

# Margaret Atwood conjures literary magic

By Lydia Pawlenko  
Margaret Atwood, often labelled  
Canada's resident sorceress-

author, decided she needed a  
change of scenery. "I am going to  
give this reading and flee," she

told some 400 fans at the Har-  
bourfront Tuesday night poetry  
reading to the Women's Fund-

Raising Coalition last week.

Ms. Atwood is in the middle of  
writing a new novel and is leaving  
the country for "the foggy, dismal  
atmosphere of Scotland" which  
she believes is perfect for writing,

measurably, not just 100 per cent  
but 1000 per cent."

She reminded the audience of a  
time when prose writers were  
forced to leave Canada. One of  
Mordecai Richler's earlier books  
was published in England, and sold  
only three copies in Canada that  
Year. She feels however, "the  
state of the country is worse since I  
wrote *Survival*."

If people came to the reading  
expecting a little magic, they  
weren't disappointed. Margaret  
Atwood read her selections from  
*Two Headed Poems* in a drawn-  
out way, leaving the audience  
hanging onto such images as a  
heart, described as "a lump of  
muscles that contracts, purple-  
blue, with its skin of suet."

The second half of her readings  
consisted of improvisations from  
the first draft of her unfinished  
novel. Hilarious, sarcastic, but  
painfully realistic, it was relieving  
to hear the familiar ghoulish At-  
wood Gothic being carried on.

The crowd is shaken and  
bewildered by her amazing in-  
sight. They laugh and squeal with  
sinister delight. Her eyes seem to  
miss nothing. Afterwards there is a  
clutter of curious onlookers staring  
with fascination as their Mother  
Oracle, looking surprisingly tiny  
and fragile, autographs books.

A last glance, for a little while.



because the weather is so bad one  
doesn't want to go out.

"The last time I left the country,  
two things happened. They im-  
posed the War Measures Act, and I  
wrote *Surfacing*." She then  
prophetically warned with a  
chuckle, "You're going to have to  
go through a lot before I finish this  
next novel."

When briefly interviewed on-  
stage by host Greg Gatenby, At-  
wood seemed hopeful about the  
state of Canadian writing: "The  
writers' lot has improved im-

## Revitalize with Yoga

By Howard Halpern

Yoga is a comprehensive system  
of self-development incorporating  
physical, emotional, intellectual,  
and spiritual benefits.

Emphasis, initially, is on  
exercise and relaxation. Physical  
exercise is necessary to enable one  
to fully relax. Yogic exercises  
involve stretching, and stretching  
loosens tension in the muscles.

Yoga aids the improvement of  
physical health and can be used in  
the prevention and treatment of  
diseases. There are many causes  
of disease, but most significant is  
the accumulation of poisons and  
other waste material inside the  
body.

Yogic exercises are done slowly,  
not violently. In general, although  
with certain exceptions, the  
postures affect our health in the  
following way: As the position is  
entered, certain organs and glands  
are compressed.

This is not painful—it is a kind of  
massage which forces waste  
matter out of these vital structures  
into blood vessels which carry the  
waste to the organs of elimination.  
Purification.

When we come out of the  
position, the compression ceases,  
allowing a fresh supply of arterial  
blood—rich in oxygen and  
nutrients—to flow into the affected  
areas. Revitalization.

In summary yoga upgrades  
physical health by assisting in the  
elimination of harmful substances  
and bringing helpful substances to  
the areas where they are needed.

Of course, in order for these  
helpful substances to be trans-  
ported, they must be present in  
the bloodstream, which entails  
proper diet and proper breathing.  
Both of these topics are dealt with  
in class.

Yoga is extremely beneficial in  
terms of weight loss or gain. A  
major cause of weight problems is  
the hyper or hypo-activity of  
certain glands. Yoga postures aid  
in balancing the glandular  
secretions and bringing them into  
harmony with one another.

The postures also help us to  
develop greater flexibility,  
coordination, balance, strength,  
and stamina. Breathing exercises  
enable the system to draw more

oxygen, hence more energy with  
which to accomplish our various  
purposes in life.

Furthermore, by enrolling in and  
regularly attending a yoga course  
one develops greater concern for  
the care and maintenance of the  
body. This requires discipline. As  
we acquire the physical benefits,  
our motivation to practice in-  
creases, and with it our capacity to  
discipline ourselves properly.

A great deal of information is  
given in class about our body and  
how it functions. This is of much  
practical benefit.

In fact, this is the primary  
concern of the yoga club: to help  
people to utilize constructively, in  
their daily lives, knowledge gained  
from the practice of physical  
exercise, as well as health-related  
information discussed in class.

This leads to the practice of  
concentration and meditation,  
which will be introduced to those  
interested, once having demon-  
strated sufficient competence on  
the physical plane.

Contact the York Yoga club  
through CYSF, 667-2515.

