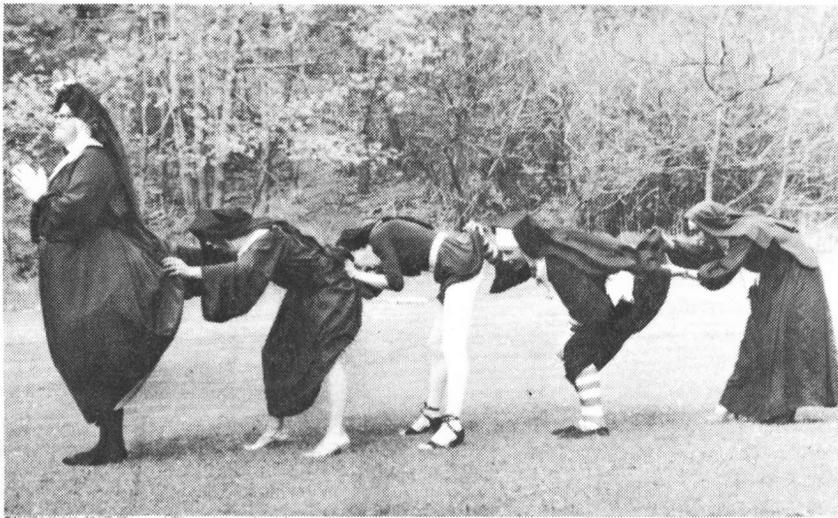


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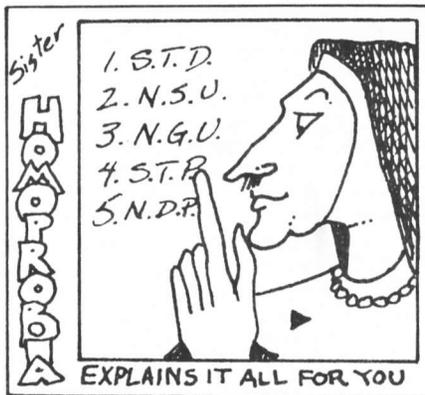
## THE SISTERS OF PERPETUAL INDULGENCE

Several months ago, we noticed an unusual incidence of sniffing, coughing, grimacing, twitching, scratching and farting around the Convent. Several of the Sisters of Perpetual Indulgence were complaining about sore balls, swollen glands, scratchy throats, rashes, cramps, lumps and tingling between their legs. Besides the necessities of hiring a resident Roto-Rooter man and replacing the hinges on the bathroom doors weekly, the Convent's consumption of toilet paper, aspirins, band-aids and air freshener grew so unreasonably that we were forced to establish a larger "flush" fund just to keep the order solvent.

Embarrassed by such outrageous expenses and alarmed by the general malaise — and in some cases, downright collapse of the Sisters, SISTER HOMOPROBIA MADE IT HER BUSINESS TO GET TO THE BOTTOM OF THIS UNHAPPY SITUATION on the very morning that he found a queen crab walking up her leg. What she discovered may gross you out, but these findings could prove useful in preventing or eliminating similar situations in your own life.

It seems that the Sisters are suffering from numerous SEXUALLY TRANSMITTABLE DISEASES. In the dark as to their discomfort, many nuns had preferred to believe that they had contracted unusually pesky colds that would sooner or later disappear. Unfortunately, the reality is that we are in for some harsh lessons in personal and social responsibility concerning health matters.

And the gay male community is sorely in need of such lessons. Gonorrhea, syphilis, herpes, scabies, intriguing forms of intestinal parasites and hepatitis (not to mention widespread warts and GUILT) have all reached epidemic proportions in many large urban centres. And a mysterious form of cancer is now lurking among us too. We are giving these diseases to ourselves and each other through selfishness and ignorance. Please read this pamphlet, and become aware, become responsible and share this knowledge with your friends.



## THE SISTERS' RECOMMENDATIONS TO HELP CREATE A DISEASE-FREE CONVENT AND COMMUNITY

**PLAY FAIR!!** — If you know — or even suspect — that you have a Sexually Transmittable Disease, don't put other people at risk by engaging in sexual activity. Wait until you know you can CUM CLEAN. The Sisters' will be pleased to supply you with Perpetual Indulgence "Rainchecks" so you need not be a leper.

