

**COY WINNERS**



een ext Wednesday, October 3. WE had only three winners this week so playing Cinema, Drop your entries off in the Gateway office. Caption Ed. 4. were M.A. Woodward ("Things are looking up, boys. Here come wonder down our rabbit, cat and mutt combo. Look what they hired Winner by Walter Plinge and Brian Tucker.

some enging charter rest ski ou can ere are erland; with eatest ong, at Sailer bit of snow seems ures a serious nadian finest rd in k ski ow it ike the are on d they or for are on at the of the

**bill c-1**

by Nadia Rudyk

Student Council, Monday night, passed first reading of Bill C-1, which revises parts of last year's Students' Union constitution.

The bill was drafted by Howard Banks, Speaker of the Council, in a new format that follows the method used in the House of Commons.

Some of the changes the bill introduces are: 1) each bill to amend the constitution requires three readings on different days. Adoption of the bill comes after the third reading and each reading must receive the approval of two-thirds of council or one-half of all council members eligible to vote.

Previously the bill had to go through three readings at three consecutive meetings. This amendment is designed to prevent the interruption of the passage of the bill. For example, if an emergency bill was called to deal with some other topic, the reading of the bill would have to start again with its first reading.

2) the passage of by-laws requires a simple majority rather than a two-thirds majority vote of voting members present, as previously required. This indicates that by-laws will be used more often in the future.

3) some of the duties and powers of the Speaker of the Student Council have been defined.

Second reading of the bill will probably take place at the next Students' Council meeting, tentatively set for Oct. 15.

**meditate ...**

Imagine yourself living in a far away place called INSOMNOMANIA. There, no one ever sleeps.

Now, we all know what we get like when we don't sleep, so we can well imagine what the people of INSOMNOMANIA are like. According to psychologists we use maybe 10 to 15 per cent of our mental potential on days when we are fresh and rested. So, it doesn't sound surprising, when I tell you, that the inhabitants of INSOMNOMANIA, are dull, slow, miserable, anxious and very uncreative.

The people of INSOMNOMANIA are super inefficient and use at the best of times, 2 to 3 per cent of their mental potential.

The point that I'm trying to bring out is that people actually accept as normal that which is subnormal.

The days when we are fresh and rested we display the greatest amount of intelligence and creativity.

But what about the rest of that grey matter? What stops us from utilizing it? We observe that the tense and anxious person falters most in his actions and behavior. When he fails and his behavior does not meet with

success he experiences more stress and strain.

Many people occupying our hospitals are there as a result of psychosomatic diseases which arise from tension, anxiety and failure in life. The amount of stress in the world today is overwhelming and you need only turn on the T.V., radio, or read the newspaper to verify it.

We handle stress best when we are clear thinking, and when we have had a good rest.

Scientific research has shown that a simple mental technique called Transcendental Meditation does in fact provide the mind and body with a rest three times that gained in six to eight hours sleep at night, in twenty minutes. It is practised twice daily, in the morning and evening.

Now this doesn't happen overnight. We don't get rid of all our body's fatigue in one night's sleep. And in the same way we don't get rid of all our body's stress by meditating occasionally. But, by regularly providing our system with deep profound rest, we root out the stress that clogs your nervous system.

Sounds strange? Just like sleep would sound strange to

someone who had never slept. For so long we have been used to functioning at a subnormal level, and using only a small portion of our mental potential that when someone tells us that we can start to function normally as a HUMAN BEING should, we tend to think that he is crazy. Then when he says that this is all possible by using a simple, effortless technique twice a day for twenty minutes we become convinced that he is a nut!

Is it crazy to be efficient, energetic, and happy? If you have read this article and are a little bit curious, then you are ready for an introductory lecture on the Science of Creative Intelligence and Transcendental Meditation. It involves no religious beliefs and you don't even have to believe that it will work. Because it is an easy, automatic procedure, it does work. SKEPTICS ARE INVITED!

Introductory lectures are held every Thursday 8 p.m. Tory Building, 14th floor, Grad Students Lounge.

Vince Carl B.Sc. Teacher of the Science of Creative Intelligence and Transcendental Meditation.

*Jake and Marla*  
at  
**RATT**

Room At the Top is now having folk music entertainment every Saturday night. This Saturday Jake and Marla will be putting in an appearance.

Jake Olsen is from Toronto and has sung at Fiddler's Green Coffee House, as well as at the Jarvis House and the Danford House. Marla Guberman has sung in various musicals as well as performing in coffee houses and folk clubs throughout Western Canada.

Their repertoire consists of their own songs plus the work of Bob Dylan, Jacques Brel and others. They will be performing both individually and as a group with an emphasis on sweet, smooth-flowing harmonies.

The music starts around 8:30 p.m. and the beer is available until 11 p.m.

Anyone interested in making bookings for RATT should contact Larry Saidman at 432-5845 or 425-1579.

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fees per 1st. If a student is paying in two instalments the first instalment is October 1; the second

instalment made or postmarked after these dates by Oct 15 for First Term fees and January 31 for second term fees. Failure to pay results in cancellation and the student to exclusion

For student assistance, please refer to the Student Assistance form. For each student at registration for advice of financial aid, please refer to the Financial Aid Research are reminded that their fees and financial aid forms.

**AVOID**  
**\$15.00**  
**PENALTY**