## Braxton show rescheduled

Anthony Braxton's solo  
performance, cancelled on  
September 19 in deference to  
YUSA pickets, will take place  
on October 31 at the Queen  
Elizabeth Theatre, Exhibition  
Place.

Braxton, a world famous  
saxophonist, will be joined by  
the Art Ensemble of Chicago.  
Tickets to September's show  
can be returned for refund at  
the point of sale or exchanged  
for the October concert. New  
prices are \$8.50 adult, \$6.50  
student, available at Bass  
outlets and Jazz & Blues  
Records.

Also scheduled to appear in  
the Burton Auditorium, the  
Whilom Stringband has been  
postponed to November 2.  
Necessary Angel's theatre  
performance has been  
rescheduled to November 7.

TECHNICS - YAMAHA - KENWOOD - AKAI - SANSUI - BOSE - DUAL - TEAC - HITACHI - PANASONIC  
TOSHIBA - CRAIG - AUDIOVOX - STUDIO - LAB - AVANTI ETC.

# STEREOLAND

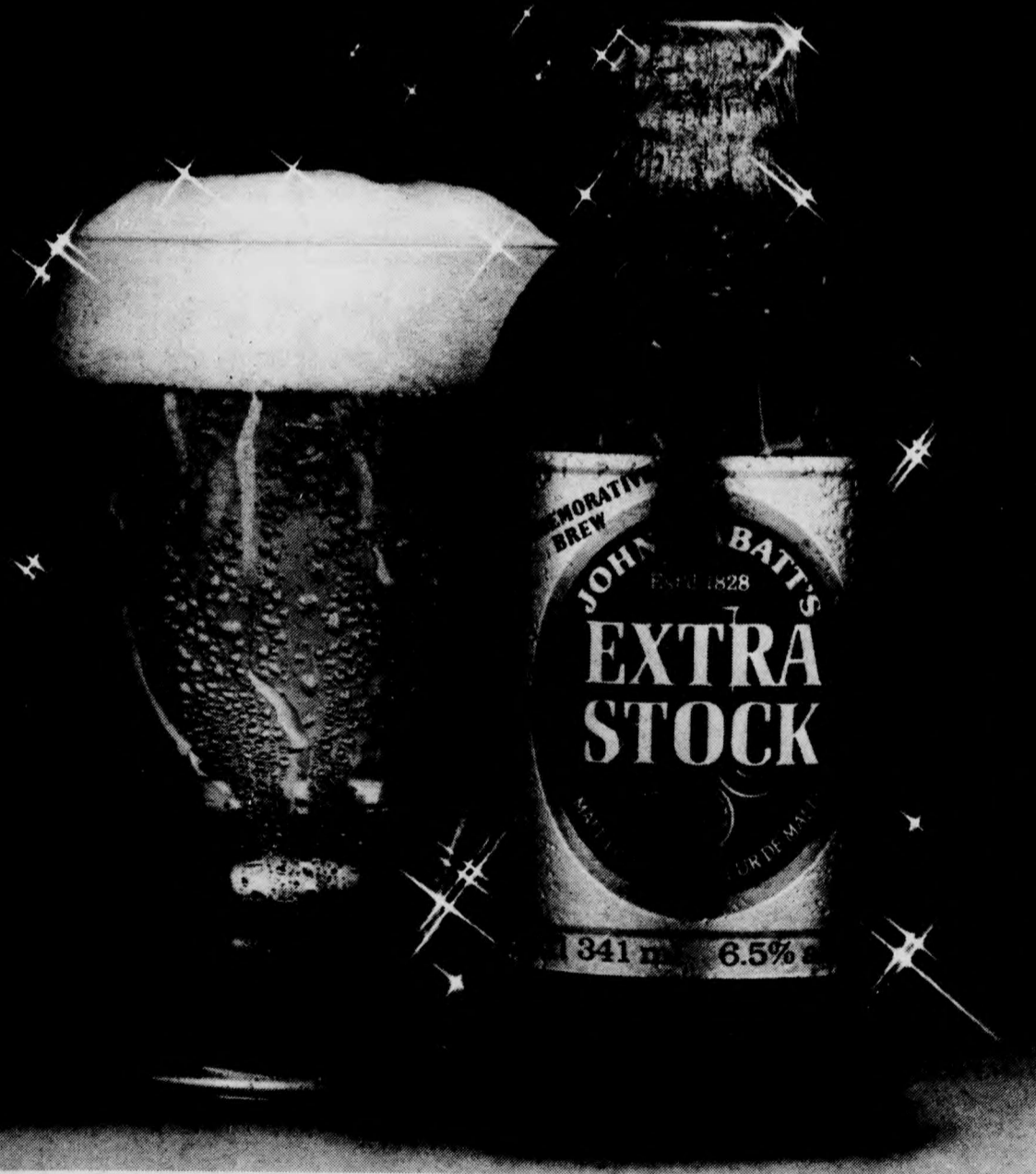
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