**SOAP AND WATER** — Wash your hunky little body before and immediately after sexual contacts(s).

**THE AFTER-SEX PEE** — Pee as soon as you can manage it after sexual contact. The sooner the better.

**THE OLD DOUCHE** — If you douche prior to anal sex, do so only with tepid or lukewarm water. If you have been experiencing any anal discomfort or irritation, DO NOT DOUCHE!! It can spread a little infection inside you and make it a big infection.

**COCK RINGS** — Avoid the solid variety. The Sisters give their SEAL of APPROVAL to the fastener type which can always be removed easily. Take off your ring when not in use. Some boys can't bear to part with their ring, but it can make the penis swell and it cuts off circulation to the family jewels.

**TOYS** — Dildoes are very personal items and shouldn't be passed around like yesterday's gossip. After use they should be cleaned, sterilized by soaking in a javex solution and then rinsed thoroughly with clear water (Perrier if you're a purist). They should have a broad base (to prevent loss inside) and should never have metal parts inside them.

**CONDOMS** — Condoms actually prevent the spread of certain diseases. If you have a sore or anything on your

you're a purist). They should have a broad base (to prevent loss inside) and should *never* have metal parts inside them.

**CONDOMS** — Condoms actually prevent the spread of certain diseases. If you have a sore or anything on your cock that looks suspicious and you simply must indulge, wear a condom. Don't give whatever you might have to your partner(s).

**NO-NAME SEX** — If one of your partner(s) discovers an infection after you have had sex together and you haven't exchanged names, he probably won't be able to notify you. Try to keep some record of your contacts.

**RIMMING** — Sigh!! This is a most dangerous sexual behaviour. We have lost more Sisters to the clutches of hepatitis, ameoba, giardia and other awful diseases. Even the cleanest-looking, most desirable man can have shit full of bacteria and germs. And your tongue in an asshole can slurp up just enough specks of infected shit to make you sorry later. The risks involved in rimming are considerably reduced for those individuals involved in monogamous relationships.

**VD TESTING** — If one of your current partners lets you know that he has a disease, it's a good idea to get tested for it. In addition, since most SEXUALLY TRANSMITTABLE DISEASES can be contracted without the usual symptoms, today's sexually active gay male should have REGULAR TESTS FOR SYPHILIS AND GONORRHEA (EVERY THREE MONTHS IS A GOOD RULE OF THUMB). A monthly self-examination for Kaposi's sarcoma and venereal warts is advisable. Warts are easy and fun to check for by using a mirror or having a friend examine your asshole. Refer to the section on AIDS for the symptoms to watch out for with respect to Kaposi's.

**POPPERS** — *WARNING:* Sister Wealth and Healthfair Canada advises that danger to health increases with the amount used. Avoid inhaling.

**OBSERVATION** — Check out your man before you lay hands on one another. One Sister even carries a flashlight for those all-too-frequent encounters in the darkness.

## IF YOU HAVE AN STD OR SUSPICIOUS SYMPTOMS CONTACT:

HASSLE-FREE CLINIC, *Men's hours:* MONDAYS — 4:00 - 9:00 p.m.  
 556 Church Street, TUESDAYS — 10:00 a.m. - 3:00 p.m.  
 Suite 2, WEDNESDAYS — 4:00 - 9:00 p.m.  
 Toronto, Ontario THURSDAYS — 10:00 a.m. - 3:00 p.m.  
 M4Y 2E2 FRIDAYS — 4:00 - 7:00 p.m.  
 416 922-0603 SATURDAYS — 10:00 a.m. - 2:00 p.m.

The Clinic also conducts testing at several baths.  
 AT THE ROMANS — FRIDAYS - from 9:00 p.m.  
 AT THE BACKDOOR Every second Tuesday from 9:00 p.m.  
 AT THE CLUB (Toronto) — Every second Wednesday from 9:00 p.m.

The Hassle-Free Clinic also maintains a directory of gay/gay positive physicians in the Toronto area should you wish to establish a professional relationship with one.

