

Starting your Sexual Toybox

by Melissa Fulton
from the UNB Sexuality Centre

Sex toys can be fun, but also a bit scary. What kinds of toys exist? How do you use them? Sex toys are for anyone, whether they want to spice up their sexual routine, or are looking for ways to be sexual without the need of a partner. For those who may want to try sex toys, but are intimidated, here are the basics!

There are many things to consider before rushing out and buying a toy. Different toys work better for different parts of the body, so consider whether you are going to use your toy for a vagina, anus, penis, or clitoris. There are dildos, vibrating toys, anal toys, rings, penis sleeves, etc., all of which come in many different shapes and sizes. If you want a toy for clitoral stimulation, a vibrating toy with multiple speeds is a great option. If you are looking for a toy for penetration, you may want to check out a dildo (also available as a double-ended toy). It is also important to learn about the different materials that sex toys are made of, as each requires specific care. Proper care will ensure your toy lasts longer, and will prevent germs.

If you intend to share your toy with a partner, you must remember that STIs (and other infections, such as yeast infections) can still be transmitted. Proper cleaning can prevent this from happening, and toys should be cleaned after every single use. Plus, condoms work just as well on sex toys as they do on real penises. Even if you do not intend to share your toy, cleaning is still a must to get rid of bacteria and viruses; this is especially important if you are using a toy for both vaginal and anal stimulation.

The main sex toy materials are jelly, plastic, rubber, latex, silicone, glass, and cyberskin. We'll get into how to care for these different materials, but just remember that as an extra germ precaution, a condom is never a bad idea, even if you are the only one using the toy. Be sure to rinse very well after cleaning to wash away any soap, toy cleaner, or bleach, in order to prevent skin irritation. Sex toys should also be left to air dry, instead of drying with paper towel or cloth.

Jelly toys are soft and flexible and can be made out of various materials, which are porous, and can therefore trap germs if not cleaned properly. Jelly toys can be a tad sticky, attracting lint and fibers. Jelly toys can be cleaned with warm soapy water, or with a sex toy cleaner.

Plastic toys are harder than jelly toys, and over time they can break since they are not as flexible. Plastic is not as porous, but you should look out for seams or attachments that can be hard to clean. Plastic toys can be cleaned with warm soapy water or a toy cleaner. Every now and again, you can soak your plastic toy in a bleach-water solution, remembering to rinse very well.

Rubber toys are firmer than jelly toys, but they become more flexible as they are used. Rubber is another porous material, so clean well. Rubber toys can also be washed with warm soapy water or toy cleaner.

Latex toys are pretty popular, but make sure that you are not allergic to latex before buying one. Latex is another porous material, so clean diligently. Latex toys can be cleaned in warm soapy water or with a toy cleaner. Remember that, like latex condoms, a latex toy will break down if you use an oil-based lube like Vaseline or massage oils, so always use a water-based lubricant with a latex toy. Latex and jelly toys shouldn't be stored in the same container, because if they touch, the materials will start melting.

Silicone toys are more expensive, but they last longer and don't irritate skin. Remember to never use a silicone lube with a silicone toy or the toy will break

down. Silicone toys can be cleaned in warm soapy water or a toy cleaner. You can also clean silicone toys in boiling water, or in the dishwasher, as long as they do not have any mechanical parts. Silicone is not porous, but make sure to check your silicone toy for nicks or tears that can appear over time.

Glass toys are also expensive and non-porous. You can clean them with warm soapy water, toy cleaner, in boiling water, or in the dishwasher. Glass toys should be checked now and again for chips or cracks, and must be kept in a case or bag to prevent breaking.

Cyberskin is a mixture of PVC and silicone that is soft and realistic-feeling. Cyberskin toys are porous, and can be washed in warm soapy water or with a toy cleaner. To keep the material's realistic, soft feeling, sprinkle the toy with a bit of cornstarch after you wash it.

