

PLAY FAIR!



The Sisters of Perpetual Indulgence

Several months ago, Mother Superior 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 bathroom doors weekly, the Convent's consumption of toilet paper, aspirin, band-aids and air freshener grew so unreasonably that Mother Superior was forced to ask the Vatican for a larger slush 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, Mother Superior made it her business to get to the bottom of this unhappy situation on the very morning that she found a queen crab walking up her leg. What she discovered could prove useful in preventing or eliminating similar situations in your own life.

It seems that the Sisters were suffering from numerous **Sexually Transmitted Diseases**. In the dark as to their discomfort, many nuns preferred to believe they had contracted unusually pesky colds that would sooner or later disappear. Unfortunately, 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, intestinal parasites and hepatitis (not to mention widespread warts and guilt) have all reached epidemic proportions in San Francisco. Mysterious forms of cancer and pneumonia are now lurking among us too. We are giving these diseases to ourselves and each other through selfishness and ignorance. We are destroying ourselves. Please read this pamphlet, and become aware, become responsible, and share the knowledge with your friends.

Mother Superior's Recommendations to Help Create A Disease-Free Convent and Community:

PLAY FAIR! If you know—or even suspect—that you have a Sexually Transmitted Disease, don't put other people at risk by engaging in sexual activity. Wait until you KNOW you can cum clean.

SOAP & WATER. Wash your hunky little body before and immediately after sexual contact(s).

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

THE OLD DOUCHE. Absolutely NOT! Stop douching. It can spread a little infection further inside you, making it a big infection.

LUBRICANTS. Buy lubricants free of fancy perfumes, scents, or MSG. The chemicals can irritate your ass.

COCK RINGS. Take off your ring when not in use. Some boys can't part with their ring, but it can make the penis swell and cuts off circulation to the family jewels.

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've 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 the most dangerous sexual behavior. 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. However, Mother Superior gives Sisters in monogamous relationships permission to rim.

VD TESTING. If one of your current partners lets you know he has a disease, it's a good idea to get tested for it. In addition, since most Sexually Transmitted 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 Kaposi's sarcoma for what symptoms to watch out for.

POPPERS. Warning: Mother Superior has determined that popper inhalation may be dangerous to your health.

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, the following is a list of gay-sensitive places to get diagnosed and/or treated. Numbers following each disease correspond to the appropriate clinic or group. Not all places treat all STDs.

1. CITY CLINIC, 356-7th St, SF—826-7600
2. HAIGHT-ASHBURY FREE MEDICAL CLINIC, 558 Clayton, SF—431-1714
3. HEALTH CENTER #1, 3850-17th St, SF—558-3905
4. BERKELEY GAY MEN'S HEALTH COLLECTIVE
2339 Durant, Berkeley—548-2570
5. SF GENERAL HOSPITAL INFECTIOUS DISEASE CLINIC
1001 Potrero, SF—821-8492
6. SF GENERAL HOSPITAL DERMATOLOGY CLINIC—821-8317
7. U.C. MEDICAL CENTER DROP-IN CLINIC, 400 Parnassus, SF—666-4602
8. U.C. MEDICAL CENTER ANAL WART CLINIC, 400 Parnassus, SF—666-4332
9. CENTRAL EMERGENCY, 50 Ivy, SF—558-5432
10. BUREAU OF DISEASE CONTROL, 101 Grove, SF—558-4046
11. KAISER HOSPITAL, Oakland (screening)—531-4942 (contact Bob Havens)
12. RESOURCE FOUNDATION (screening), 130 Church, SF—864-0550
13. METROPOLITAN COMMUNITY CHURCH (chronic hepatitis support groups),
150 Eureka, SF—864-0550 (contact number)
14. HELP FOR HERPES (support group & info), Box 6621, SF 94101—863-9580
15. U.C. MEDICAL CENTER DERMATOLOGY CLINIC—666-2051

