

Erection Section

A special gathering of factoids for men. For facts, stats and good information check out this cool web-site! <http://www.condomania.com>

THE HUMAN penis is the largest of any primate's.

THERE IS no average size for a soft penis. Speaking of which — No matter what size your willie is when it's soft, most adult men's erections are the same size — 5 1/2 to 6 inches. Smaller penises grow more, larger ones grow less.

PENIS SIZE is not directly related to a guy's height, weight, body structure, or ethnicity. It can't be judged by the size of your hand, foot, nose, or thumb. Nor by swaggering, bragging, or growing a Fu Manchu.

THE MAJORITY of women say penis size is not a factor in their sexual satisfaction. Try tenderness.

SHRINKAGE. IF you're cold, nervous, or scared — he tries to hide. But when he's warm and relaxed, why, he may pop out his little head and tell you hi.

Sperm Terms

Next time you shoot some sperm into latex heaven, give them some respect, consideration, and understanding. (This is Eugene, you know.)

HERE'S HOW small sperm are: they are to semen what goldfish are to an Olympic-sized swimming pool.

SPERM HAVE a six-inch swim to reach the woman's egg. This is the equivalent of a 10-mile swim for you.

THE AVERAGE sperm survives in a woman's reproductive tract for three to four days. (After which it can no longer make a commitment.)

YOU CAN'T run out of sperm as long as you have one normal testicle, no matter how much sex or masturbating you've been having.

SPERM ARE produced at an average rate of 1,500 per second per testicle.

SPERM THAT aren't ejaculated are broken down and reabsorbed or expelled in urine.

Achooing your way down the road

When I am riding a bicycle on the bike trail beside the Willamette River, I always feel, "How beautiful Eugene is!" This lovely landscape of Eugene gives everybody a good motivation to jog, bike, swim, kayak, raft, and so on.

But, have you ever experienced coughing, sneezing and wheezing during exercise? If you have, you should know that such symptoms can develop into asthma.

THE EXERCISER AND ASTHMA

At least one out of ten active athletes will encounter problems due to Exercise Induced Asthma (EIA).

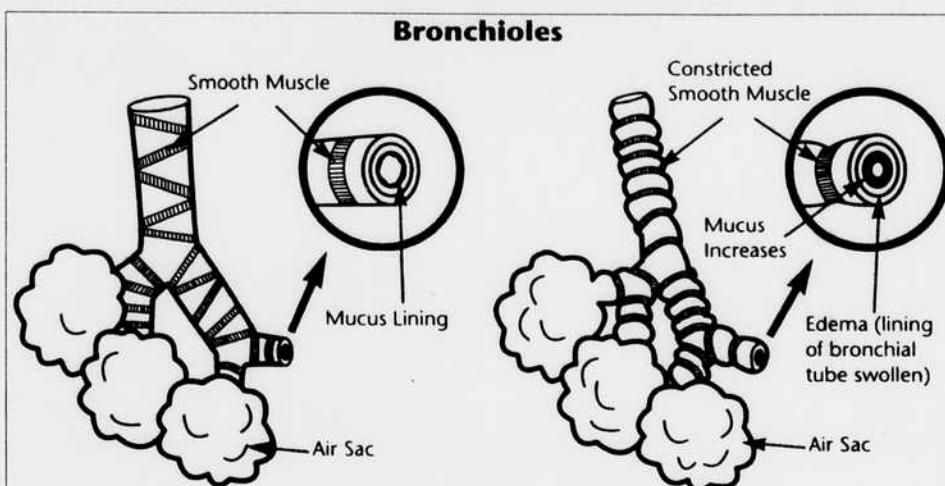
In fact, approximately 11 percent of the 1984 Olympic summer game competitors were diagnosed with EIA.

The symptoms may be seen within three to eight minutes after the start of exercise. They include coughing, wheezing, fast breathing, paleness, fatigued appearance, and extreme anxiousness.

WHAT IS THE CAUSE?

The cause of EIA is constriction of the bronchioles' small and large air ways; however, why the constriction occurs is still a mystery. There are some different theories why exercise causes asthma:

- EIA may be a result of heat or water loss in the lungs during exercise.
- EIA may be triggered by cold, dry air, which enters into the airway over the bronchial mucosal membranes.



Exercise induced asthma (EIA) occurs because of an acute episode of airway obstruction either in the small or large airways (above right). EIA is characterized by smooth muscle constriction.

- EIA may be caused by environmental factors such as air pollution, pollen and cold temperature.

HOW CAN EIA BE MANAGED?

- Avoid too-long endurance activities. Instead, short, intense periods of exercise and plenty of rest will be beneficial.
- The duration of the exercise should be increased slowly up to 30 to 40 minutes, four to five times a week. The intensity also should be slowly increased.
- Indoor or warm weather swimming is beneficial because of the warm and humidified environment.
- If you have severe EIA, see a medical practitioner to get a diagnosis and possibly medication such as a meter-

dosed inhaler. The frequency of EIA can be reduced by taking inhalations prior to activity.

UNIVERSITY HEALTH CENTER

According to Dr. Richard Lindquist at the University Health Center, about 25 percent of the population on campus suffers from sports related asthma.

"People don't usually recognize it," Dr. Lindquist says. "With proper treatment, such as an inhaler, EIA attacks can be prevented."

If you have concerns about EIA, call the University Health Center at 346-4441. More information is available at the Peer Health Education Office, near Area B, in the Health Center.

— Naohiko Kakumoto

Get your tattoo, but avoid hepatitis

Body decoration, in the many forms that it takes, has become increasingly popular in the past few years. There are many different reasons that people pierce and tattoo their bodies. The aesthetic quality is probably the most common reason. Earrings enhance an outfit and adorn the face, and many tattoos are true works of art. Affiliation to a group drives some people to alter their bodies, and sexual enhancement is a reason that many people give for piercing their tongues and genitals. Whatever the reason, one must exercise caution when altering their body.



When piercing an area of the body that is cartilage (such as the nose and top of the ear), as opposed to the soft tissue of the

earlobe, be aware that it has less blood supply than soft tissue, and thus is less resistant to infection. Infection can lead to noticeable scarring that is hard for plastic surgery to cover up. Infection can also spread from the area of the piercing; for example, an infected pierced nipple can lead to a breast infection that may require medical attention.

Tattooing and piercing both are a possible way for a person to contract HIV and hepatitis B. Hepatitis B, like HIV, is transmitted by blood to blood contact and through sexual intercourse. However, Hepatitis B is 100 times more infectious than HIV. There are strict laws that tattoo parlors and piercing professionals must follow involving the cleanliness of their instruments, but always take caution when doing any activity where there is a possibility for body fluid contact.

If you are considering decorating your body, here are some cautionary steps

you should consider:

1. *Have the piercing done by a professional, preferably a health care worker, rather than doing it yourself or having a friend do it.*
2. *Make sure to keep the wound clean until it is healed. Follow any specific advice your professional piercer or tattoo artist gives you.*
3. *Ask the tattoo artist about their method of sterilization.*
4. *If your tattoo or piercing shows signs of not healing properly, or is red and inflamed, contact a doctor.*

For more information, contact the Peer Health Education room in the Health Center, or call 346-4456.

—Katie Clough