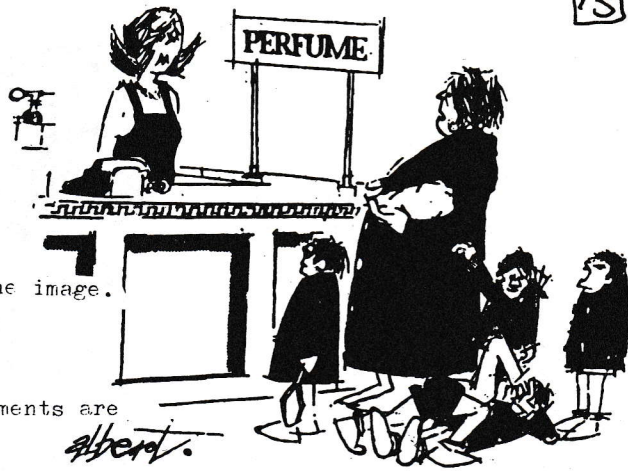
and hidden our hairy legs under trousers

summer after summer.





A whole multi-million industry springs up to keep  
wimmin permanently neurotic  
permanently searching for the wonder product,  
it keeps them weak and isolated,  
fragile because that equals femininity,so they are also too weak  
to fight back,crippled by high heels,tight clothes,trapped by the image.  
"Stay young and beautiful" becomes the whole purpose of wimmins  
existence,becomes the criteria against which all of our acheivements are  
judged,the end to which all wimmins energy is directed.  
Wimmin are taught to hate their bodies,  
that their bodies are their damnnation and their salvation.



*albert.*  
"I'd like something vaguely repellent, please."

An evil which they must conquer.

**Youthful looking eyes**  
It takes time to learn to love what you have been taught to despise  
Time to  
find your muscles,your strength,your anger.  
Sometimes when i see a woman with  
perfect skin,hair,make-up and  
smooth bare legs.  
i feel a surge of anger that she has bought the lie  
and  
is selling out other wimmin for the approval of mere men.  
No,i am not angry at her personally.  
i am angry at the lie,it's  
persuasiveness,it's deception.  
i want to see it dead  
for only then will wimmin really break free  
and be themselves.

**Use it tonight and wake up to better looking skin.**  
**HOW TO LOOK YOUNGER LONGER**  
The face is the most important part of style,the jerome raise of  
elastated bras, camisoles, french knickers,  
gender belts and laddies will fit and support your  
body, making you look and feel romantic and  
feminine.

**Is your figure becoming a problem?**  
**Discover Slim-Line ... discover a slim new you!**  
Slim-Line is a revolutionary  
diet aid in chewing gum  
form that helps make it  
easier for you to shed  
pounds and inches fast.

**How do models keep their legs looking beautiful?**  
**ALL THIS FOR THE PROMISE OF SOME "BEAUTY"**  
non-stop figure shaping treatment!

**THE LURE OF LOOKING GOOD- ONLY TO BE LOOKED AT, JUDGED, DEVoured DECEIVED**

Men can't help acting on **Impulse**  
BODY SPRAY

*Princess Debut*





They took him away...

They took him away, my baby.

All the blood and pain for nothing;

We struggled so much, he blind and wet

Pulled into life, red and raw, scrambling in the straw and slime for air,

I with longing, pushing the mighty force inside

Suffering the hot knives to see him, lick him

And feel the gentle desperate nuzzle of his baby mouth.

In the fields we ambled.

I nudged him up

He shook, but followed on trust.

Baby eyes followed with wonder the butterfly,

He sniffed the air and lifted his face to the sun,

Explored and slept while I ate and wherever we were

The bond between us ran strong and warm.

Sweet, sweet baby, sweet sun and grass.

Then they took him away,

With sticks and dogs and shouts.

He looked back, pushing against the men, stumbling on the track,

And we called.

It took so little a time

But I carry his fear yet.

The field is empty now.

Sweet and sour grass, such bitterness.

I ache for his warm baby touch and silky sides.

I lick the stones, pretend they're him,

And how I hate the taking of his milk, how I want

To feel his pull, and not having it, wish a great choking,

A gasping drowning of milk on those who take it -

On a dizzying violence of a yearning I have to see their amazed eyes

Start for air as my baby's did from fear.

