

The roving photographer

by Arnold Mosher

Question: What do you think of the election of Ronald Reagan as President of the United States?



Steve Piggott, first year Engineering

I believe the outcome of the election demonstrates two things. First it demonstrates the influence of the media on the outcome of an election. Secondly, it demonstrates a general misunderstanding the people have in regard to the presidential position in itself and its position in the world. I find it frightening that a man views another power in this world with such disdain and threatened fear. Quite possibly we may foresee a holocaust a lot sooner than I think it would have existed normally.



Pam McKinnon, first year Commerce

I think it is good that Ronald Reagan was elected. Considering the benefits for California when he was Governor, hopefully he will do the same as President.



Loretta Cheung, third year Math

I don't know much about him, but I feel that he is ambitious and lucky. Because

of the hostage situation, I feel Carter is gentler. I think that Ronald Reagan would do a good job.



John Conrad, third year Commerce

My view in the situation is that Reagan is probably no smarter than Carter, except he will have people around him that will be qualified to make some sort of decision. The problem with him is that people like Kissinger, who will probably be his advisor, are more likely to push issues a lot further than Carter would have. I don't think he is as diplomatic as he could be and in that case we are probably one step closer to a nuclear holocaust.



Chris Hartt, second year Arts

Reagan shows a right-wing, free-enterprise attitude but in California he developed big government, so perhaps he will do the same in the Federal administration. His war-mongering right wing attitude is more of a front than a reality.



Albert Younes, third year History

I think Reagan's election is the rise of fascism again in the States that bodes no good for Canada, or Mexico, or any North American country.



Denise Lorette

I think it's a joke! I couldn't really take a person seriously who was an actor at one time, and whose to say he's not acting now. I think Carter did a great job and I don't know why the people even picked Reagan.



Kelly Smith, first year Science

I really didn't keep up with the election of Reagan, but I am rather skeptical of him. I thought that Carter didn't do that bad a job. I don't know if the American people did the right thing in voting for Reagan, I think Carter should have been given more time. I guess the best thing to do is just wait and see what happens with Reagan in the next four years.

TM—The hard sell for "deep rest"

by Paul Creelman

Transcendental Meditation—is it a fraud or the greatest opportunity for self-improvement around? Intrigued by posters announcing a seminar here at Dal, I attended a lecture held in the SUB a few weeks ago.

On entering the room, I did notice one surprising fact about this lecture—I was the only one there. Not in the least put off by his rather small audience of one, the lecturer chatted amiably about the university before starting into his pitch.

"TM brings our intelligence to a higher level of organization", says Ken Briskoll, one of the two TM teachers in Halifax. Briskoll regularly meditates himself, so he should know.

"Transcendental meditation transcends the active areas of the brain, and goes to the quieter areas of the mind from which all activity comes", adds Briskoll, stating that this is not in the least contradictory.

"There are many examples of this in the physical world. For instance, and I don't know how familiar you may be with physics, it has been shown scientifically that all of matter is an excitation of a vacuum state, and that all of matter has differing levels of intelli-

gence. The lowest level is the quietest but has the most power, and that's what TM does, it taps the quietest but most powerful level."

Briskoll then went on to explain the results of TM a bit further.

"TM provides a deep state of rest", says Briskoll. "It provides us with an expanded awareness and expands our container of knowledge. Everyone has a container of knowledge, and with TM, the more the container of knowledge expands, the more you want to learn and want to expand your container even more".

Other results of TM, according to Briskoll, are increased intelligence, include increased rain wave, synchrony, improved psychology, development of personality, increased productivity, decreased blood pressure, relief from insomnia, increased inner control, decreased anxiety, and a longer life-span. Other benefits also include reduced nervousness, reduced depression, reduced irritability, increased sociability, increased self-assuredness, decreased inhibition, increased emotional stability, and increased staying power and efficiency.

