

# Final exam schedule - - spring 1978

14/03/78	FINAL EXAMINATION TIMETABLE APRIL 1978 BY EQUALS CHIEF INVESTIGATOR				14/03/78	FINAL EXAMINATION TIMETABLE APRIL 1978 BY EQUALS CHIEF INVESTIGATOR			
COURSE & SECTION	INVESTIGATOR	NO.	DATE OF EXAMINATION	BUILDING	COURSE & SECTION	INVESTIGATOR	NO.	DATE OF EXAMINATION	BUILDING
HIST3340	SMITH	22	9 AM WED	APR 12	PHIL3150	ELDERKIN	2	2 PM WED	APR 12
HIST3430	ALLARDYCE	18	2 PM THUR	APR 18	PHIL3322	PACCONALD, R.C.	11	2 PM MON	APR 17
HIST3432	ERICKSON	10	9 AM THUR	APR 20	PHIL3630	IRANICHI	5	2 PM WED	APR 19
HIST3500	COGHEAN	44	9 AM THUR	APR 15	PHIL4050		5	9 AM SAT	APR 15
HIST3522	VEID	37	7 PM SAT	APR 21					
HIST3600	DEGBER	3	7 PM FRI	APR 21					
HIST3622	AGHAR	17	9 AM FRI	APR 14					
HIST3640	YOUNG, D.M.	11	2 PM WED	APR 19					
HIST4190	GRANB	8	2 PM WED	APR 19					
HIST4200	THOMPSON	6	2 PM FRI	APR 21					
LATI-2100	JILLIAN	5	7 PM TUES	APR 18					
LATI-4112	SMITH, J.R.	2	7 PM WED	APR 19					
LAW5002	PCKNGT	114	7 PM WED	APR 19					
MATH1002	E CARRAGHER	22	7 PM THUR	APR 13					
MATH1002	O1 HIBLANC	61	7 PM SAT	APR 15					
MATH1002	O2 THOMPSON	76	7 PM SAT	APR 15					
MATH1002	O3 TUPPER	62	7 PM SAT	APR 15					
MATH1002	O4 SMITH	63	7 PM SAT	APR 15					
MATH1002	O5 SULLIVAN	24	7 PM SAT	APR 15					
MATH1002	O1 CARRAGHER	40	2 PM TUES	APR 25					
MATH1002	O2 STAR	77	7 PM SAT	APR 22					
MATH1002	O3 HODROYD	60	7 PM SAT	APR 22					
MATH1002	O5 LUND	73	7 PM SAT	APR 22					
MATH1002	O7 VISBANATHAN	77	7 PM SAT	APR 22					
MATH1002	O8 LEE	71	7 PM SAT	APR 22					
MATH1002	O9 SULLIVAN	16	7 PM SAT	APR 22					
MATH1002	O10 SULLIVAN	23	7 PM SAT	APR 22					
MATH1002	O11 YACZAN	15	7 PM SAT	APR 22					
MATH1002	O12 SULLIVAN	31	2 PM SAT	APR 22					
MATH1002	O13 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O14 SULLIVAN	106	2 PM THUR	APR 13					
MATH1002	O15 VISBANATHAN	29	2 PM THUR	APR 13					
MATH1002	O16 VISBANATHAN	51	2 PM THUR	APR 13					
MATH1002	O17 VISBANATHAN	67	2 PM THUR	APR 13					
MATH1002	O18 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O19 VISBANATHAN	106	2 PM THUR	APR 13					
MATH1002	O20 VISBANATHAN	29	2 PM THUR	APR 13					
MATH1002	O21 VISBANATHAN	51	2 PM THUR	APR 13					
MATH1002	O22 VISBANATHAN	67	2 PM THUR	APR 13					
MATH1002	O23 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O24 VISBANATHAN	106	2 PM THUR	APR 13					
MATH1002	O25 VISBANATHAN	29	2 PM THUR	APR 13					
MATH1002	O26 VISBANATHAN	51	2 PM THUR	APR 13					
MATH1002	O27 VISBANATHAN	67	2 PM THUR	APR 13					
MATH1002	O28 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O29 VISBANATHAN	106	2 PM THUR	APR 13					
MATH1002	O30 VISBANATHAN	29	2 PM THUR	APR 13					
MATH1002	O31 VISBANATHAN	51	2 PM THUR	APR 13					
MATH1002	O32 VISBANATHAN	67	2 PM THUR	APR 13					
MATH1002	O33 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O34 VISBANATHAN	106	2 PM THUR	APR 13					
MATH1002	O35 VISBANATHAN	29	2 PM THUR	APR 13					
MATH1002	O36 VISBANATHAN	51	2 PM THUR	APR 13					
MATH1002	O37 VISBANATHAN	67	2 PM THUR	APR 13					
MATH1002	O38 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O39 VISBANATHAN	106	2 PM THUR	APR 13					
MATH1002	O40 VISBANATHAN	29	2 PM THUR	APR 13					
MATH1002	O41 VISBANATHAN	51	2 PM THUR	APR 13					
MATH1002	O42 VISBANATHAN	67	2 PM THUR	APR 13					
MATH1002	O43 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O44 VISBANATHAN	106	2 PM THUR	APR 13					
MATH1002	O45 VISBANATHAN	29	2 PM THUR	APR 13					
MATH1002	O46 VISBANATHAN	51	2 PM THUR	APR 13					
MATH1002	O47 VISBANATHAN	67	2 PM THUR	APR 13					
MATH1002	O48 VISBANATHAN	71	2 PM THUR	APR 13					
MATH1002	O49 VISBANATHAN	106	2 PM THUR	APR 13					
MATH1002	O50 VISBANATHAN	29	2 PM THUR	APR 13					