Nights are so long. My cries echo. But who listens?

The oldest among us turns with sad eyes to tell me,

"It happens every year,"

She nods, huffing at the grass,

"And they say we forget."

Kym Martindale

FEW PEOPLE realise that cows have to be subjected to yearly pregnancies so that the milk, cheese and cream that form a substantial part of the diet of the lacto-vegetarians and meat eaters may be produced. Many imagine that the cow is only relieved of her surplus milk after her calf has been satisfied but hardly any cows in the dairy herds are allowed to suckle their calves for more than three days if at all. "Dairy calves are now nearly always reared by hand so that the milk which the cow provides can be sold".<sup>1</sup> "Separating the calf from the mother shortly after birth undoubtedly inflicts anguish on both. Cattle are highly intelligent, and attachment between the calf and the mother is particularly strong".<sup>2</sup>



'Mother and Baby'

P. Cleveland Peck in "Your Own Dairy Cow" warns that the cow and calf will cry for each other. "It's a sad sound, but having a house cow is about getting milk for your family, so you just have to shut your ears". And John Seymour warns "cows in order to give milk have to have yearly calves and half the calves will be male and only some of the others will be needed for dairy replacements - ultimately you will be forced, whatever you do, to sell three quarters of the calves for beef, or kill them yourself"



# What happens to the Calf?



*Ready for the Butcher*

*Photo by courtesy  
of the RSPCA*

The calves, the inevitable by-product of these continuous pregnancies, have five possible fates:-

1 - They may go to the slaughter almost immediately - probably to provide the veal for veal and ham pies. The rennet used to make most commercial cheeses has to be taken from the stomach of a newly born calf.

2- They may be much more unfortunate for they may go to a white veal unit to spend the whole of their lives shut up in narrow wooden crates. After the first few weeks they have no room even to turn round. They are fed on a special liquid diet designed to promote maximum growth in the minimum time and to keep their flesh "fashionably white". They are denied the roughage that their special digestive systems as ruminants require so they are often reduced to eating their own hair and nibbling their crates. They are given no bedding because their craving for solid food would make them eat it. The old practice of "bleeding" to whiten the flesh is now illegal but their iron intake is kept to the minimum necessary to prevent clinical anaemia lest the meat should be tinged with red. Many emerge from their crates at the end of their fourteen weeks of existence suffering from stomach ulcers and abscesses, and with legs too shaky to support them as they are driven into the slaughter-house lorry. The Brambell Report says "Calves at large are normally active and playful animals".

3- The home production of beef has gone up 50% since the war and "a recent survey has shown that 80% of the beef produced is a by-product of the dairy industry".<sup>4</sup> Calves from *beef* herds often have a comparatively tolerable fate, being allowed to suckle, run with their dams and graze in the fields until the time comes for the fattening pens and the slaughter-house, but the surplus calves from the *dairy* herds are often sent to market around a week old and bought for rearing in intensive beef units. "Friesian calves are ideal for extremely intensive systems".<sup>5</sup> Fed for twelve weeks on a largely cereal diet, they are encouraged to overeat and are kept closely confined so that the minimum proportion of the food is used up for their bodily functions. "There is a danger of poisoning due to overeating".<sup>6</sup>

Vegans have taken all plea of necessity from all animal farming and thus introduced a whole new chapter in human history.

K. Jannaway, October 1981  
(Revision of 1973 leaflet)

Information on all aspects of veganism is available from The Vegan Society,  
47 Highlands Road, Leatherhead, Surrey. S.A.E. please.

To quote from the "New Scientist" January 13th, 1972. "The modern dairy cow leads a hell of a life. Each year she hopefully produces a calf which means that for nine months of the year she is pregnant. And for nine months of each year she is milked twice a day. For six months she is both pregnant and lactating". Details of the ailments she can succumb to while meeting these demands make horrifying reading and so do the descriptions of the remedies used (see the various farming journals). Giving birth is often a prolonged and painful business for the cow to be rewarded only by separation from her baby. Cows often cry out and search for their calves for days after they are taken away. When after years of exploitation her milk yield drops then she is sent to the slaughter-house immediately. Worn out cow meat is not popular in this country so they are commonly sent abroad for slaughter.



