

Women's Health: Concerns and Challenges

When looking at the topic of women's health, it is difficult to pinpoint one major issue. "Different populations have different concerns," says Anne Reese, Director of Health and Wellness Education at the IUB Health Center.

As women age, the risk of heart disease goes up, noted Reese. After menopause, the numbers begin to equal the numbers in men.

For younger women, the concerns surround lifestyle choices such as alcohol use, nutrition, and exercise.

The number one health concern – one that is the most universal – is smoking. According to Reese, younger women are one of the fastest growing groups of smokers. While overall smoking rates have dropped from 40 percent to 25 percent of the population, women are making up a larger proportion of smokers. Furthermore, the number one cause of cancer deaths in women is now lung cancer – not breast cancer as most people would assume.

According to the Healthwise Knowledgebase, quitting smoking is one of the most important things you can do for your own health and the health of those around you. Smoking is a risk factor for many health problems, including heart disease, stroke, and cancer. Furthermore, smoking can add to the risk of osteoporosis in women who do not have enough calcium in their diet. Children who are exposed to cigarette smoke in the home have more ear infections and are more prone to other health problems.

When you quit smoking, it doesn't take long for your body to start to heal and reduce your risk of health problems. In fact, your risk of heart disease goes down almost immediately, and after 10 years is close to that of a nonsmoker. Your lungs begin to heal, and after 10 to 15 years your risk of lung cancer is almost as low as that of a nonsmoker.

Summer Health

Summer time presents a variety of health challenges such as avoiding the heat and preventing sunburns (see accompanying sidebars). But, summer is also a good time to renew your stress management skills, Reese noted. Summer activities give people a chance to get away from home. You can take walks outside, work in your garden, or take time to renew your interests in hobbies. In terms health and fitness, you have more exercise options in the summer months.

What is stress? According the Knowledgebase, stress is the physical, mental, and emotional reactions you experience as a result of changes and demands in your life. Stress is part

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Enjoy a Good Book Lately?



Annual Summer Book Review Section inside! SPEA MPA student Robin Chung and Law Student Erin Melnick take time out from their OWA duties to enjoy a good book. Chung and Melnick will be graduating in May.

Sun Safety

- ***Limit your time in the sun:** Stay out of the sun between midmorning and midafternoon when the ultraviolet (UV) sunlight is the strongest. UV light can also be reflected from water, sand, and cement.
- ***Wear protective clothing:** Loose, long-sleeved cotton shirts and hats with at least a 4-inch brim offer good protection.
- ***Wear sunglasses:** Wearing sunglasses is especially important when you're around water and snow, where failure to use eye protection can result in a painful burn to the outer layer of your eye. This can even lead to temporary blindness.
- ***Use sunscreen:** Apply sunscreen with an SPF of 15 or higher 15 minutes before you go in the sun. Use sunblock on your lips. Use water-resistant sunscreens and reapply every 2 to 3 hours – more often if you are swimming or sweating.
- ***Don't use tanning beds:** Tanning beds emit UVA light that penetrates deeper into your skin and can cause precancerous actinic keratoses – this means your risk of skin cancer is increased.
- ***Ask your doctor about medications you take:** Many drugs can increase your sensitivity to sunlight and your risk of getting sunburned.

Women in Science 1999-2000

Is There a (Woman) Doctor in the House?

Women have been an integral part of health care throughout history. The first female physician on record, Merit Ptah, was from early Egypt, circa 2500 BC. In Egypt, women shared equal status with men and were trained as physicians and surgeons. Similarly, women played a significant role in health care and were accepted as physicians and healers in Greek culture. However, as Greek civilization developed, the political and social roles of women were decreased and most women were "relegated to a subservient status" by the sixth century BC.¹ In the Roman Era (146 BC-AD 499), women were treated as second-class citizens, but as Roman society became more influenced by Greek culture, women gained the ability to serve as physicians and make important contributions to medicine by teaching. With the spread of Christianity, women became equal to men "in the eyes of God," however they became inferiors in the affairs of everyday life.¹ Women were again forced into the subservient role. With the fall of the Roman Empire to the Visigoths between 410-455 AD, the Byzantine Empire in Constantinople (Istanbul) became a major cultural and commercial center. In Byzantine society, wealthy families encouraged education and allowed women to earn educations and practice medicine.