On November 13th, the Sexuality Centre hosted a Fantasia Party, where UNB students were invited to come to learn about (and purchase) various lotions, gels, and toys, and another Party will be hosted next semester. For more information, feel free to visit us! The Sexuality Centre has toys, cleaner, and lube on display. You can also call us at 452-6272 or e-mail us at sexuality@unb.ca. The Sexuality Centre is SUB room 203, on the third floor by the elevator.

Smoke free simply a utopian ideal

Dear Editor,
Last week the Brunswickian ran an article outlining a utopian proposal for a smoke free campus, and ultimately, a smoke free nation. This is apparently to be achieved by enforcing regulations on individuals who smoke. Given that we live in an environment filled with toxic substances and anti-social behavior, it seems unusual, even suspicious, that such intense hostility is directed at the humble cigarette consumer.

Putting a patriotic spin on this scapegoat tactic seems even more dubious; pointing the finger at smokers detracts attention from our embarrassingly grotesque pollution statistics, and attempts to exclude certain individuals from a healthcare system paid for with their tax dollars. The annually held National Conference on Tobacco or Health *[that's not a typo, it is "or" not "and"]* mentioned in the article, is sponsored by several pharmaceutical companies and the Canadian government, who make a killing on cigarette sales. But of course, they would only be revoking human rights for the greater good - wouldn't they?

When I open my window, the sill is soon covered in black, sooty exhaust residue. No doubt some of this noxious

dust has made its way into my lungs and onto the dinner table. But I can't expect people to stop driving. That would be unreasonable. Most people couldn't imagine campus life without toxic chemicals. Janitors at UNB are expected to use cleaning products which endanger their own health and the environment, haul away garbage cans filled with food wrappers and paper products, and soon (if all goes as planned) they won't even have a smoke break. Students douse themselves with 'hygiene' products, deodorants, and makeup before heading off to class. I would be a hypocrite I said these things should be banned - and isn't that what the anti-smoking Nazi's are, hypocrites?

As a non-smoker, I think keeping enclosed spaces smoke-free makes sense. However, I think we should question the media promoted image of smokers as a healthcare burden and defilers of public space. It seems to me that demonizing smoking is a stepping stone to the reduction of the rights and freedoms of Canadians. As long as there is no social stigma attached to driving an SUV, a nation-wide ban on smoking (although not cigarettes) seems like a misdirected goal.

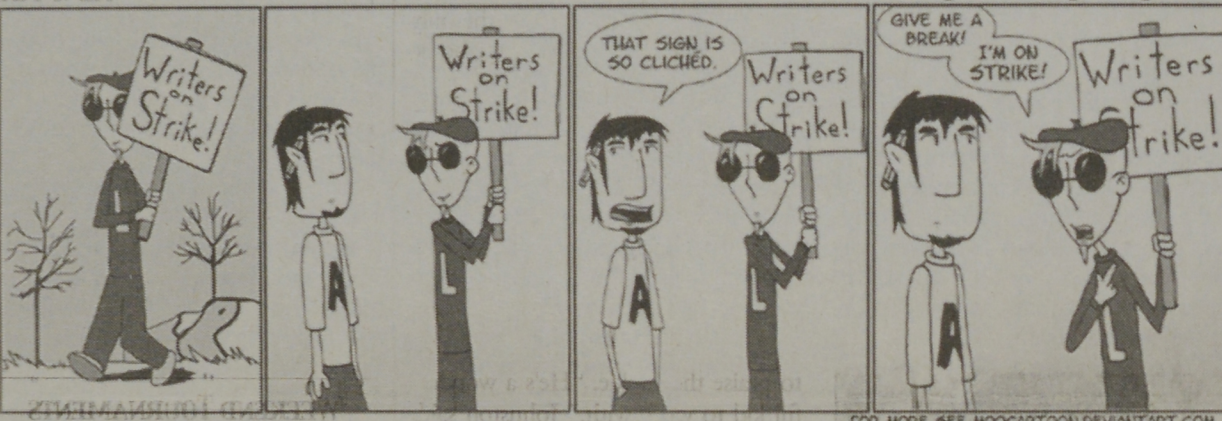
Margaret Young

Long Term comic (Halloween) - VICTORIA (CUP)