For those in the health care professions (nurses, physicians, medical students and psychologists) a group of your peers are working together to meet community and professional needs.

*For further information contact:*

GAYS IN HEALTH CARE,  
 Post Office Box 7806,  
 Station "A",  
 Toronto, Ontario M5W 1X7  
 (416) 920-1882



THE SISTERS OF PERPETUAL INDULGENCE (Toronto Chapter) WOULD LIKE TO THANK:

- (The San Francisco Motherhouse for their inspirational lead in this area and much of the material.
- Sister Prima Dona Meeche for her cartoons.
- (Dr. Donald W. Briggs for his medical consultations.
- (The Hassle-Free Clinic for their service and devotion to our community.
- (The Gay Community Dance Committee for allowing the Sisters the means to raise the funds to pay for the printing costs for this pamphlet.

Editing/Updating of this pamphlet was done by a committee of the Sisters including: Sister Andrew Virginia, Sister Atrociata von Tasteless, Sister Florida Naranja, Sister Prima Dona Meeche, Sister Sleazia, and Sister Una Cow.

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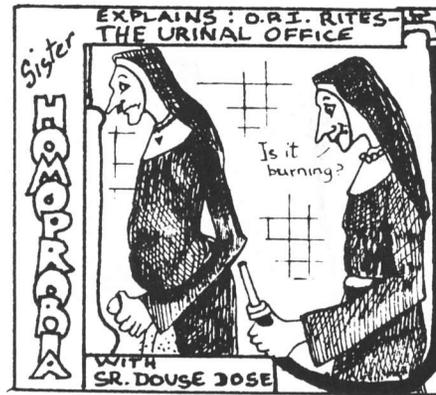
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## Q: WHAT IS AN STD???

A: STD stands for "SEXUALLY TRANSMITTABLE DISEASE". These are all infections caused by bacteria, viruses and parasites that can be passed from person to person in the course of getting your rocks off. The Sisters have listed some of the most common STDs below. There are others which are not as common, but are becoming more so, weekend by weekend.

**GONORRHEA:** Sister Appassionata della Bawdy House didn't believe them when they said that the gorgeous creature he'd ...met...at the baths was a "big drip". Now Sister realizes that there's a real difference between seeing Lauren Bacall in "Applause, Applause" and seeing a doctor for the clap. **SYMPTOMS:** Penis — white, green or yellow drip; cock feels sore inside; **burns or hurts to pee.** Ass — TOO OFTEN NO SYMPTOMS; itchy, painful ass; more gas than usual; "Feels funny down there"; white coating on shit. Throat — TOO OFTEN NO SYMPTOMS HERE EITHER; mild to moderate sore throat; swollen glands in throat. **SYMPTOMS APPEAR:** From 5 hours to 10 days after contact. **HOW YOU GET IT:** Sucking or fucking. **DIAGNOSIS:** Swabs are taken of the areas which have been stimulated (penis, anus, or throat, preferably all three). A blood test for **syphilis/hepatitis will not show evidence of gonorrhoea.** **IF UNTREATED:** Infection in prostate gland and balls; tender, achey joints (usually knees and ankles); fever. **CURE:** Antibiotics.



**NGU or NSU** (Non-Gonococcal or Non-specific Urethritis): Novice Greta Greenhorn isn't permitted to have the clap since he's not yet a fully-professed nun so he got a case of Non-Gonococcal Urethritis which can do quite a bit of damage as well. **SYMPTOMS:** *Burns or hurts to pee;* clear or white drip, usually more evident in the morning, can disappear during the day. **SYMPTOMS APPEAR:** Between 5 and 20 days. **HOW YOU GET IT:** Sucking and fucking. **IF UNTREATED:** Infections in the balls and prostate. **CURE:** Antibiotics. (There is a similar disease of the ass called NON-SPECIFIC PROCTITIS (NSP) that you get by being fucked. Probably caused by the same germs as NSU, its symptoms are similar to those for gonorrhoea of the ass. In fact, if your test for gonorrhoea is negative, ask the doctor if it could be NSP.)