By the tenth century, Italy became a center of great medical knowledge and achievements. With the founding of the coeducational Salerno Medical School in Salerno, Italy, the study of medicine was "taken out of the hands of the church" and became an independent and organized system that was open to women.¹ During the time of the Crusades (1096-1303), Byzantine women directed and staffed many hospitals. By 1352 AD in France, women were granted the right to practice medicine when King John required only specially trained physicians to practice medicine. However, few women fell into this category since only Italian universities were admitting women at the time. During the Renaissance (1400-1699), many innovations and advancements took place, however little changed fundamentally for women. King John's law was remanded in 1421 when the Catholic Church specifically prohibited women from practicing medicine. The

late 1600's saw many women, especially those serving as midwives and nurses, being threatened by the witch trials that were becoming common in Western Europe, England, and New England. The Age of Enlightenment during the 1700s was a period of social awakening and growth. Yet, women still had little influence outside the home. Only men of the aristocracy had access to higher education and professional training at this time.

Even though women's roles as midwives and nurses have been more readily accepted than their role as doctors, many determined women found unique ways to sidestep society and practice as physicians. Dorothea Leporin-Erxleben (1715-1762) became the only female to graduate from medical school during the 1700s. She impressed King Frederick II the Great of Prussia with her petition to excuse her brother from military service and to allow them both to attend the University of Halle, which the King granted. One woman went to great lengths to cross the gender barriers to practice medicine. By disguising herself as a man for her entire professional career, James Barry (1793-1865), who is believed to have been born Miranda Stuart, attained the rank of Surgeon Major in the British Army. Only after her death revealed her true sex, was she recognized to be the first female physician in England.

During the 1800s, upper and middle classes still viewed women as being relegated to the home, even though working-class women were forced to find work in factories and mines to support their families. In the U.S., the first woman to receive a medical degree was Elizabeth Blackwell in 1849. Even after receiving her degree, Dr. Blackwell had difficulty establishing a medical practice. Since no one would rent her space for an office, she purchased a one-room house and opened up her practice in the slums district of New York where she treated the poor. The first woman surgeon in the U.S. Army was Mary Walker, MD (1832-1919). She was also the first woman to receive the Congressional Medal of Honor.

Recent history has seen a rapid increase in the number of women in medical school. From 1949 through 1970, women made up less than 10 percent of medical students. There was rapid growth in women's enrollment through the 1970s and steady growth in the 1980s. The 1990s saw the growth rate of women entrants hit a plateau and reach 44 percent in 1998-99. Women also made up the majority of new entrants at 21 schools in 1998-99. The proportion of women in residency programs has grown from 22 percent of all residents in 1980 to 36 percent in 1998. The specialties with the highest proportion of women residents are obstetrics/gynecology and pediatrics, in both of which 64 percent are women. Most surgical subspecialties, however, remain low, for example, urology is 11 percent women, orthopedic surgery is 7 percent women, and thoracic surgery is 6 percent women. Over one-quarter of the 36,399 women residents in 1998 were training in

The Majority Report

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The majority of students enrolled at IU Bloomington are women, who constitute 53.9% of the student body.

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Returning Women Students have a friend in Sally Jones



SALLY JONES

Sally Jones knows what it's like to be a returning student. She had attended IU following high school, but left after three years. "I was anxious to get out into the world," she noted.

In 1981, she decided to return to IU on a part-time basis. "I was really scared," said Jones. "I was worried about competing with the younger students."

That first semester back, she signed up for a creative writing course. It was a small class with an "inspiring" associate instructor. The class changed Jones' life – she checked into finishing her bachelor's degree through the continuing studies program. Armed with her degree and a certificate in women's studies, she went to work for IU in the Office of Student Financial Assistance as a switchboard operator.

"I was fortunate to have such a wonderful group of co-workers," said Jones. "They encouraged me to go back for my master's degree."

Jones earned her master's degree in counseling in 1993 through the School of Education. During the time she was working on her degree, she continued to move up the ranks in her job, serving as a counselor, student services coordinator, and finally as assistant director.

Then in 1991, Jones was looking through the IU job listings and a job description caught her attention. The listing was for a program developer/coordinator for Continuing Studies. "I loved working at Financial Aid, but had always looked through the job openings," said Jones. "This job description including working with the Returning Women Students program and I knew it was the job for me."

As a program developer/coordinator, Jones works primarily with the Returning Students Program, which includes working with the Returning Women Students, Returning Students Association, and the Student Parent Support Network. These programs are open to anyone who feels they can benefit from the programming.

