

## Abortion issue

# Like Canada, the U.S. is having problems

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WASHINGTON-Pro-life forces in the United States have scored key victories this week, but observers say they are becoming nervous over the surprising strength of pro-choice groups.

Although one state adopted restrictive abortion legislation this week and President George Bush vetoed abortion funding in Washington, the mood of the nation has tilted strongly in favor of pro-choice, analysts say.

"No one predicted the strength of the pro-choice lobby or movement," said Mary Cheh, a law professor at George Washington University.

"I don't think there's any doubt that the opinion in the United States has been in favor of abortion under a wide range of circumstances."

The pro-choice movement was galvanized into action in July when the U.S. Supreme Court ruled 5-4 to uphold a restrictive Missouri law in the Webster vs. Reproduction Health Services case. While the court stopped short of overturning Roe vs. Wade, the 1973 decision that recognized a constitutional right to an abortion, the ruling allowed individual states to impose substantial restrictions on the availability of abortion.

The pro-choice lobby demonstrated its muscle when it drew thousands to rallies across the country two weeks ago to protest against the Webster decision, but pro-life forces have scored some gains where it counts: in legislatures.

This week, the Democratic governor of Pennsylvania, Robert Casey, a strong anti-abortionist, signed the nation's strictest abortion law.

The law, which takes effect in January, requires a married woman seeking an abortion to give her doctor a note saying that she has informed her husband. It also requires a 24-hour waiting period before obtaining an abortion and

bans abortion after 24 weeks of pregnancy, except in cases of potential extreme physical harm to the woman or to save her life.

Also this week, President Bush vetoed, for the second time, an appropriations bill for the District of Columbia that would have allowed the city government to spend local tax dollars on abortions for poor women. Congress conceded defeat on the issue and agreed to prohibit the use of local or federal funds for abortions, in the District of Columbia (Washington), except to save the life of the mother, but some members vowed to resume the fight when Congress reconvenes in January.

Abortion-rights lawmakers have already introduced a bill in Congress that would limit states' rights on abortion, indicating a possible free-for-all over the issue early in the new year.

### NERVOUS

Anita Allen, an associate professor of law at Georgetown University, said Republicans are becoming extremely nervous about possible defeats at the polls next year over their party's anti-abortion stance.

Despite Bush's veto and the Pennsylvania legislation, there is considerable evidence that voters will consider the issue when they cast their ballots, she said.

Three weeks ago, voters chose pro-choice candidate James Florio for governor of New Jersey and elected the nation's first black governor in Virginia, L. Douglas Wilder, who also campaigned on a pro-choice platform.

As well, Florida Gov. Bob Martinez was blocked by pro-choice sympathizers when he tried to push through a package of pro-life bills in a special legislative session last month.

Allen said another sign that Republicans are becoming skittish on the issue emerged at a recent meeting of Republican governors, where prominent governors warned of possible defeats to Democrats if the party does not relax its strong anti-abortion

stance. "I think the pro-choice people have the upper hand in terms of popular support, but in terms of the court, they're no better off than they were before (the) Webster (case)."

Allen said Reagan appointments on the Supreme Court will likely continue to be sympathetic to pro-life positions while Bush shows no sign of altering his opposition to abortion.

"The Bush administration feels the need to flex its muscles to try to counter the rising tide of pro-choice sentiment."

However, Cheh said the "chameleon-like" president is motivated by politics within his own party. Bush favored abortion in some circumstances before he became vice-president in 1980, but he has adopted a hard-line approach "to suit his own circumstances so he doesn't alienate the party's right wing."

"That may be a bit Machiavellian. I don't believe he has undergone that kind of transformation."

Approximately 1.3 million to 1.5 million abortions are performed annually in the United States, according to the Alan Guttmacher Institute, a New York-based health research centre.

The federal government in Canada, where there are an estimated 64,000 abortions each year, recently introduced a bill that would amend the criminal code to permit an abortion at any stage of pregnancy if a single doctor agrees that the health of the mother is threatened.

Cheh said the Webster ruling could lead to a patchwork of abortion rights throughout the United States, but she expects most states will continue to be guided by the landmark Roe vs. Wade ruling.

"By and large, there's a bedrock support for the idea which is based in a simple reality: the number of abortions to live births has not increased appreciably," she said.

"There will continue to be abortions one way or another."