## Transcendental meditation - - try it, its good

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natural consequence — mental capability increases — we start to think in a more efficient and comprehensive manner. These peak periods during the day when we think and absorb material best start to become longer and longer. Also as the nervous system becomes freer of stress it becomes stronger more resistant to accumulation of stress.

Another immediate practical effect of TM is the experience of less and less "noise" on the mental level: those "garbage" thoughts which intrude in quiet moments and even when we are engaged in some form of activity — thoughts of an incoherent or irrelevant nature which take away so much from enjoyment of quiet times, and from efficiency in active times. For this reason TM is enjoyed by extremely busy executives, and by people who lead quieter lives as well: several large houses of contemplative monks of the Franciscan and Cistercian orders in New England have started the technique because it calms and steadies the mind in preparation for contemplative prayer.

Long range studies on TM have shown it to be useful in controlling high blood pressure, asthma, chronic headaches and insomnia. For this reason many doctors

prescribe TM as an aid to recovery from these problems, and also as a means of preventing their recurrence.

Beyond this other studies have shown definite improvements in reaction time, perceptual ability and efficiency of the heart and lungs.

What happens when all the stress has been released from the nervous system? At this point the nervous system is able to function at its full potential — to the high standard for which it has been designed — and a very high kind of consciousness spontaneously occurs. This state of consciousness is called cosmic consciousness. At Maharishi European Research University in Switzerland many of the physiological correlates of "C.C." have been defined. They include a remarkable high level of electrical synchrony and harmony in the brain and very high scores on tests of perceptual ability — tests of field independence (ability to focus sharply and maintain awareness of a complicated perceptual field) and hearing ability have yielded scores consistently higher than previously believed possible. Psychologically people in "C.C." score three standard deviations above the mean for graduate students on tests of creativity. In this level of consciousness

one continuously experiences the state of Transcendental Consciousness — described so beautifully by Wordsworth: that calm, creative centre within all of us — and at the same time is able to engage in activity with the benefit of this tremendous reservoir of creative intelligence.

Although the concept of self realization has been with us for centuries it has only recently become clear that this state has a definite physiological basis, which is within the range of everyone to attain. In this age of Science there is no need for anyone to remain unenlightened. This is the contribution of TM and the Science of Creative Intelligence.

A previous article on TM which appeared in the Brunswickan Jan. 13 explored the basic facts about the technique, and discussed the psychology of meditation. This article deals with the other half of the story: the physiology of TM.

\* Copies of scientific studies on the TM technique may be obtained by writing: Students International Meditation Society, 222 St. John St., Fredericton, N.B. E3B 4B1.

Norman Midrley M.C. Eng student length of time practising TM 3 years

"I started TM because I knew I had to relax. I had an ulcer . . . I was a very nervous guy then and I knew I had to learn to relax in order to get healthy. TM helped make the whole change easier, it brought my level of nervousness down to zero, and I recovered quickly.

I noticed relationships improved — I became more relaxed with a greater variety of people — this happened over a period of years, not just immediately.

I feel more and more an underlying calmness, and more of a sense of enjoyment of everything . . . the enjoyment is coming from within, many things are the same, but my ability to enjoy them is more."

Dave Banner Professor Business Admin. Length of time practising TM 3 1/2 yrs.

"I do it because intuitively I know there is a validity to it . . . it just rings true to me. It just makes sense to me that if you can get at that centre, that essence which is eternal within you then you are going to be more harmonious with nature and more at ease with yourself.

Also, it feels good, it's pleasurable. My subjective exper-

ience differs from time to time like most people, but quite often it's very blissful and I come out feeling refreshed, happier and I'm glad to see people and be with them."

Irene Watts Teacher and former lecturer UNBSJ Length of time practising TM: 9 years.

When I first started practising TM I was at McGill in the Phd. programme - which involved a lot of reading, essays and generally a lot of sustained intellectual work and I found that TM helped me to organize things better, to see things more lucidly. After I started TM I found that I could sustain an effort for a longer period of time. This was particularly valuable when I was doing my Phd comprehensive - most people spend two years doing their Phd comprehensive - I spent six months. And it not only helped me to do the work, but it helped me with the subject matter itself, which was interesting. I find that doing TM helps me probe deeper levels of abstraction and also to exteriorize abstract ideas, to put them on paper. I think it acts as a catalyst for releasing ideas.