The job has changed some since Jones first joined Continuing Studies. Support and referral services have grown tremendously with the program serving both male and female students. During the 1994-95 academic year, the program served 2,006 students; by 1998-99, this number had grown to 3,579 students. Whereas in the 1970's the focus was on students who already had a degree or were completing professional development classes, today the program tries to integrate students into the campus mainstream.

"Returning students may come back to school feeling less sure of themselves," said Jones. However, these students have many advantages; for example, they have experienced the "real world" which has given them a wealth of life experiences. They also have a tremendous desire to succeed and they are very demanding of themselves.

Jones is also proud of the private scholarship program that is administered through the Returning Women Students program. When Jones joined the program, the fund had \$5,000 to \$6,000; it has now grown to \$8,000 to \$9,000. Her eventual goal is to have a stable \$10,000 base.

Jones noted that the lounge area has been renovated as well. There is new furniture and lockers along with a bank of computers. "It's more of a home on campus," said Jones. The co-ed Returning Students Association also stays busy. This program, which was started in 1996, provides social networks and advocacy for returning students. The group maintains a web page and hosts monthly events.

Another part of her job is to work with the Student Parent Support Network, which acts as a clearinghouse of information for parents. Furthermore, Jones is involved with the Child Care Coalition. She is currently working with Child Care Coordinator Tim Dunnuck in an attempt to set up an evening childcare program.

Working with returning students has greatly influenced Jones' outlook on life. "I have a greater and deeper appreciation for what all returning students go through," she said.

"For me, as a returning student, attending IU transformed my life. I think about the world and myself differently," Jones noted. "I gained self-confidence and self-esteem."

"I see an education at IU as making a difference in a returning student's life," she continued. "Seeing them grow as students and graduates is tremendously inspiring. It has taught me about patience and persistence."

Jones is married to Frank Young, the development director for the Bloomington Area Arts Council. She has a daughter, Jessica, who is a part-time student at IU, and is the grandmother of a "beautiful two-year old," Karina.

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internal medicine. The next highest concentration areas included pediatrics with 16 percent women, family practice with 14 percent, obstetrics/gynecology with 9 percent, and psychiatry with 7 percent women. Below 1 percent of the women residents were training in each of the surgical subspecialties.²

Yet, even with these recent strides for women, discrimination is still prevalent. Frances Conley, M.D. resigned her position as tenured full professor of neurosurgery at Stanford University School of Medicine in 1991 to protest the school's "long-ingrained overt gender discrimination."³ As disheartening as it is to realize that gender bias still occurs, our history gives us hope by reminding us of the great strides that women have made in their search for equality and the great accomplishments that can be achieved with determination.

Mindy Criser, Women in Science Program

1. Dakin, Theodora. *A History of Women's Contribution to World Health*. The Edwin Mellen Press. 1991.
2. Association of American Medical Colleges. *Women in U.S. Academic Medicine Statistics 1998-1999*. <http://www.aamc.org>.
3. Conley, Frances. *Walking Out On The Boys*. Douglas & McIntyre Ltd. 1998.

Hot Summer, Cool Books

Reviews by Leora Baude

An Indian civil servant in search of peace and wisdom retires from the world to the banks of the sacred river Narmada, and finds that the world won't be so easily evaded. **Gita Mehta's** novel, *The River Sutra*, is built out of the stories of the pilgrims who also come to the river, demanding attention and sometimes help from the narrator, in the process increasing his understanding of the world far more than decades of mechanical performance of his duties ever did. The stories he hears are vignettes of an Indian life that looks very unfamiliar: the millionaire playboy who renounces the world to become a monk; the master of the raga; the courtesan whose daughter has been kidnapped by bandits. Austerely, almost scripturally, written, *The River Sutra* begins by carrying the reader far away from her starting point, and ends by making the world seem larger.

Before there was Peter Mayle, and Peter Mayle's compeers, buying up rundown houses in Provence and other such sunny spots that seduce and baffle the Protestant mind, there was **Lady Winifred Fortescue**. Lady Winifred, an actress, interior decorator, and journalist, along with her husband, bought a Provencal farmhouse and a Fiat named Desiree, which she used to try to bring the rather rundown farmhouse and its lush, southern gardens into a condition that corresponded with her English ideas of order. She wrote it all up and published it in 1935, as *Perfume in Provence*. Speaking as someone who has fallen—albeit briefly—into the maw of British healthcare, I found myself wishing Lady Winifred off her high horse with regard to the ponderous inefficiency and maddening incomprehensibility of French political and social institutions; possibly things were different in her day when the habits of empire still held sway. Still, her account is as full of lavender scent and blue skies as you could wish, and, aside from her occasional lapse into an unforgivably patronizing tone, quite charming. In fact, you can think of *Perfume in Provence* as two travel books in one—it's a picture of Provence, of course, and also of that other foreign country, the past.

