

More to come for
More to go



Head Office 962-6232

Meditation eases space flights, may boost students' intelligence

By ANNA VAITIEKUNAS
Every morning and evening, 500,000 people spend 20 minutes practising Transcendental Meditation. They are, says its advocates, the most physiologically stable and socially receptive people this world will ever know. And two of them — Ashley Deans and Stephen Kierkegaard — will be lecturing tomorrow on this fascinating science

of creative intelligence. Deans, currently working on his doctorate in space science, is the president of the Students International Meditation Society. He is the instigator of the TM movement on campus, and has introduced TM to 300 students so far. Kierkegaard has studied Transcendental Meditation with Maharishi Mahesh Yogi, a teacher of TM, and has been a qualified teacher in TM for the past three years. Both are authorities on this fast-growing phenomenon.

meditators, the medical world has now resolved that it is not some new-fangled fad, but rather a valid science.

The effects of Transcendental Meditation have been documented by the government and acknowledged by the popular press. As a result, NASA's astronauts are instructed in TM before space flights so that they can cope effectively with the physiological pressures they encounter in flight. Forty American and six Canadian universities offer credit courses in TM. The crime rates in four major U.S. cities drastically dropped when one per cent of the population practised TM.

Why is TM so popular? The basic reason is that it requires very little time and is simple in technique. Since TM's inception in North America as a popular science, it has been under much scrutiny by the medical world. After years of experimentation on the physiological, biochemical and intellectual changes that occur in transcendental

Studies of University of California students showed a marked increase in intelligence and learning ability. Persons meditating for a period of two years or more evidenced twice the short-term and long-term recall of a non-meditator.

Transcendental Meditation is, in Maharishi's words, "a process of direct experience which allows the conscious attention to be drawn automatically to the deepest and most refined level of thinking." And it is, indeed, a science of remarkable benefits.

STEREO WHOLESALERS Open to the Public

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Kangaroo tries to avoid court

CHICAGO (CUP/CPS) — A gray kangaroo at least five feet tall is reported hiding from the law in Chicago.

Sightings of the creature were first reported in October, but police discounted them until two constables showed them bruises and scrapes gained in a recent attempt to capture the desperate animal.

"We got him in a corner and punched him in the head a couple of times," reported patrolman Michael Byrne. "But his punch was worse."

Chinese lecture

Noted author William Hinton, a long-time resident of the People's Republic of China, will speak Sunday night (January 19) at 8 p.m. at 252 Bloor Street West, on new developments in China. The event, sponsored by the Canadian Chinese Society, is free of charge.

FREE JEWISH UNIVERSITY ENROLL NOW

It offers courses in a wide range of particularly Jewish concerns and its major purpose is the enhancement of knowledge, feeling and identification.

COURSE OFFERINGS

THE FIRST STEPS OF WHAT JUDAISM IS ALL ABOUT

Using audio-visual material, we will discuss the practical aspects of living Judaism.

RABBI YEHOShUA LAUFER
Thurs., 4:00 P.M.
York Univ., Ross Bldg., Rm. S169

READINGS IN MAIMONIDES

A broad selection from the works of the Rambam including his Code, Guide for the Perplexed, Letters, and Commentaries.

Text: Twesky's "A Maimonides Reader"
Mr. SAMUEL KAPUSTIN
Thurs., 8:00 P.M.
Youth House, Adath Israel,
Wilson & Bathurst

BIBLICAL STUDIES

An inquiry into the concepts of Biblical literature. Among themes to be explored: God and Man, Man & the Social Order, Wisdom and Faith, Righteousness & Suffering.

PROF. SOL TANENZAPF
Tues., 3:00 P.M.
York U., Winters Coll., Rm. 108

TORAH-READING WORKSHOP

You can never tell when this will prove useful... Review or learn from scratch the cantillations for both regular and unusual occasions incl. High Holidays, Megilla, Eicha, etc.

MR. ZVI HECHT
Thurs., 4:00 P.M., HILLEL HOUSE

JEWISH CRAFTS

Learn needlepoint, crochet, macrame, off-loom weaving and beadwork and then through these methods create Jewish projects.

MS. SUSAN FEDDER
Wed., 4:30 P.M.
York U., Ross S169

LEARNING HOW TO LEARN

For those who've not learned (enough) Hebrew to feel like they could pick up a Chumash and study. Will incl. the scope of Jewish learning, techniques in use of vernacular, non-classical writings, translations, what to study and how to do it with only the help of one friend.