Gonorrhea: 1,2,3,4,7
Syphilis: 1,2,3,4,7
NGU, MSP: 1,2,4,7
Intestinal Parasites: 5,7,11
Herpes: 14
Venereal Warts: 1,2,4,8
Scabies: 1,2,3,4,7,9
Crabs: 1,2,3,4,7
Hepatitis: 5,7,10,12,13
Kaposi's Sarcoma: 6,15

REFERRAL FOR GAY SENSITIVE PRIVATE PHYSICIANS: BAY AREA PHYSICIANS FOR HUMAN RIGHTS (BAPHR)—673-3189

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

This pamphlet was researched, written and produced by a committee of the Sisters of Perpetual Indulgence composed of: Sr. Roz Erection (Barouk Golden, R.N.); Sr. Lida Dogslife (Robert Stijn); Sr. Blue Nun (Frank Rivera); Sr. Florence Nightmare, R.N. (Bobbi Campbell, R.N.); Sr. Mary Media; Sr. Marie EverReady; Sr. Homo Fellatio; Sr. Sleaze de Jour; Sr. Mary O'Stop; and Sr. Francis Diana. Designed by Sr. Mary Media.

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Q: What is an STD?

A: STD stands for "Sexually Transmitted 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. 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 Stella of the Steam Room 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 5 days after contact. **HOW YOU GET IT:** Sucking or fucking. **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) Since he's only a Movice in the Order, Sister Kay Ingleside isn't authorized to have the clap—only Non-Gonococcal Urethritis. But then a Movice works just as hard as a Fully Professed Sister, and those little NGU bugs can do quite a bit of damage too. **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 or fucking. **IF UNTREATED:** Infections in

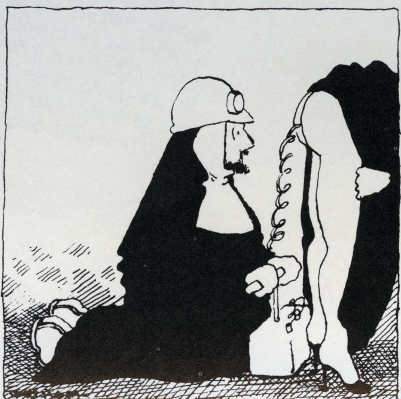
balls and prostate. **CURE:** Antibiotics. [There is a similar disease of the ass called **NON-SPECIFIC PROCTITIS (NSP)** that you get by being fucked. Probably caused by the same germs as NSU, its symptoms are similar to those for gonorrhea of the ass. In fact, if your test for gonorrhea is negative, ask the doctor if it could be NSP.]

SYPHILIS Sister Hemophilia transferred to the Sisters of Perpetual Indulgence from the Little Sisters of Our Lady 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. It's easy to miss the first symptoms because they can be painless or hidden. If left untreated, syphilis has 3 stages: (1) Swollen glands in groin and painless sore on penis, around or inside ass or mouth; (2) Rash on palms, soles of feet or over an entire part of the body. Rash doesn't usually itch or hurt; (3) Don't ask!! **SYMPTOMS APPEAR:** Stage 1: 10 days to 3 months after contact. Stage 2: 2 weeks to 6 months after sore heals or from 6 weeks to 8 months after germ enters blood. **HOW YOU GET IT:** Direct physical contact with a sore that allows germ to enter blood stream. Bug enters blood stream through invisible scrapes or cuts—anal intercourse (ass-fucking to you) can cause these abrasions. **IF UNTREATED:** Affects the entire body, may cause 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 treatment has worked.)

HERPES SIMPLEX Being an expert, if occasionally misguided, in one-up-person-ship, Sister Mary Media boasted upon hearing that another Sister had Herpes Simplex, "I used to have a Herpes Duplex back in Des Moines, but I sold it and bought a condo when I moved here." **SYMPTOMS:** Painful sore(s) or blister(s) on or around cock, ass, groin or mouth; tingling, burning sensation prior to appearance of the painful sore; less energy, sometimes accompanied by a low-grade fever. Once virus gets into 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. Ask your doctor about a drug called Acyclovir.