The Towers of Trebizond, by **Rose Macauley**, could get on your nerves if you're not in the mood for its piffling, too-too-mirth-making tone. A brief summary of the action—a young woman embroiled in an unhappy love affair recounts the misadventures of herself, her aunt, her aunt's camel, and a hyphenated Anglican priest as they tour around Turkey—gives a good idea of the kind of heavy-going English whimsy you're in for, but doesn't really do justice to the book's attractions. For one thing, if you *are* in the mood, it *is* amusing. For another, it's a pretty piece of travel writing, full of exotic landscapes and redolent of the bazaar. Most important, the character and the predicament of the narrator become increasingly compelling throughout the book, until by the end (which comes as a bit of a shock), the piffle falls away, leaving you genuinely moved.

The Fountain Overflows and its sequel, *This Real Night*, by **Rebecca West**, can be equally well read as one book in two parts, or as separate books, depending on whether or not you're in the mood for sinking into a good long read, or prefer a more. These books amply provide for both sorts of pleasures. Chronicling the life of an artistic, marginally middle-class English family in the years leading up to World War I, both books—and the first in particular—tell of the destructiveness of the war by painting a picture of what was to be destroyed. West does not bathe in Edwardian luxury, a la late Merchant Ivory; the Aubreys' family life is painful poor with regard to external circumstances. They are abandoned by their father, a compulsive gambler; a school friend's mother poisons her husband; poverty and violence are ready at hand. All the same, their world is so complete, so unfragmented, so innocent in its reliance on a common point of view—even the first-person narrator, one of the Aubrey daughters, writes far more often of what “we” felt or did than of “I”—that when it is shattered, at the end, by the war and by the uncertain good of growing up, the reader's sense of loss is acute, and personal. In spite of a harrowing final scene, though, *This Real Night* leaves a feeling of optimism: let death and adulthood do their worst, there remains a kind of redemption in seeing things clearly and saying them well.

We all know—well, all of us who care to know—what **Edith Wharton** thought about 19th-century New York society. It was stultifying, pompous, and, on occasion, fatal. Its oppressiveness was Wharton's stock-in-trade. So what did she think of the Jazz Age? Was she happy to see the limited options of women increase? Was she delighted by the possibility of greater social mobility and sexual freedom? Not if you believe her 1927 novel, *Twilight Sleep*, which mercilessly sends up the fads and freaks of the period. In fact, *Twilight Sleep* is so unrelenting in its satire that you might suspect Wharton of disparaging the pleasures of the young when she had grown too old to share them, if it were not for the fact that her most outrageous character is Mrs. Manford, a woman who has left ‘a certain age’ behind her (although she does her damndest to hang on to her youth through facial massage and yoga). Mrs. Manford and her family are frenzied in their efforts to outrun boredom and emptiness, having recourse to drugs, sex, cults, money, and outré fashions, all without effect. Mrs. Manford's daughter Nona, the closest thing to a heroine the book offers, puts in an unsuccessful bid for love. Emptiness wins. *Twilight Sleep* verges on being a bitter, weary book; it's saved, though, by being so much malicious fun.

Travel Light, Travel Smart & Don't Forget the Sunscreen

Editor's Note: Many of us take advantage of the summer months to take trips in the U.S. or abroad. Sometimes we go alone – other times, we bring along family or friends. In any case, it's always a good idea to keep safety in mind. The tips below are excerpted from Her Own Way: Advice for the Women Traveler, published by the Canadian Department of Foreign Affairs and International Trade. For the complete booklet, consult their web page at <http://www.dfait-maeci.gc.ca/travel/consular/16009-e.htm>.

Lessening the Culture Shock

“Knowledge itself is power.” A smart traveler is one who finds out everything she can about the culture and customs, and the role of women, in the places she'll be visiting. It makes sense to learn what to expect and prepare yourself for as many eventualities as possible.

Travel Light, Travel Smart

It's a good idea to travel light. As a woman alone, you'll be far less vulnerable and much more independent if you're not loaded down with heavy luggage and extra bags. Depending on your style of travel, a small suitcase on wheels or a backpack is a good luggage choice. Try to make sure you have at least one hand free at all times. Avoid expensive-looking camera bags. They may only serve to identify you as a wealthy tourist. Be creative. Try using a diaper bag instead.

