

TRAVEL TALK



by **Brenda Johnston**

Well, here it is September and you just got here; the last thing on your mind is leaving . . . hopefully.

However, when your feet get itchy and the gypsy blood starts to boil, be sure to visit the travel office conveniently located in the Student Union Building on the ground floor between the cafeteria and coffee shop. The office is owned by the students and is there to provide a service to the students. I am there Monday to Friday 10:00 a.m. to 12:30 and 1:30 to 4:30 p.m. The rest of the working day is spent at Allingham Travel, downtown, where I have access to information necessary to complete almost any travel requirement.

We can arrange for reservations and tickets for Air Canada, Eastern Provincial Airways, as well as Delta, Eastern, American and most any other airline. CN/CP train tickets can be obtained with one days notice. Car rentals and hotel accomodation information is readily available. Suntours, Skylark and Caramac holidays to fun sunspots are some of our popular vacations. Passports, tourist cards, student ID cards and rail passes are only a few of the many services we provide.

We will be having "charters" for Christmas and Midterm Break so start saving those dollars. Make this the year to give yourself the treat of a lifetime. Right now, we are working on a good deal for a chartered bus to Montreal for the Thanksgiving week-end. Watch the bulletin window outside the office and keep reading this column for further details.

Got an empty wall? Drop in . . . **FREE POSTERS.**

Shape up, Engineers!

By **ANDREW STEEVES**

Well another summer has passed and another tough term lies ahead. Keeping the rigors of the fall term in mind The Brunswickan, in conjunction with Participation, has developed a whole series of college conditioning exercises designed to keep UNB's engineers at the peak of their powers.

The first series of exercises will build strength and increase dexterity in the hands. Good hand control is essential in engineering. Of what use is a \$200 calculator if you have neither the strength or the co-ordination to depress the required digit key? How can engineers enjoy their favourite beverage without a firm grip on the bottle? What better means of succinctly expressing your views than with the use of the finger(s)? Obviously the hands should receive special consideration. They should not be used to wipe bark from moving chainsaws or to test the sharpness of electric knives. Rather they should be strenuously exercised, not by such boring exercises as fingertip pushups but by lifting weights such as the 40 ounce or the 24 ounce. Remember if the exercise is not done regularly it is of no use at all. We recommend a good work out at least twice a week.

The second series of exercises will build up the arm muscles. These muscles are essential if the engineer is to maintain good form by carrying twelve useless - but very heavy texts to and from class every day. The arm is also useful

in that it keeps the hands at a good distance from the shoulders. Lifting weights is also recommended here. The engineer is advised to start with 40 lbs or one thermodynamics textbook. A very simple (and very popular) arm exercise is lifting a 40 ounce from the table to the lips. If this is done very quickly the arm will build up strength very quickly. However there are health hazards involved with this speedy method so we recommend a slower, more moderate approach.

Good eye co-ordination is vital for engineers. An engineer must be able to read a textbook, see the blackboard, and write in a notebook all at the same time. Many engineers also look out the window and eye the clock in addition to the above tasks. Obviously such eye control is not learnt overnight. Unfortunately it has to be learnt very quickly or university retirement will come very early. One exercise has been found to be very good. It involves the simultaneous perusal of any

five adult magazines for the males Penthouse, Playboy, Chic, Mayfair, and Hustler have been found to be excellent exercise aids. The females usually use any 5 issues of Playgirl. Eye control develops very quickly under such conditions.

Once these exercises have been mastered the engineer is ready for advanced training. This involves mixing and matching the exercises to achieve the desired result. For example one could check someone else's work and write your own answers at the same time. Or you could punch your calculator, watch someone else and drink a tall cool one. Or you could scrutinize any five magazines, watch the board, drink a cool one, and do your assignment, all at the same time. If you have reached this stage in your development you are automatically given your iron ring and a \$15000 a year job. Congratulations!

Welcome back and have a good term!

COFFEE PARTY

All history students and history buffs are invited to attend - come and join the History Club.

DATE: Monday, 19 September 1977.

TIME: 4:30 p.m.

PLACE: 107 Tilley (History Department Workroom)

Sponsored by the Department of History, the History Liaison Committee, and the History Club.

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We'll be on your campus September 20th.



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