**SYPHILIS** Sister Constance Coagulation transferred to the Sisters of Perpetual Indulgence from the Little Sisters of the Evening in Transylvania. Sister is particularly eager to stamp out syphilis because, even though it shows up as blemishes on the skin, it is actually a disease of the blood. "Gives me indigestion every time," he says. If left untreated, syphilis has three stages: (1) Painless sore lasting 10-14 days on penis, in or around the mouth or ass; (2) Rash on palms, soles of feet or over an entire part of the body. This rash doesn't usually itch or hurt. (3) **DON'T ASK!!!** It's easy to miss the first symptoms because they can be painless or hidden. **SYMPTOMS APPEAR:** Stage 1: 10 days to three months after contact. Stage 2: 2 weeks to 6 months after the sore heals or from 6 weeks to eight months after the germ enters the blood. **HOW YOU GET IT:** Direct physical contact with a sore that allows germ to enter the blood stream. Bug enters the blood stream through invisible scrapes or cuts — anal intercourse (ass-fucking to you) can cause these abrasions. **IF UNTREATED:** Affects the entire body, causing brain or organ damage, paralysis and permanent blindness. **CURE:** Antibiotics. (It is possible to have a flu-like reaction 4 to 12 hours after treatment, but this is a sign that the treatment **has worked.**)



**HERPES SIMPLEX** Being an expert, if occasionally misguided, in one-up-personship, Sister Sleazia boasted upon hearing that another Sister had Herpes Simplex, "I used to have a Herpes Duplex back on the East Coast, but, following the death of the late Earl, I sold it and entered the Order." **SYMPTOMS:** Painful sore(s) or blister(s) on or around the cock, mouth, ass or groin; tingling burning sensation prior to appearance of the painful sore; less energy, sometimes accompanied by a low grade fever. Once virus gets into the body it never leaves. Sores may go away and return later. It's not a problem unless the sore is open. **SYMPTOMS APPEAR:** 4 to 14 days after contact. **HOW YOU GET IT:** Contact with fluid from an open herpes sore. Can be passed by an innocent little kiss. **CURE:** Keep area clean and dry to prevent further infection. Limit exposure to heat and sun. 300 mg of Lysine per day has helped some people. If the sores are particularly bothersome, discuss topical ointments with your doctor.

**VENEREAL WARTS:** "But Doctor, I can't have warts!!" shrieked Sister Frances Ass-Easy. "I've never made it with a toad in my life." **SYMPTOMS:** Small, cauliflower-like bumps in or on your butt; hard yellow or gray skin warts on your cock that continue to grow. **SYMPTOMS APPEAR:** 1 week to 4 months after contact. **HOW YOU GET THEM:** Physical contact with a wart. **IF UNTREATED:** If you have one on the outside of your asshole, don't let anyone finger or fuck you. This can carry the virus inside your ass where the warts will be very difficult and painful to get rid of. **Some people even require surgery.** **CURE:** Doctors can remove warts by freezing, burning or painting them with Podophyllin. Dynamite is reserved for extreme cases.

**SCABIES** It took Sister Perpetually Perietic Prostate several visits to his doctor before his doctor realized that his itch was caused by scabies rather than nerves or an allergy or something like that. By that time, Sister was personally responsible for a 15% increase in the business of the city's laundromats. **SYMPTOMS:** Tiny red bumps in tracks (like railroads) anywhere below the neck, especially in dark, moist, hairy places such as beltline, groin, between fingers, ankles, etc. Intense itching in infested areas, especially late at night or in the early morning when you're hot!! (Scabies are hard to diagnose. Be persistent with your doctor.) **SYMPTOMS APPEAR:** Within 30 to 60 days after contact. If you've had scabies before, symptoms may appear sooner. **IF UNTREATED:** Sores can become infected if scratched. **HOW YOU GET IT:** Body contact with an infected person. **CURE:** Kwellada lotion can be obtained without a prescription by asking any pharmacist. While more stubborn cases may require intensive treatment, the rash and itching may continue for a few days after the first application. This is a strong chemical (not Oil of Olay) so **try not to** use it nightly. Overuse of the cure can itself cause a rash and itching. Disinfect or launder all linen (sheets and towels) and clothing in hot water for 20 minutes to destroy the eggs.

