

**TEQUILA SAUZA**

**Margarita SAUZA**  
 1 1/2 oz. TEQUILA SAUZA  
 1/2 oz. Triple Sec  
 1 oz. lime or lemon juice  
 Shake with cracked ice  
 Moisten rim of champagne glass with lemon rind, then dip moistened rim in salt.  
 Sip cocktail over salted edge.

**TEQUILA SAUZA NUMERO UNO**  
 in Canada, and Mexico.

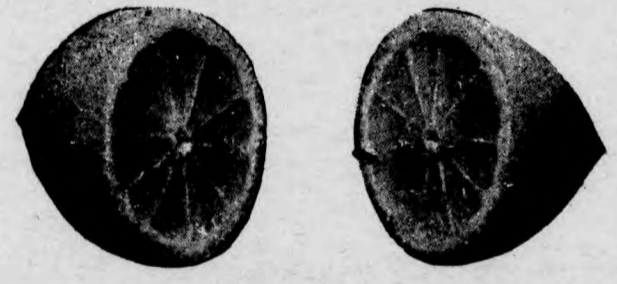


**TEQUILA SAUZA**  
 use it in a Bloody Mary and you've got a Bloody Maria.

Orange juice never tasted better when your Screwdriver contains **TEQUILA SAUZA**

**TEQUILA SAUZA**  
 Straight with salt and lemon and you're drinking tequila like a man.

**TEQUILA SAUZA**  
 Great party starter. Mixes well. Everyone's instant favourite.



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**Meditation relieves prisoners, biofeedback uses Pavlov 'treats'**

**By LORNE WASSER**  
 How would you like to increase your IQ, as well as your mental and physical activity during your work day?

Ashley Deans suggests you might be able to, through the use of transcendental meditation (TM). Deans, president of the York University Students International Meditation Society, addressed an audience of roughly 50 students March 6 in Stong's junior common room. His speech was one of three delivered that evening on the Capacity of the Human Mind.

He pointed out that meditators transcend themselves for 40 minutes a day, and it doesn't help to do it for a longer period.

TM shows promise for the medical profession, said Deans.

"In many cases, it is useful in relieving distressful effects on the individual."

He mentioned that TM seems to lower the rate of heartbeats, while the mind is in a relaxed state. This area is only now being investigated by medical specialists to see if it might be useful to heart-problem patients.

Deans suggested TM is already be-

ing used in prisons as a form of criminal rehabilitation, because of its ability to reduce stress and nervous disorders such as neurosis and depression.

Deans told the audience it could contact him at Stong or the TM centre at 1483A Yonge for more information. The cost of learning TM is \$60 for university students.

Part-time biofeedback instructor Bill Scott followed Deans with the message that "biofeedback is the conscious effort of using your mind to control your body and its functions".

He pointed out that biofeedback differs from the body's usual involuntary control of its self-sufficient process.

Scott, who holds a master's degree in biofeedback, said biofeedback is being used to help persons with addictions by creating the same mental state that drugs might induce.

He gave examples of how instructors reward and punish people by the giving and taking of money according to "Pavlovian-based" conditioning.

"Our main problem is teaching people to be aware of their own internal situation," he concluded.

The night's lectures ended with Dr. George Owens, who presented an informal talk on "psychokinesis".

"Psychokinesis is the ability to move objects or produce sounds from objects through mental efforts," Owens explained.

As a result of his personal investigations, he feels the strange physical events associated with poltergeist disturbances, which only occur in the "gifted" person's presence, are indeed genuine.

"These people are of a rare type," he explained. "The reason these powers aren't normally shown in people is that it's a matter of faith; you must have the faith you can do it."

When the actual phenomenon occurs, he said, the "gifted" person's brainwaves change.

When asked what lies behind this special power of psychokinesis, he remarked, "Conclusions just can't be made yet. There is so much not known about this relatively new field."

Owens stressed that scientists should investigate this area.

"It's extremely good for academics to be exposed to something unexpected."



**YOU DON'T HAVE TO MAKE A CAREER OUT OF A SUMMER JOB.**

Once upon a time there was a student who selected herself out of a summer job. (Oh no, we're not just picking on girls. We've seen guys do it, too.) She wanted to be an architect, this kid. So she held out for a job that had something to do with architecture. None came along that year, and by the time she decided to settle for something else, it was too late. All the jobs were gone. So was her first year's tuition.

Moral: Don't hold out for the impossible dream.

Who knows. Your Canada Manpower Centre might introduce you to a whole new field. Maybe you'll like your summer job so much you'll want to make a career out of it someday.

**HAVE A YOUNG SUMMER.**

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