MR. BEN MAYER
Thurs., 8:00 P.M., Hillel House

CONVERSATIONAL YIDDISH

The elements of the language taught in an enjoyable way. Two sections.

MR. S. MITZMACHER MR. S. SIMCHOVITCH
Wed., 7:00 P.M. Wed., 1:00 P.M.
Hillel House York, Founders 114

JEWISH MAGIC & SUPERSTITION

Looked upon with suspicion, there is yet a wealth of material indicating the role played in the past. Hotly contested by Jewish scholars as to its validity.

RABBI RICHARD MARCOVITZ
Wed., 8:00 P.M.
Hillel House

THE MIDRASH: ADVENTURE IN INTERPRETATION

Edited by the 6th Century, the Midrashim are collections of interpretations of Biblical text which stress its ethical and devotional aspects and illustrated in many fascinating and beautiful stories.

RABBI ROBERT BINDER
Tues., 5:00 P.M.
Hillel House

PRACTICAL ASPECTS OF HILCHOT SHABBAT

Co-sponsored with Shaarei Shomayim Cong., the course stresses the Halachic requirements of Shabbos. A text will be studied summarizing these demands.

RABBI HOWARD SACKNOVITZ
Wed., 9:00 P.M.
Shaarei Shomayim, Glencairn & Bathurst

JEWISH GRAPHICS WORKSHOP

Learn to do silk-screen process and other techniques around various Jewish themes. Very much a doing course with studio work.

MR. RICK PHILLIPS
Sunday, 2:00 P.M.
Hillel House

PAINTING FROM THE BIBLE

A personal encounter with Biblical passages leads the student to draw or paint an individual interpretation. The instructor acts as guide to understand text and in use of materials. Attention given to form, color, and the symbolism of letters of the text.

MRS. HANNAH SANDBERG
Thurs., 8:00 P.M., Registration Fee: \$15
BBYO BLDG., 15 Hove St. (Bath.-Sheppard)

CONVERSATIONAL HEBREW

A basic course in learning the language. Text provided.

MS. BEELA LANGSAM
Thurs., 2:00 P.M.
York University,
Winters College, Rm. 108

ISRAELI FOLK DANCING

Everyone is invited!
MR. ZVI RAGOL
Suns., 7:45 P.M.
Vanier College, Room 202

Do You Know Any Outstanding Teachers???

1975 OCUFA Teaching Awards

Each year the Ontario Confederation of University Faculty Associations identifies a number of outstanding teachers in the universities of Ontario. These teachers are presented with citations at the OCUFA spring conference. If you have had such an outstanding teacher recently, we would like to hear about it. Please note the following guidelines for submission of nominations.

CATEGORIES

Teaching, in the context of the OCUFA Awards, need not be narrowly defined. Proficiency in teaching may extend beyond the lecture hall, the seminar room, the laboratory or the faculty member's office. Activities including a number of those sometimes classified as administrative services — e.g., course design, curriculum development, organization of co-operative teaching programs, thesis supervision — and other significant forms of leadership are often important contributions to the instructional process. Those who excel in any of these are eligible for the OCUFA Teaching Awards.

NOMINATIONS

Are invited from individuals, informal groups of faculty or students, or both, and such organizations as local faculty associations, faculty or college councils, university committees concerned with teaching and learning, local student councils, departments, alumni, etc.

CRITERIA

No standard form of submission is required, but sponsors should provide as much evidence in support of the nomination as will make it clear that outstanding work deserving of recognition has been done.

PROCEDURE

Letters of nomination, with supporting documentation, should be sent to:

Dr. S.F. Gallagher
Chairman
OCUFA Committee on Teaching Awards
40 Sussex Avenue
Toronto M5S 1J7

The deadline for receipt of nominations is: March 15, 1975

PLEASE NOTE: There is a fee charged for the F.J.U. The \$5.00 fee entitles one to pursue any number of courses listed and helps to cover the cost of the program. The fee may be paid before or after courses begin. Mail cheques to F.J.U., York University, Ross S101, 4700 Keele St., Downsview, Ont.

Sponsored by Jewish Student Federation at York University and Hillel at University of Toronto