4- In these days of artificial insemination few calves are reared as bulls. A calf selected for such a fate may be allowed to suckle for a period. He will be carefully reared to produce the physique of a good sire with maximum fertility. Not that his physical powers, superb though they may be, will have much significance in the life designed for him. From ten to twelve months of age he may serve cows weekly, spending the rest of his time in solitary confinement. More likely these days he will be required to serve canvas "cows" and rubber tubes. The Ministry of Agriculture pamphlet on the care of bulls advocates an exercising yard attached to his shed with walls of a type he can see through for "boredom can produce viciousness" an admission that animals have a mental and emotional life! Aged bulls are often castrated before they are shut up to fatten for the butcher.

5- If female the calves may be deemed suitable to rear as dairy cows. Dairy calves are removed as soon after birth as possible so that "the cow may settle down again in the herd", i.e., she is granted the minimum time to get over the strain of her frustrated pregnancy so that her milk as soon as possible can go to produce the all important profit. Fed on milk substitutes the calves' development is encouraged so that at eighteen to twenty-four months they can begin the cycle of continuous pregnancies.



Has the working women in England with her higher standard of life exemplified by a carpeted floor and a larger house with furniture any greater freedom from drudgery than our Indian sister with a cowdung floor and a charpai ?

**Ghandian male**



'Have you many children?' the doctor asked.  
 'God has not been good to me. Of 16 born, only nine live,' he answered.  
 'Does your wife work?'  
 'No, she stays at home.'  
 'I see. How does she spend her day?'  
 'Well, she gets up at four in the morning, fetches water and wood, makes the fire and cooks breakfast. Then she goes to the river and washes clothes. After that she goes to town to get corn ground and buys what we need in the market. Then she cooks the midday meal.'  
 'You come home at midday?'  
 'No, no, she brings the meal to me in the fields — about three kilometres from home.'  
 'And after that?'  
 'Well, she takes care of the hens and pigs, and of course she looks after the children all day... then she prepares the supper so it is ready when I come home.'  
 'Does she go to bed after supper.'  
 'No, I do. She has things to do around the house until about nine o'clock.'  
 'But you say your wife doesn't work?'  
 'Of course she doesn't work. I told you, she stays at home.'



The person who is in the house all day, who doesn't have any other work, never leaves... never has an understanding of what is happening in the world. Many women never leave their homes. Reality frightens them. **hahi American Woman**

Women work equally as hard as the men or even harder. But the men don't believe this. The men say they must earn more. But I don't think this is fair....we should get paid the same. The rest of the women just sit silently and agree with the men. They don't see that it isn't right that we work the same, suffer more and get paid less. **hahi American Woman**



Boys were being trained for the important work in society. We learned that what our culture labelled work was not for us, what we did was not seen as important. The few of us who did not stay out of 'male' work suffered the consequences. **White middle class American women**

Although we learned to value the essentially servicing work that we do, we wanted also to incorporate more product-oriented work into our lives. This book falls into that category. It has been exciting to collaborate on a tangible product, but throughout the process we have in no way sacrificed the quality of our relationships with one another as men often do when they work together. **White middle-class American women**





Most families in the rural areas would starve to death if the women did not work for much of the day in the fields to grow food to feed them. It seems inconceivable that a contribution of this nature could be overlooked and yet this is precisely what has happened. ...agricultural work done by family members is not recorded as 'work' by the statisticians, and since statistics do not show women working, planners do not plan for women to work.

Male western intellectual



Westerners treat third world women as different from men not because of their different 'traditional' activities and responsibilities but because of a very specific Western (men's) model of what women in general should be and what they shouldn't be.

Female western intellectual



All the colour and romance of having an Empire... belonged to men (Ruth Adam). The successor caste to these Empire builders - the development planners, administrators and 'experts' in the field is on the surface more integrated, with large numbers of women present; but it is in fact almost equally male dominated at the professional level.

Female western intellectual



The process of modernisation, Westernisation and development in countries currently attempting to industrialise are detrimental to women and relatively egalitarian situations have changed into contexts of male dominance and female dependence.