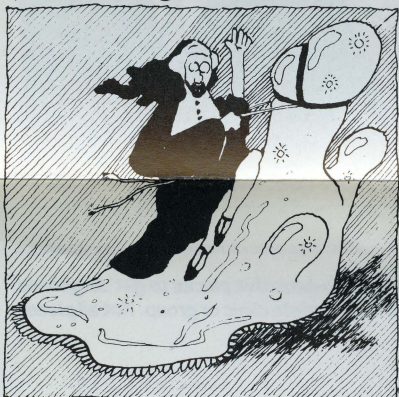
VENEREAL WARTS "But Doctor, I can't have warts!" shrieked Sister Blue Nun. "I've never made it with a toad in my life." **SYMPTOMS:** Small cauliflower-like bumps in or on your butt; hard yellow or gray skin warts on your cock that continue to grow. **SYMPTOMS APPEAR:** 1 week to 4 months after contact. **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 they 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 Francis Diana several visits 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 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 can be 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:** Kwell Lotion works (available by prescription only). Disinfect or launder all linen (sheets and towels) and clothing in hot water for 20 minutes to destroy 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 kind of lice). Tiny red spots (blood) in 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:** Kwell Lotion (by prescription) or over-the-counter medications such as A-200 or RID. Wash all clothes and linen, as with scabies.

INTESTINAL PARASITES Sister Florence Nightmare, 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 neighborhood 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 disease continues. Changes in shitting pattern such as more dumps, looser turds or diarrhea; cramping in lower abdomen; more gas and gas pain—farts smellier than usual; feeling run down; exhausted for no apparent reason; mood changes; white coating on shit. **SYMPTOMS APPEAR:** Ameoba—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 infested person). **IF UNTREATED:** Energy, appetite, emotions, sex drive are affected. Liver infection can develop with amoeba. **CURE:** These diseases are diagnosed through at least 2 shit specimens. Standard treatment drugs are very hard on the body, but there are alternative treatments—talk with your doctor.



HEPATITIS A & B Sister Marie Ever-Ready didn't know he had a yellow streak until his doctor informed him he 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 Mellow Yellow' 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 type A and B 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 have an active case in which liver damage continues. If you have been exposed to hepatitis, contact a doctor or clinic right away for a gamma-globulin injection. **DO NOT DELAY.** **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 belly, usually on upper right side; yellow skin and eyeballs (called jaundice); dark brown urine; light, clay-colored 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 and 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 or shit—with anyone.

KAPOSI'S SARCOMA and PNEUMOCYSTIS PNEUMONIA In the past 2 years some gay men in large American cities have developed severe problems with their immune systems. (The immune system helps the body fight off disease.) No one knows what is causing these problems, or whether they are sexually transmitted but they are serious and occasionally fatal. Some of these men have developed Kaposi's sarcoma—the so-called "gay cancer." Some have Pneumocystis pneumonia—"gay pneumonia." **SYMPTOMS:** KS: Painless, slightly raised red or purple blotches on the skin, weight loss, or swollen lymph nodes. *Pneumocystis:* Dry cough, fever, or run-down feeling. Some gay men have neither disease but nonetheless have weakened immune systems. If you have enlarged lymph nodes, fever, weight loss, unusual or persistent viral or fungal infections, dry cough, or unusual skin spots, don't panic, but see a doctor who is familiar with this problem. Bay Area Physicians for Human Rights can refer you.



"Mother Superior wants all Sisters to report for Guilt Disposal Duty, on the double."

GUILT This STD is subject to home remedies. Sister Roz Erection recommends putting your guilt in a blender set at "annihilate" for about five minutes, then flushing whatever's left down the toilet. Another recipe is to bake a large dose of care into a cake, having a big piece for yourself, and sharing the rest with people around you. Or, you can mail your guilt (in a plain brown wrapper) to the Sisters of Perpetual Indulgence, and we'll get rid of it for 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 life. **IF UNTREATED:** Can result in loss of ability to be happy; loss of spontaneity; impotence; sexual dysfunction; epidemics of sexually transmitted disease. **HOW YOU GET IT:** Judeo-Christian tradition of morality; Catholic schools; 3 to 4 hours of TV a day when young. **CURE:** Respect and love yourself and others.