Health Tips for Women

If you use contraceptive pills, be sure to take them every 24 hours. Don't be misled by crossing time zones. Your regular brand of contraceptive pill may not be available at your destination. Take enough with you to last the whole trip. Major stomach upsets (diarrhea or vomiting) cause your body to lose its ability to absorb the contraceptive pill. It's wise to use condoms to guard against unwanted pregnancy.

Accommodation Safety

Whether the accommodation is a hotel, a B&B or a hostel, always ask to see the room before you take it. Is it clean enough? Does the door lock properly? Does it feel safe? Trust your intuition. Don't stay anywhere unless you feel entirely comfortable with both the accommodation and its location. Avoid ground-floor rooms or any room that has easy access from outside (i.e., a balcony or fire escape). Book a room that is close to an elevator and away from exits.

Alone after Sundown

Women tend to be more cautious about going out after sundown. However, that doesn't mean that you shouldn't go out at all. Simply take precautions: for example, in planning an evening at the symphony, arrange in advance to have a taxi take you there and back; in deciding where to eat dinner, choose a restaurant that is close to where you're staying.

Maintaining Communications

You should maintain contact with at least one person back home, especially if you're traveling solo. By letter, fax, e-mail or telephone, let that person know where you are and where you're heading next. If you are off traveling for the day, leave a note in your room; if you run into trouble there will be clues left behind.

Traveling with Children

Before setting out, come to terms with the fact that you'll be traveling at your child's pace, not your own. When traveling by air with an infant, carry a bottle or pacifier for the baby to suck on during takeoff and landing. It will help equalize the baby's ear pressure.

The Mature Traveler

If you're experiencing the hot flashes of menopause, pack a wardrobe of “layers” that can easily be adjusted to your fluctuating body temperature.

Reviews, continued from page 5

Saaba library, located in the middle of a North African desert. She manages to convince a blue-skinned warrior to help her cross the desert (which is full of rough terrain, mean camels, and feuding tribes) only to find herself locked in a library by Helvitius. The book has lots of twists and turns! In *The El Dorado Adventure*, Vesper and Brinnie find themselves on the way to Central America where Vesper owns a volcano. She soon finds out that they have been set up by Alain de Rocheford, a pawn of Helvitius. Why? Helvitius wants to build a canal on Vesper's land, uprooting a tribe of Chirica Indians in the process. When Vesper won't go along with the plan, she finds herself captured and escaping from Helvitius once more. How will she save this tribe of Indians?

Majority Report Index Sources: 1 & 11, *USA Today* website; 2 & 3, *American Demographics* (February 2000); 4, 6, 10, 12, & 13, *Harper's Index* (February 2000); 5, National Sleep Foundation website; 7, 8, & 9, National Women's Health Information Center.

Troubling a Star by Madeleine L'Engle isn't one of the *Wrinkle in Time* series, but is a wonderful read. Vicky Austin is a teenager trying to come to grips with the death of her grandfather. Furthermore, her family has returned home to a small Connecticut village after spending a year in New York. Vicky, who has changed in the past year, feels uncomfortable with her old friends and misses her friendship with Adam Eddington. Her loneliness and isolation are curtailed when Adam comes to town and introduces her to his great-aunt Serena who reminds Vicky of her grandfather. Falling into a routine of visiting Serena and learning stories about the death of Serena's son Adam II, Vicky soon finds herself the recipient of a trip to Antarctica. Things soon go awry as she finds herself in the middle of a mystery that involves drugs, nuclear waste, government conspiracies, family skeletons and the ecosystem of Antarctica. Starting out with Vicky stranded on an iceberg with a seal, the story is told through a series of backflashes. I was on the edge of my seat until the end of the book!

New Women Faculty, Part Four

Marie Speziale has joined the School of Music as a professor. Speziale served as associate principle trumpet with the Cincinnati Symphony Orchestra, Cincinnati Opera Orchestra, Cincinnati May Festival Orchestra, and the Cincinnati Pops from 1964 to 1996, and was the first woman trumpeter in a major symphony orchestra. Prior to her appointment at IU, she was also a member of the faculty of the University of Cincinnati College - Conservancy of Music. Her very extensive performance experience includes the St. Louis Symphony Orchestra as acting principle and associate principle trumpet and the Summit Brass (among many other brass chamber ensembles), as a member. She has also has numerous solo appearances, including appearances with the Cincinnati Symphony, with Dave Brubeck and the Interlochen Orchestra, the Cincinnati Pro Music Chamber Orchestra, the Delta Festival Orchestra in Michigan, and the New York Orchestral Society. Speziale has been active as a clinician, a participant in conferences, and leader of master classes throughout the United States including the Summi Brass Mendez Institute in Cincinnati, the International Trumpet Guild Conference at the University of Kentucky, and at various schools of music and universities. She has won many awards and honors, including Leading Woman in the Arts from the Greater Cincinnati Coalition of Women's Organizations, and the Outstanding Woman of the Year award from the Tampa Tribune, Florida.