Briskoll adds that those who have meditated for at least six months are eligible for the

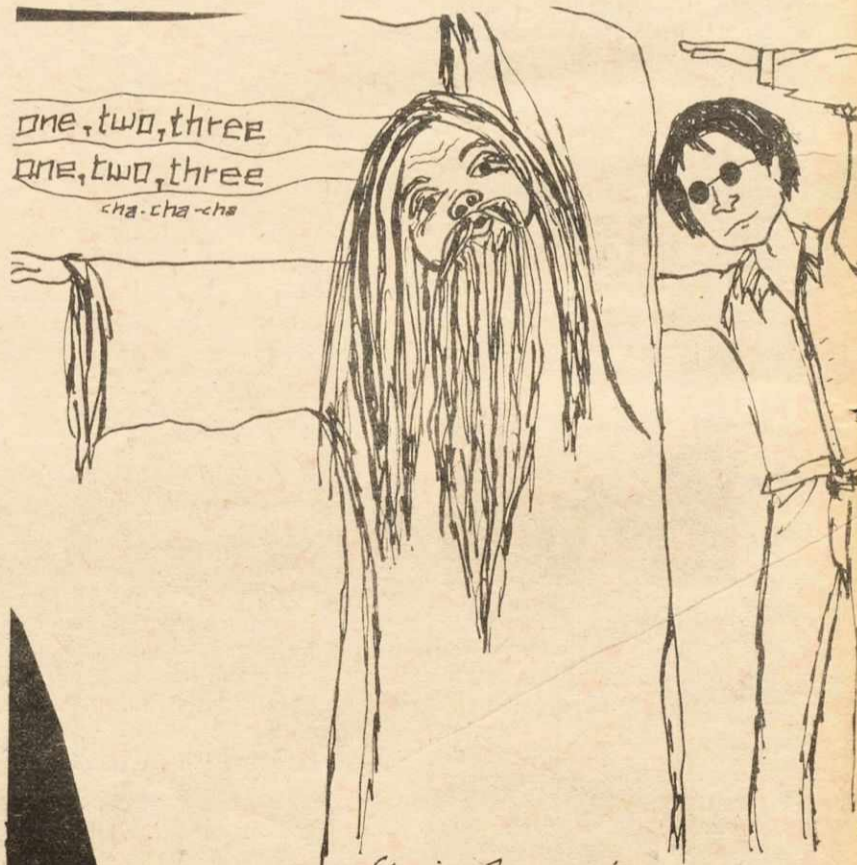
"Sidhy" program, which "effectively allows them to perform miracles." When asked for specifics on these miracles, however, Briskoll was unable to suggest anything more miraculous than a 300% increase in aural perceptive ability, noting that "anything that we don't directly understand can be called miraculous."

Noting that increased intelligence is the direct result of using TM, Briskoll tried to make his lecture relevant to the student in the audience. However, he does not believe that TM is being "oversold" at all.

"It isn't overselling to tell the simple truth about the TM program. I think, if anything, it is being undersold rather than oversold. And considering the amount of instruction that a typical student would be getting for his \$80, it is really a good deal."

When asked about the "relaxation response" documented by Benson and Wallace, which suggests that at least some of the many claims made for TM can be had by anybody willing to sit still for a few minutes each day, Briskoll states that TM is not a "relaxation response".

"What Benson and Wallace have done is to copy the TM program and print it in their



book. But the important thing to realize is that TM is much more than just the relaxation response, and that with Benson's method you don't achieve the deep rest that comes with TM," stated Briskoll.

"People in the TM program have scientifically validated studies to show its benefits, such as infinite correlation and increased effectiveness". Despite Briskoll's tremen-

dous grasp of the nature and benefits of Transcendental Meditation, however, I was not persuaded to take the introductory course. Those who have more faith in the claims put forth for TM can contact Mr. Briskoll and company at the Halifax Center for TM, 6274 Duncan Street, Halifax. And if you come out with your brain waves perfectly correlated, don't say you weren't warned.