**CRABS:** Sister Lida Dogslife was convinced that he was having a Close Encounter of the Fourth Kind with the Space Fleas from the Dog Star Sirius. As it turned out, the agonizing itch (made worse because the location made it improper to scratch in public) was due to celestial visitors from the Crab Nebula. **SYMPTOMS:** Insane itching in any hairy area of the body (except the head which is susceptible to a different



close encounter of the Fourth Kind with the Space Fleas from the Dog Star Sirius. As it turned out, the agonizing itch (made worse because the location made it improper to scratch in public) was due to celestial visitors from the Crab Nebula. **SYMPTOMS:** Insane itching in any hairy area of the body (except the head which is susceptible to a different kind of lice). Tiny red spots (blood) in your underwear. **You can sometimes see the insects. They look like crabs.** **SYMPTOMS APPEAR:** When the eggs hatch in 7 to 21 days or, if you get a live crab, sooner. **IF UNTREATED:** The crabs grow as large as human beings and you have to declare extra dependents on your income tax. **HOW YOU GET THEM:** Body contact, or contact with infested clothing or bedding. **CURE:** Refer to the cure for scabies.



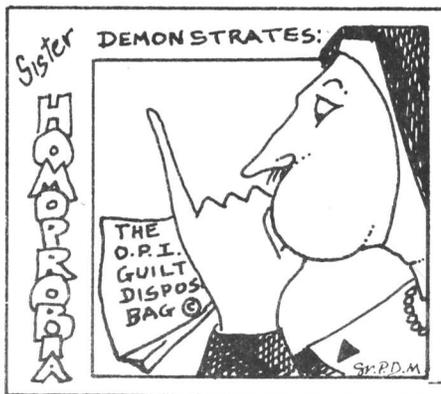
**INTESTINAL PARASITES:** Sister Intelligentsia, R.N. is noted for his bedside manner, which some call "deadpan" and others "bedpan". Looking at the bright side, he points out that being an intestinal parasite would be even worse than having them. "Living in a neighbourhood like that," he says, "would give anyone a shitty outlook on life." Two kinds of parasites are epidemic in the gay male population — Entamoeba histolytica (amoeba) and Giardia lamblia. **SYMPTOMS:** (Can disappear and return while the disease continues.) Changes in shitting pattern such as more dumps, looser turds or diarrhea; cramping in the lower abdomen; much more gas and gas pain — farts smellier than usual; feeling run down; exhausted for no apparent reason; white coating on shit. **SYMPTOMS APPEAR:** Amoeba — usually 3 to 28 days, but sometimes up to several months or even years. Giardia — 3 days to several weeks. **HOW YOU GET IT:** Eating shit. (examples: rimming an infested person or sucking the cock of someone who has just fucked an infected person.) **IF UNTREATED:** Energy, appetite, emotions, sex drive are affected. Liver infection can develop with amoeba. **CURE:** These diseases are diagnosed through at least two shit specimens. Standard treatment drugs are very hard on the body, but there are alternative treatments. **TALK WITH YOUR DOCTOR.**

