Harbinger's column

February 10, 1977, Excalibur 9 Harbinger is York University's peer

counselling and referral service. Drop in at 214 Vanier residence or phone 667-3059-3632. Open 10-6, Monday to Friday.

Tension tips to try while waiting for a bus

By LINDSAY COBB

Invariably, winter is a rough time for people. Our energy is depleted by the cold and lack of sunlight. Tension mounts as we strive to pull better grades, or finish papers which should have been done ages ago. People withdraw into themselves.

Physiologically, tension causes capillaries to contract, reducing circulation. Consequently, there is not adequate blood flow to remove toxins which build up on tissues as byproducts of normal cell activity. As well, nutrients are not reaching all body tissues. Unless there is a full cycle of tension, release of energy and relaxation, your cells are undernourished, and even poisoned by toxic buildup.

Each of us stores tension in a different area of our body. Common sites of tension build-up are neck and shoulders, calves and chest. The first thing to do is to become aware of what tension feels like. Lie down comfortably on your back.

arms at your sides, but not touching your body. Flex your wrist for 10 seconds, concentrating on the sensations in your forearm. You are feeling tension. Now, drop your hand and relax.

Next, check out your entire body for tension sites. Still lying down, bring your attention to each area of you body, starting at your head, and working downward. Contract and then release each muscle or set of muscles in turn. Move slowly, feeling as much as possible. Note differences from area to area. At the end, tense your entire body. Whatever position you pull into, be aware if it seems to express an emotion.

Now relax entirely and sink into the floor. Let each muscle drop, your joints expand and your bones float. By now, your breathing should be deeper and slower. Do not rush to get up. Take your time and enjoy the sensations of relaxed muscles, and a focused mind.

With a little practice, this

Petty politicians

Has anyone realised what is going on in the minds of the CYSF? Suddenly all the entertainment is being provided free of charge, films, concerts and dances. Best of all, Barry Edson has finally made a decision, he has joined the Liberal Party. I'm not knocking Barry, I'm merely pointing out the party politics.

The Ontario Federation of Students and National Union of Students referendum is around the corner. Therefore CYSF, like all political parties, with elections in the air starts "doing things", and working their asses off trying to cover up the slack attitude of the

year gone by.

This is in no way a political letter, don't get me wrong, I want the York community to be aware of what the CYSF is trying to do. They are pouring out all their budget and brainwashing the York students into thinking they aren't such bad guys after all.

I think it is disgusting that CYSF should try to manipulate its own community by these degrading tactics. It just goes to show that they are no more than petty politicians seeking power through any means.

Naomi Laird. **Bethune College Council**

DANCE DANCE DANCE DANCE SATURDAY, FEB. 12th 8:30 P.M. - 1:00 A.M.

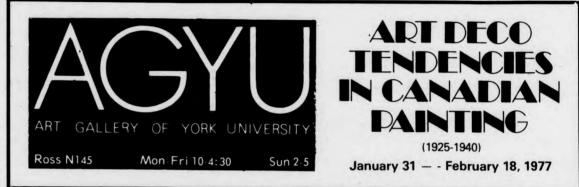
relaxation technique can be used while you're sitting or even standing. Try it while waiting for a class, during a study break, or sitting on the bus. It is particularly useful to concentrate on the areas of your body which hold the most extra tension.

As you break up tension blocs. you will find your breathing expands and deepens. Chest constriction keeps oxygen con- you using? Are you breathing with sumption low, with a consequent your chest? lack of alterness. The next exercise concentrates on breathing as a way to relax and mobilize energy.

This is one of her exercises. Pick a room with dim lighting and a carpet. Lie down and close your eyes. Concentrate on your body for a few minutes. Now turn your attention to your breathing. What muscles are

CORRECTION

Last week the Harbinger Column wrongly reported that the Rape **Crisis Centre receives 400 calls per** day. The actual figure is 400 calls per year. Harbinger regrets the еггог.



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