Jo McClamroch joins the University Libraries as Assistant Librarian and Head of the Halls of Residence Libraries. Prior to joining the librarians of Indiana University, McClamroch was Head of Collection Management with McDonald Memorial Library at Xavier University. McClamroch has an M.Ed. in Human Resource Development, an M.L.S., and a B.A. in Spanish Linguistics.



Lissa Fleming May has joined the School of Music as an Associate Professor. In the past, May was an Associate Professor of Bands in jazz and coordinator of alumni relations and development at Purdue University. Prior to her appointment at IU, she was Supervisor of Fine Arts in the Waterford School District in Waterford, Michigan, and adjunct

lecturer in jazz at Oakland University in Rochester, Michigan. May received her B.M.E., M.S., and D.M.E. degrees from the Indiana University School of Music. In recent years, she has served as a clinician and/or adjudicator at over 70 festivals and contests in Indiana and surrounding states, Wisconsin, West Virginia, Missouri, and Colorado. She has also been a guest conductor with the Colorado All-State Jazz Band, and with the Porto Alegre Symphony Orchestra in Brazil. In 1994, she gave a jazz seminar for the Military Band of China in Beijing and in 1995 toured China and Japan with the Purdue University Jazz Band.

Melissa Dinvero received her B.A. in Spanish and Economics and Business Administration from Kalamazoo College in 1990 and her M.A. in Spanish from the University of Michigan. She conducted her dissertation research on Garcia Lorca, earning her Ph.D. from Michigan last fall. She will be offering senior level courses on Hispanic poetry and prose fiction. Among her many research and teaching interests are the European and Latin American Avant-Garde, Spanish Cinema and Gender Studies. She joins the Department of Spanish and Portuguese as a specialist in Modern Spanish Peninsular literature.

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and parcel of common life events, both large and small. It comes from doing research, grading papers, dealing with deadlines and your boss. Stress also comes with crises and life-changing events, such as illness, marriage problems or divorce, losing a job, or children leaving home.

Because many major life events are beyond your control, take charge of those aspects of your life that you can manage. One major change doesn't mean that all areas of your life must change. Continue to participate in the same activities you did before the event happened.



For more information on health-related issues, check out the Healthwise Knowledgebase at <http://www.indiana.edu/kbase/>

Heat Smarts

***Respect the heat:** Hot, humid and sunny weather poses a potentially life-threatening challenge to your body.

***Exercise in the coolest parts of the day:** Try exercising in the early morning or after sunset.

***Avoid dehydration:** About 30 minutes before exercise, drink as much water as is comfortable. Afterwards, drink even if you are not thirsty because you will quench your thirst long before you replenish your body's fluids.

***Wear loose-fitting clothing:** This allows air to circulate to your body.

***Acclimatize to hot weather:** Acclimation begins within a few days of exposure to the heat and plateaus at 10 days to two weeks.

MAJORITY REPORT INDEX

Number of new cancer treatments in clinical trials or awaiting federal approval 354

Percentage of vacationers age 40+ who traveled for outdoor recreation 40.3

Average number of miles they traveled 662

Ratio of the number of Americans killed in traffic accidents in 1998 to the number killed by medical accidents 1 to 1

Percentage of American adults who need an alarm clock to wake up in the morning 52

Factor by which the pregnancy-related death rate among African American women exceeds that of white women 3

Life expectancy for a woman born in 2000 79

Number of years that a woman's life expectancy has increased since 1900 30

Percentage of women ages 15-44 who use some form of contraception 64

Projected age to which the AIDS epidemic will lower the life expectancy in Sub-Saharan Africa by next year 45

Percentage of Americans who recycle their newspapers 70

Number of the 65 international trade disputes settled through the WTO that led to changes in national policy/law 59

Number of the 10 disputes involving environmental or public health issues that led to a weakening of national laws 10

Sources are printed on page 6.

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