African intellectual

At a number of meetings third world women have made it clear that they are the ones who will analyse their own situation. For Westerners a more useful contribution is to tackle the problem of discriminatory processes in their own culture and society, which are being imposed on others through what we like to call development.

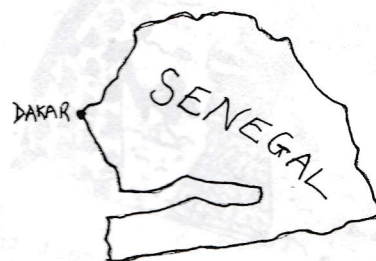
Female western intellectual





# THEY'VE DECIDED TO SAY 'NO'

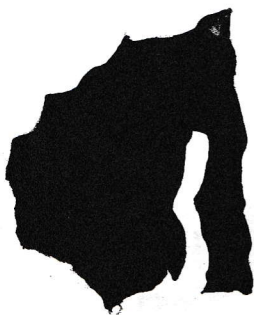
In April I read an article in an Italian feminist magazine 'Noi Donne' from a new Senegalese women's organisation. Having lived for 4 months in Dakar, the capital of Senegal (West Africa) I was interested and decided to translate it. It was written by the organisation and sent by its spokesperson Fatouma Sow. If any other women hears more news about it I'd appreciate being kept in touch.



"Senegalese women, like women everywhere, are oppressed and exploited.

They are oppressed in marriage by their numerous wifely duties; having to put up with other wives as well as the moods of their husbands. Even under modern marriage laws they are inferior and silently accept beatings and humiliations.

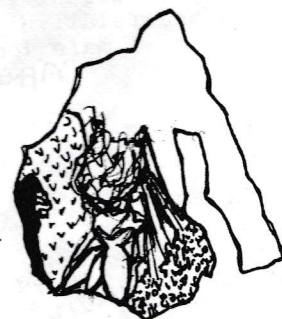
They are oppressed by motherhood through frequent childbirth and anguish of unwanted pregnancy. Sterility is feared because it makes them social outcasts. Any kind of humiliation is accepted in order to secure their children's futures. They have their daughters excised in the hope that they will get on better.



They are culturally oppressed: tattooing and making decorative scars on their bodies and alienated in their minds from the accepted morals. They repress their desires, even the most natural ones, to live up to society's image of them. Forced into marriage, even as children, they can be disowned at any time and left to themselves without support or money. Papers, radio, TV and writers paint them in the darkest light.

They are exploited in offices, only having access to low and unqualified posts if they aren't housewives—a job they have been prepared for from early childhood. They provide a cheap labour force for agro-industry, textile and fish processing, seasonal and daily work.

They are exploited in service industries where they are the eternal helpers, whatever their competence or qualifications. In times of crisis unemployed men compete for the few posts, thinking that women can always return to the home.



They are exploited as domestics and prostitutes. As peasants they are super-exploited, working for years without receiving any social recognition for their work.



They are exploited as housewives, responsible for domestic work, a despised task but one which is necessary for survival and the stability of the family, without being paid.



All these evils were denounced before Independence by women who were part of the national anti-colonial movement, which they saw as one way of fighting their oppression. These women came from the "educated" section of the female population. Having had the privilege of going to school they felt the need to free themselves from customs which went against the expression of their new social status of waged women. They also thought that independence would create the objective conditions for opening up the labour market, for increasing the number of girls attending school, for suppressing reactionary customs. These were the demands of an urban elite, who hadn't been able to communicate their fight to the disinherited women in the city or countryside—farmers, workers, poor peasants, domestics; ~~As unwaged workers~~ they didn't feel or understand the need to free themselves from traditions which gave them a certain security even if at the cost of heavy physical and psychological obligations.

With independence the new advantages gained by women in the town widened the gap between them and women in the countryside. They tried to lessen the gap but their economic and political demands remained strongly tied to their own subordination. It's true that gains like the family code, full wages during maternity leave, access to certain kinds of work, the creation of ministries for women, have made it seem that the liberation process had begun and that with a little patience and goodwill it would have been possible to conclude it. But however positive and valid these gains have been they didn't affect the majority of women: poor peasants, housewives from the popular districts, and didn't question the ideological system that organises, justifies and legitimises women's subordination.



alienated they accept their inferiority as natural. Patriarchy is an ideological system which runs through all the conflict-ridden human history, and has established, structured and banalised male power over women. This power has been codified by custom, tradition, laws and taboos and carried on by education, culture and the division of labour between the sexes, each of whom specialise in a precise field of activity and behaviour. Relationships between men and women, both in private (the family) and in public (society) are upheld by these norms. They appear as a coherent system, essentially above nature, which puts all women from whatever social class under male control.