**HEPATITIS A & B:** Sister Courage of her Convictions didn't know he had a yellow streak until his doctor informed him that she had hepatitis. "I'm not ready for anything until I get my liver back in shape," he said, looking at the world with a jaundiced eye. "I'll have to change my name to Sister Banana Mashcurry until I recover." Hep is an infection of the liver. At one time it was thought that hepatitis B was passed only through needles and blood, but we now know that both A & B types can be passed through body fluids. Hep B is the more serious disease because 5 to 10% of B people become chronic carriers. 1% can die through chronic liver infections and/or liver cancer. Carriers will either continue to spread hepatitis virus without appearing to be infected or they have an active case in which liver damage continues. Gammaglobulin injections may be helpful in the case of early exposures to Hepatitis A. **SYMPTOMS:** Both types have basically the same symptoms: Feeling run down, shitty, no pep; loss of appetite; nausea and vomiting; mild ache or pain in the belly, usually on the upper right side; yellow skin and eyeballs (called jaundice); dark brown urine; light clay-coloured shit; sometimes joint pain, flu-like feelings. Some people don't get all or any of the symptoms but are still infectious. **SYMPTOMS APPEAR:** Type A: 3 to 6 weeks; Type B: 2 to 6 months. **HOW YOU GET IT:** The virus is passed sexually through oral contact with bodily fluids: cum, sweat, spit, shit, etc. Generally, you are considered infectious from 2 weeks before you become sick or notice any symptoms until 2 weeks after that, or for one week after your skin turns yellow. Consult your doctor. **TREATMENT:** If you get hepatitis it is necessary to rest your body while your liver heals. This means a radical change in lifestyle and diet. Avoid fatty food and alcohol, they're both hard on your liver. Don't prepare food for others. Keep separate dishes and silverware. Wash your hands with soap after peeing or shitting. Avoid any possibility of passing the virus to others. No sex — which doesn't mean no contact. You aren't a leper!! You can be hugged and stroked, but don't share any body fluids — cum, spit, pee, sweat or shit with anyone. For those chronic "B" carriers, life is not reduced to celibacy. Individuals who are immune to hepatitis or who have had the vaccine are safe prospects for sexual partners.

**AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME):** In the past four years, gay men, hemophiliacs, Haitians and intravenous drug addicts in large urban centres, have developed severe problems with their immune systems. (The immune system helps the body fight off disease.) The cause of AIDS (Acquired Immune Deficiency Syndrome) is not yet known. However, most researchers currently believe that AIDS is caused by one or more infectious agents (possibly viruses). Furthermore, most agree that AIDS is to some degree contagious and may be spread in a manner similar to hepatitis B. Therefore it *MIGHT* be contracted through sexual contact or contact with contaminated blood. Research is continuing so keep in touch with the current situation. **SYMPTOMS:** Extreme fatigue that is not explained by any other cause; persistent fever or night sweats; significant weight loss unrelated to dieting; hardening or swelling of the glands (lymph nodes) in the neck, armpits or groin; persistent diarrhea; heavy persistent, often dry cough that is not due to smoking; thrush (a thick, whitish coating on the tongue or in the throat) which may be accompanied by a sore throat; easy bruisability or unexplained bleeding; recently appearing and slowly enlarging purplish or discoloured nodules or lumps on top of or beneath the skin, inside the mouth, anus or nose. Sister Atrociata von Tasteless hastens to remind you that any of these symptoms may be caused by an unrelated disease but they *may* lead one to suspect the presence of AIDS. **HOW YOU GET IT:** The major *risk factors currently associated* with AIDS are the use of shared needles for injecting drugs, intimate contact with several different sexual partners who are themselves sexually active, and probably repeated transfusions of blood products.

**TREATMENT:** The current fatality rate of AIDS victims is about 40% so the earlier diagnosis is made, the better. Should you suspect that you have contracted AIDS, don't panic but see a doctor who is familiar with this problem The Hassle-Free Clinic can refer you.

**GUILT:** This STD is subject to various home remedies. Sister Blossom von Blameless recommends putting your guilt in a blender set at "annihilate" for about five minutes, then flushing the residue down the toilet. for the **blender-less**, sister Blossom has specially constructed **guilt-disposal bags available upon request.** Simply send your name and address along with a dollar to cover the postage/handling costs and we zip one off to you. **SYMPTOMS:** Feeling bad after a trip to the baths, bushes or tearooms; low self-esteem. Seldom asymptomatic. **SYMPTOMS APPEAR:** From 2 to 3 years of age and persist in many cases throughout one's life. **IF UNTREATED:** Can result in the loss of ability to be happy; loss of spontaneity; impotence; sexual dysfunction; *epidemics of sexually transmitted diseases.* **HOW YOU GET IT:** Judeo-Christian tradition of morality; Catholic schools; 3 to 4 hours of TV a day when at a young, impressionable age. **CURE:** Respect and love both for yourself and others.



NB. The information contained in this brochure is relevant to the current health needs of the gay male community. It is not intended to relate to the situation for women.