

Try Tai Chi

By ROB CHUTE

ARE YOU TIRED OF THOSE exhausting aerobic workouts accompanied by the repetitive tunes of bad music? Does weight training and muscle strain bore you? If so, try Tai Chi. The Halifax Tai Chi Association offers classes in Taoist style Tai Chi to develop mental and spiritual fitness, bodily health, and self-defense skills.

Lee and Van Keane are two brothers who have been taking Tai Chi for a year. Lee tried other martial arts and found other clubs to be arenas for one-upmanship. "It (Tai Chi) beats the Chuck Norris fan clubs like Karate," said Lee. "I just wanted to try something where you weren't competing with everybody else." Van chose Tai Chi for the health benefit. "I'm in better shape (and) I feel much better myself."

So, what exactly is Tai Chi (pronounced Tie Chee)? Tai Chi consists of the perfection of a 108 movement set which teaches the

correct execution of form. The set itself consists of complex linear movements done slowly to prevent self-injury and to master control. This internal martial art affects the practitioner in more subtle ways than more widely known forms of exercise in the West. Patience, discipline, concentration, and flexibility are increased while overall nervous and circulation systems are made more efficient.

The gentle movements of Tai Chi are deceptive in that there remain fighting applications to the movements. Though the development of fighting skill is not obvious, it does accrue over time and practice as the movements become reflex actions. In the meantime, Tai Chi makes the practitioner more relaxed as the movements are rejuvenating rather than exhausting. Unlike other martial arts, Tai Chi can be practiced throughout life without a peak in youth and then a gradual decline.

If you want to take your mind off classes and get fit the Chinese way, Dalhousie University's Athletics and Recreational Services, in co-ordination with the Halifax Tai Chi Association, offers a Noon-Hour Tai Chi program on Tuesdays and Thursdays beginning in early January. For more information call 424-2558.

BOOK REVIEW Quarrington scores with Home Game

By MARK ALBERSTAT

OVER THE CHRISTMAS break I had the pleasure of reading Paul Quarrington's *Home Game*. I was first under the impression that it had a lot to do with baseball which is what the back cover description hints at. The climax of the book does indeed involve the baseball game, but that is not until the last quarter of the book.

The book is about a group of side show freaks; there is the bearded lady, a two headed dog, a midget, a wild man, a fat lady, and a tall man. This group of social outcasts are a touring group but for the past little while have been stuck in a small town in Michigan. They are not the only unlikely group in this town — there are the religious fanatics called the House of Jonah.

The baseball game is a battle between the sideshow freaks and the religious fanatics. The

outcome of the game determines which of the two groups stays in the town and which leaves.

The House of Jonah is known to have one of the best baseball teams in the country, and used to play professional teams. The reason they no longer do this is because they were often given money and this is contrary to their religious beliefs. With this in mind you may wonder how this can be at all a fair game, or at least an interesting book to read. The travelling troupe has a secret weapon, and who is that you may ask, well it's none other than Nathaniel (Crybaby) Isibister.

We are told that Nathaniel was once one of the greatest ball players of all time. Once is the catch word. It is argued that Tekel Ambrose may have been the best, it just so happens that Tekel plays for the House of Jonah — what a coincidence.

The game itself is well laid out, and brilliantly written so it seems that the game actually did



happen and makes the book almost seem believable.

The writing style is an interesting one which the author uses a lot of brackets and narrates the story. His grandfather was at the game in question and wants it to be written down after all these years.

The book overall is an enjoyable one and makes for compelling reading. As a sports book it definitely fails. If you are type that shy's away from coarse language, this book is not for you. Otherwise, I would recommend it.

ARTS

Commerce students take home big debating cheese at Ontario tourney

By COLLEEN MACKAY

DALHOUSIE COMMERCE students John Patterson and Christina Woods, having first

hand experience of recent labour troubles at Dalhousie, won the Intercollegiate Business Competition (ICBC) debate "Labour is a growing pain."

Dalhousie's delegation of 13 commerce students competed against students from other universities — Queen's U., Concordia U., Carleton U., U of Ottawa, and U of Calgary.

The delegation's trip to Queen's University in Kingston, Ontario, was financed by the School of Business Administration, the Dalhousie Commerce Society and a grant from the Dalhousie Student Union. Accompanying the students were faculty advisor professor R. Street and Dalhousie commerce society president Cynthia Langlands.

Don't miss MISSA night

ADDING DIVERSITY AND contrast to Dalhousie students' way of life, the Malaysian Indonesian Singaporean Students' Association will be featuring dance, cuisine, and music at MISSA night, this Saturday.

MISSA night is the highlight of their social and cultural activities. It is an evening of pageantry and music underlying pageantry and music underlying a mixture of arts and popular culture of Southeast Asia.

This year the programme includes an Indian wedding, Malay dances, the Chinese Mooncake Festival Lantern dance and a Chinese New Year sketch incorporating a spectacular lion dance.

Prepared by the MISSA students themselves, a banquet featuring Southeast Asian cuisine will be served.

Tickets are sold-out, but students interested in putting their names on a waiting list, or have purchased a ticket and

cannot go, should contact the MISSA office on the 4th floor of the SUB.

Hector Javier Garcia happy boy after students dance for him

HECTOR JAVIER GARCIA will be a very happy boy very soon. Due to the efforts of Robert Keddy, Dalhousie Winter Carnival Chairman; Heather Reynolds, Ravi Vethamany, Jennifer Flinn, and Bruce Kirby, organizers of the Carnival Dance Marathon; and the twenty participants and their sponsors, \$850 was raised for Hector, DSU's sponsor child.

Andy Kirk, DJ of the day,

started the music at 10:00 am in the Garden on Saturday, January 12th. The marathon finished in the Grawood at 11:30pm with the wonderful Mark Haines and The Zippers supplying more lively music to keep the dancers on their toes.

The organizers and dancers are vry grateful to the Dal Student Union, Coca Cola Ltd., Music Stop Stereo Shop and Koss (for supplying two personal stereos for the marathon winners), and



When the going gets tough, the tough go tricycling. Rusty James struts his stuff during Winter Carnival festivities. John Davie, Dal Photo.

Beaver Foods and The Old Spaghetti Factory for supplying much needed nourishment for the hungry dancers.

Although all dancers finished the marathon, Mark Seaforth and

Wendy Langille were rewarded the grand prize of two personal stereos for their dancing, the amount of money they raised, and their character throughout the marathon.