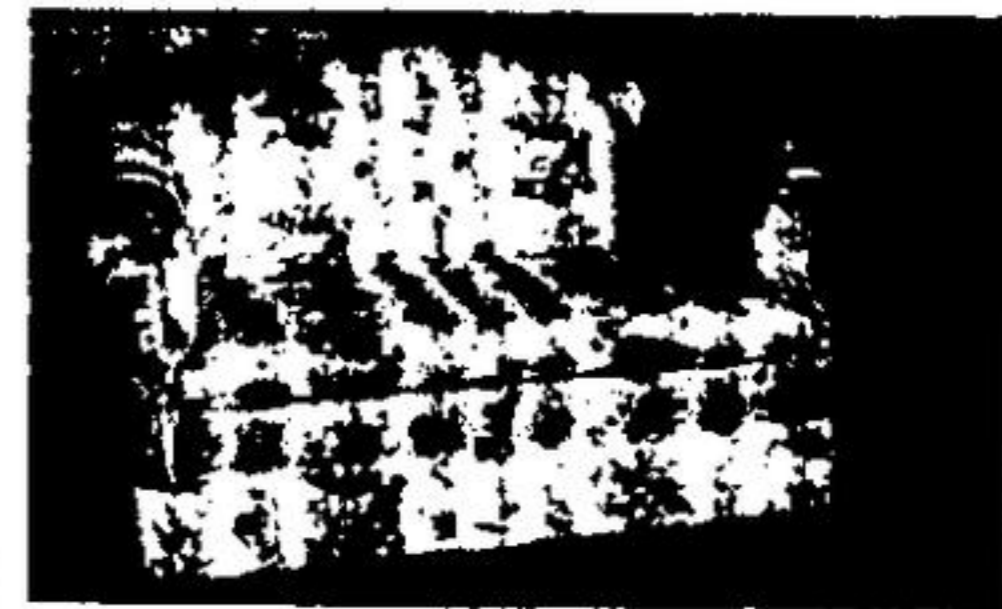
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## 68 lb. Weight Loss takes woman from 'Hiding' to Fashion Magazine

By DON DAVIS  
Special Writer

At 188 lbs. Sue Hoden walks into a room and hides behind her husband. She would never be able to tell you the colour of a person's eyes but she could certainly describe their shoes in great detail!

"I just couldn't bear people looking at my husband and I and asking the question, 'What's a good looking guy like that doing with a girl like her?'" says Sue.

"As a child I was always chubby, but the problem got worse when I started living on my own. Being in a strange city, I was very lonely and used food as a pacifier. I weighed approximately 165 lbs. when I got married and with an active social life during our first year of marriage I quickly gained another 25 lbs."

"I tried every fad diet on the market. I was very impatient and wanted to lose all the weight by 'yesterday!' As an incentive I bought clothes that were a size too small and ended up giving them away to my girl friends. I had become housebound out of embarrassment. At 188 lbs. I felt very lethargic and would fake illness or use my long hours at work as an excuse to avoid social commitments."

"I decided to join the Nutri/System program to improve my health and appearance."

Thousands of satisfied clients, just like Sue, have made Nutri/System Weight Loss Centres one of North America's largest chains of weight reducing centres.

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SUE BEFORE  
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Mrs. Sue Hoden goes from size 20 to size 5



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Seen here as featured in the Jan. 1987 issue of Chatelaine magazine

program that uses no drugs, pills or injections. It includes personalized counselling, its own food program, behaviour education classes, light, optional exercise and a long range maintenance program that makes sure the weight stays off.

Throughout the program, the Centre's professional staff closely checks and monitors the client's progress.

With the help of Nutri/Systems Weight-minder computer, a weight goal is set for each client. The computer also sets a target date for achieving the goal.

Nutri/System guarantees that the client will achieve this goal in the predicted number of days or the client stays on the program at no extra charge until the ideal weight is reached.

"In less than a year I lost 68 lbs. and went from a size 20 to a

size 5", Sue declares.

Many Nutri/System dieters lose a pound a day. As people vary, so does their weight loss. Nutri/System evaluates each client on an individual basis to insure maximum weight loss in a minimum of time.

Clients lose quickly and rapidly by substituting their foods for Nutri/System's own line of delicious nutritionally balanced, low-calorie foods.

"I finally found a diet which fits easily into my lifestyle," tells Sue. "What alienated me from most diets was the thought of cooking a lovely meal for my husband and a second bland, uninteresting meal for myself." She found it hard to believe that she could eat rich puddings and cupcakes for dessert and still be on a diet.

Sue states that "an important factor is not to feel deprived on a

diet. My husband and I especially enjoyed our Sunday breakfast together - pancakes and syrup for both of us."

"Nutri/System made it easy for me with delicious, well balanced meals. Preparing meals for your family is not a chore or a temptation when you know that in a few short minutes you can sit down and eat a meal which is equally as appealing. Chili with Beans, Lasagna, Spaghetti and Meatballs and Chicken a la King were just a few of my favourites."

Every week Sue attended Nutri/System Behaviour Education classes, an extremely important component of the total program.

Maintaining proper weight after it is lost is the ultimate challenge of any weight loss program.

Nutri/System's aggressive maintenance program offers a full year of support and guidance to the dieter who has achieved his/her proper weight. Sue continues her classes and regular check-ups.

She continues to look and feel great. She found the counselling at Nutri/System very valuable. "The professionals at Nutri/System are not only there to give encouragement and support but to pass on the nutritional information needed during the maintenance program to enable you to keep the weight off permanently."

"Nutri/System made it easy. Being featured in an article for the January issue of Chatelaine made me feel like a million. Today I hold my head up high as I walk into a room on the arm of my handsome husband. I'm far more outgoing, love going out or entertaining friends at home. I laugh all the time, my life is wonderful and I'm having a ball!"

"Thanks to Nutri/System, my only problem is finding a wide enough variety of clothes in a size 5!"

### Important Note to Readers

There are Nutri/System Weight Loss Centres located throughout the area. To arrange for a free, no-obligation consultation, phone one of the following locations:

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Yorkdale	
Mississauga/Eglinton	624-4177
West Toronto	
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