22

It is possible to transform this system and create new relationships between men and women, based on trust and free from any kind of domination-political, economic, social, cultural or psychological.

Women who are aware of our oppression and exploitation as an attack on the elementary rights of individuals, have decided to say 'no' and form a democratic organisation 'Yeewu-Yeewi for women's liberation' capable of expressing our rebellion and our desire to work for new men and women in a free society into action.

Our objectives are;

- 1/ to work for the just aspirations of women-workers, peasants, housewives, intellectuals, prostitutes, domestics etc.
- 2/ to raise our consciousness and strengthen our commitment to the fight for freedom, democracy, progress and social justice.
- 3/ to reflect and act on the economic, social, political, cultural and psychological situation of women in the past, present and future.
- 4/ to understand more about the mechanisms of the oppression of which we are victims.
- 5/ to develop a new feminist consciousness made up of the resistance and fight against all the ideologies which oppress and make women inferior.
- 6/ to fight against all forms of women's oppression in both public and private spheres.
- 7/ to revindicate, gain respect for and exercise our rights-the right to work for a decent wage, equal wages for equal work, for training, health, control of our fertility through contraception or abortion.
- 8/ to demand women's participation in all entreaties and political economic, social and cultural institutions.
- 9/ to introduce a female perspective in all economic and social development projects.
- 10/ to assert the right to motherhood
- 11/ help women to acquire, through specific measures in education and training schemes, knowledge and a way of doing things which will enable them to improve their existence.
- 12/ initiate agreements with women on social and economic projects which will help them increase their autonomy.
- 13/ encourage solidarity amongst members
- 14/ show solidarity with all Senegalese women, abroad as well as living inside the country, who are victims of exploitation and oppression.
- 15/ show solidarity with other oppressed women, especially victims of apartheid.

With these principles we call all the women in this country, to gather round 'Yeewu-Yeewi for women's liberation' in order to carry on the struggle which only they are capable of undertaking and winning."

