

Education with a difference

A frighteningly surrealistic poster from the works of H.P. Lovecraft greets you as you step into Lifeforce Books in HUB, a place where the "Essential nature of things is explored through books," according to the manager, Eric.

It is a place with a difference, where one can learn from alluring volumes like "Gain Sexual Power Through Witchcraft" or "The Satanic Rituals."

Not to say it concentrates on the occult. The above mentioned are part of a section on religious philosophy, ranging from traditional Judaeo-Christian in the West to the Eastern religions of Hinduism and Islam to the so-called black arts.

Other items include cookbooks devoted to soybean and yogurt, the Alice B. Toklas cookbook from the feminist of the thirties which contains a recipe for hash fudge, and a selection of posters. Art books running the gamut from Michelangelo to Japan are also featured.

Eric eventually plans to bring a couple of tables, coffee, and sets of chess and go for people to play.



photo by Doug Moore

The essential basis for life is the underlying theme at Lifeforce.

greatest
variety
of
something different

BAKER CENTRE *Optical*
student discounts
10025 - 106 street 429 - 2181

hair is beautiful
celebrity men's hair 10135 - Jasper Ave.
424-hair

It's great to have money in your pocket.

If you're looking for work, stop in or call...
MANPOWER
TEMPORARY SERVICES
We'll give you all the help you need.

Loading • Unloading • Material Handling
Warehousing • Truck Driving Help and Others
305 Boardwalk 10310-102 ave 424-4166

Stress

cont'd from pg. 1

deans most critical of the report in general faculties council were among those who failed to take advantage of the invitation.

Perhaps, she suggested, some people who were most disappointed had the quixotic notion that one report would alleviate all stress at the university.

"There is always going to be academic stress," Monroe admits. "However, there is an acceptance that academic stress has increased in the last couple of decades."

Not that all stress is bad. Kellog Wilson, a Psychology professor suggests in a brief to GFC some students perform much better under a moderate amount of stress.

"In general, efficiency of performance follows an inverted U-shaped function with best performance resulting from moderate levels of arousal," he says.

In any event, people react in different ways to various mental and physical events stress. One study, for example, showed that marks decreased with chronic anxiety for students with low academic ability, while students with a high aptitude, marks increased.

Monroe agrees that some stress might be beneficial and points out that the stress report states this

Smile
PASS IT ON
SMILING WORKS
Smile
IT'S CATCHING

call for...
Labatt's
PILSENER BEER
call for...
'Labatt's Blue'

Labatt's Blue smiles along with you.

**Drs. ARMSTRONG,
BISTRITZ, WALKER
and MARSH**

OPTOMETRISTS

SOUTHSIDE OFFICE
320 Pleasantview
Medical Bldg.
11044-51ave
435-3379 435-4507