By Andrew MacLachlan
Nexus (Camosun College)

Art & Lit



By Chris Nyarady UNB

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Disappointment in SU's election process

Dear Editor,
I am disappointed and dismayed at the entire election regime at the University of New Brunswick. Only having 85 students vote in the last election and only having 1 (of the 8) contested spots running with more than one candidate denotes a severe problem, even by bi-election standards. What we need is more coverage, opinion and criticism levied in this area. Instead, what we get are letters from the CRO condemning opinion pieces on the election and "laughter" from the SU.

I have read a few Bruns pieces on the process of reforming the election process to strengthen its integrity, but I have read little on what this actually means. Constant reference is made to the "recommendations from previous CRO Claire Henderson." The favorite example is that a DRO has been hired. If memory serves, CRO Henderson implemented more "temporary" changes than that in the last election. For example, she unilaterally granted sweeping powers, to herself, so that she could financially punish candidates on whatever she deemed an infraction of the bylaws. As well, her position was that everything was banned unless she'd explicitly approved it. The by-laws, as they then stood, were

read very restrictively providing little political freedom in the realm of election campaigning. Frankly, I'm not that interested in whether or not a DRO was hired. Rather, I'm greatly interested in whether or not any of these other measures were written into the by-laws.

The letter, from CRO Tait (published in issue 10 of volume 141) mentions how unfair it was that the candidates did not get a chance to reply to Mr. Ouellette's criticism because of an imposed media ban on the candidates. I agree that this is a problem. But I don't really think there is a problem with a newspaper running an opinion piece during an election. In fact, I wish there was more on the subject - this would likely encourage more student participation. Instead, I think there is a major problem with the media blackout and how it is imposed. In the very least, the CRO should be reading this sweeping, broad and restrictive blackout as lightly as possible. Any doubt should always be in favor of free speech and open participation. But, ideally, this ban should be completely reconsidered. In the interests of fairness, I see why "some" areas would be restricted only during election days. But the current ban is unacceptable.

The media ban isn't the only restric-

tive tool in the election by-laws. There are many blanket restrictions on many forms of media and types of communications. As well, the default is that everything is banned unless explicitly approved. There seems to be a genuine fear that candidates (or newspapers) might actually use communication to change people's minds. Why? Election coverage should change people's minds - that's the nature of information. If a candidate is savvy enough to come up with a new way to communicate an idea (for example, coming up with a facebook group), why punish her for it? If someone writes an article to express a very real concern, why does the SU condemn it?

Our problems with apathy and elections have only just begun if we start to restrict the media on this subject. If Mr. Ouellette's article was provocative, that's a good thing. It likely encouraged half the people that did vote, to actually vote. The SU really needs to reconsider its official approach to elections and The Brunswickian needs to be there to cover it.

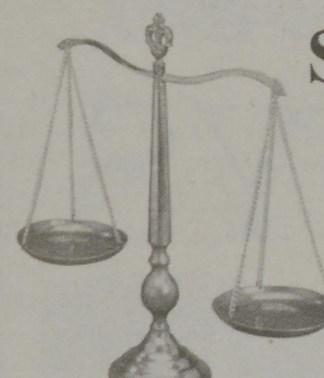
Sincerely,
Jonathan Griffith



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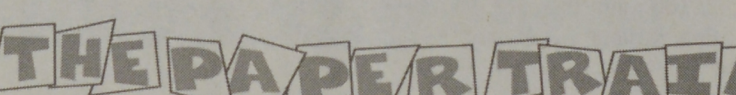
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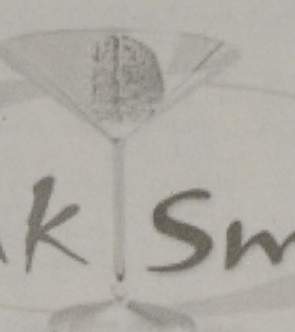
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