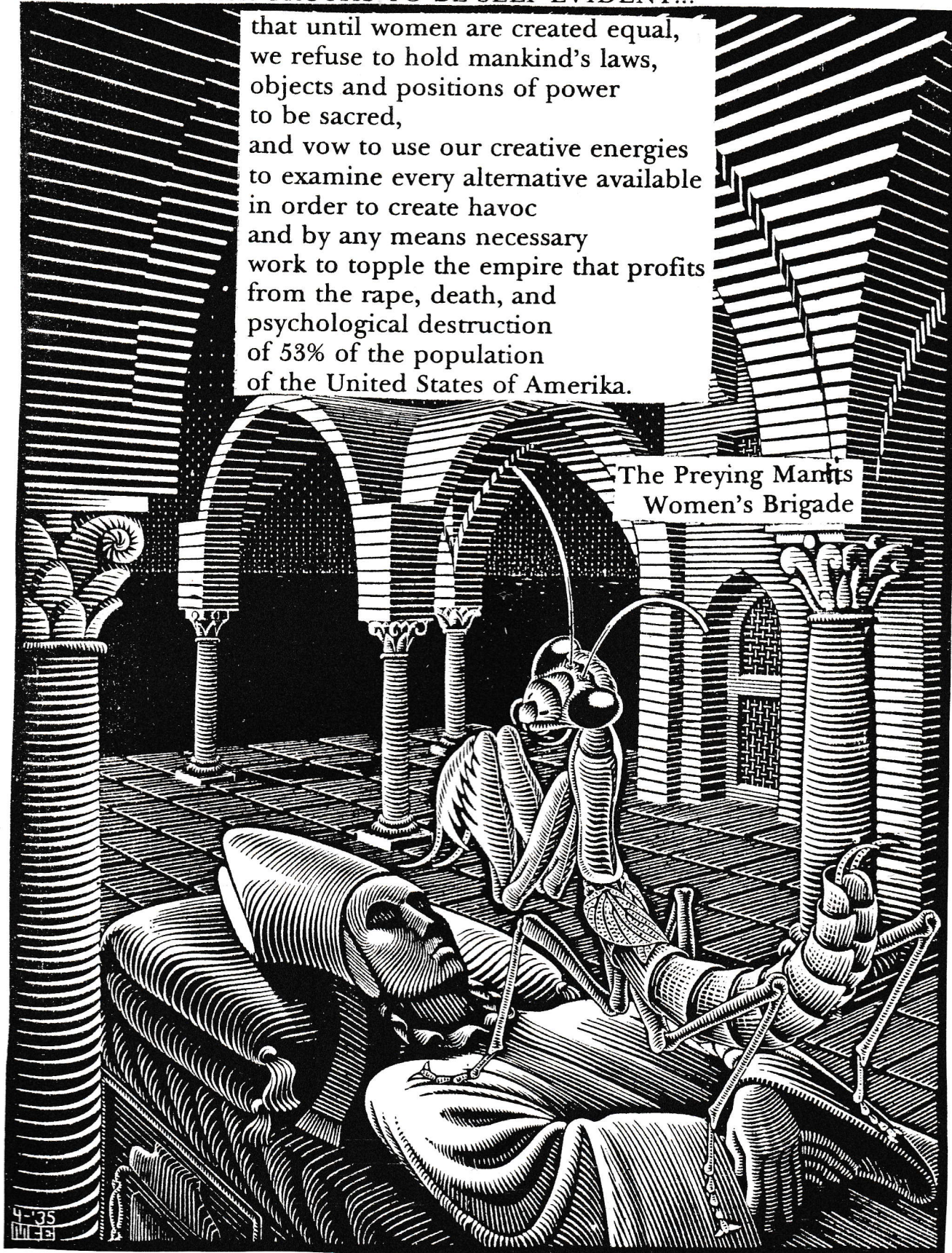
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WE HOLD THESE TRUTHS TO BE SELF EVIDENT...

that until women are created equal,  
we refuse to hold mankind's laws,  
objects and positions of power  
to be sacred,  
and vow to use our creative energies  
to examine every alternative available  
in order to create havoc  
and by any means necessary  
work to topple the empire that profits  
from the rape, death, and  
psychological destruction  
of 53% of the population  
of the United States of Amerika.

The Preying Mantis  
Women's Brigade



Sent to us by Greek  
Anarcho  
Feminists



**NOW**

FROM THE PEOPLE WHO  
BROUGHT YOU THE PILL,  
THE COIL..... AN  
EVEN MORE EFFECTIVE,  
MORE DANGEROUS  
FORM OF BIRTH CONTROL  
FOR **WOMEN!**

**DEPO-PROVERA**

is a HORMONE INJECTION  
used for contraception,  
which has just got the  
blessing of the minister of  
health (HEALTH?) to be  
used LONG-TERM in this country

THE INJECTION LASTS  
FOR 3 MONTHS  
THE DRUG STAYS IN  
A WOMAN'S BODY  
FOR UP TO 10 MONTHS

**WIMMIN BEWARE!**

**DEPO-  
PROVERA**

**DEPO-PROVERA** HAS NASTY SIDE EFFECTS  
IT CAN STOP YOUR PERIODS (ARE THEY TRYING TO TURN US INTO MEN?)  
OR CAUSE HEAVY BLEEDING AS WELL AS DEPRESSION, HEADACHES,  
POSSIBLY CANCER & HEART DISEASE.



**A CONTRACEPTIVE INJECTION  
A HEALTH HAZARD!**

THOUSANDS OF WOMEN IN THE THIRD WORLD HAVE  
BEEN EXPERIMENTED ON WITH THIS DRUG.  
WOMEN IN BANGLADESH NOW REFUSE TO BE INJECTED.

**DEPO-PROVERA** IS MADE BY UPJOHN (U.S.A) [I GUESSED IT!!]  
A BIG MULTINATIONAL COMPANY WITH A TERRIBLE REPUTATION FOR...  
CORRUPTION, BRIBERY & ANIMAL EXPERIMENTS