

# Important Lecture on T M Scheduled

A public lecture entitled "Systematically Improving Individual and Social Life Through the T.M. Program" is being sponsored by the SIMS Club of UPEI in the A/V room Wednesday A/V room of the Robertson Library, Wednesday Nov. 7 at 8:00 P.M.

Peter Cameron, a native of Wolfville, N.S. and the first Nova Scotian to become a teacher of the Transcendental Meditation Program, will conduct the presentation.

Mr. Cameron has lectured in Nova Scotia, New Brunswick and Prince Edward Island and is a member of the staff of Canada's first Transcendental Meditation Academy in Lac Beauport, Quebec.

He studied with Maharishi Mahesh Yogi in 1972.

According to Mr. Cameron the T.M. program is unique in the field of personal development. "People beginning the T.M. technique find that it is easy to learn and practice.

"The twenty minutes spent practicing the T.M. technique twice daily generate enough energy and efficiency to make up for the

time invested two or three times over. The T.M. program is both natural and enjoyable" said Mr. Cameron.

He went on to say "it involves the use of a system-

atic technique; therefore, understanding or belief play no part in its effectiveness. In the long run regular practice of the T.M. technique

creates a situation where the entire range of individual and social life can be spontaneously enriched. Thus the program is both practical and profound in its significance to modern 20th century living" added Mr. Cameron.

Mr. Cameron observed that "no other program for self-improvement has stimulated as much scientific research, public participation and media scepticism. Media scepticism is partly because of the poor reputation of Eastern techniques which involve mysticism, concentration on religious philosophy have developed over the past few years and partly because of the spectacular type of publicity and media coverage the Beatles, Mia Farrow, Donovan and recently Merv Griffin have generated for the program and its founder, Maharishi Mahesh Yogi."

Simply defined, TM is a mental technique for achieving deep relaxation leading to improvement of the mental and physical potential of the individual.

Mr. Cameron stressed that TM is not a religion and involves no beliefs or commitments to anyone other than yourself. There are also no special exercises or loss of will involved.

The introductory lecture is free of charge. However, should enough people wish to attend a full four session course, there will be a

charge.

The Acadian University graduate added that the course fee is used for overhead and training purposes by the Maharishi International Academy. The fee structure of the course is \$15 for adults, \$60 for university students, \$50 for high school students and \$80 for families. Mr. Cameron says this is the only cost involved and once the course is completed, participants have access to a TM instructor

anytime for the rest of their lives at no charge. Following the course, in 10 days to one month the instructor will follow up with a check up on participants.

Course participants must refrain from the use of non-prescription drugs for 15 days prior to the course because of the influence on the nervous system. This does not apply to aspirin, coffee, moderate use of alcohol or prescription drugs.

## Senior Class Report

Well, I hope by now you are getting over mid-terms and all that cramming associated with it.

Graduation photos are just around the corner. Already the first two days are filled up and there are still openings on the third day which is Wednesday Nov. 17, 1976.

The cost of getting your photos taken is a flat \$10.00 which will give you seven (7) proofs and also a picture in the yearbook. These proofs will be returned before breaking for X-mas. In case you forget the time there will be a list of those people who have appointments placed in the library and in the Barn. The photos will be taken in the basement of

Memorial Hall. Please be on time and be sure to have you \$10.00 with you, otherwise no pictures.

The Class of 77 jackets have been ordered and should arrive in early January. I have ordered 60 of them and can order more later if necessary. There will be a RING DAY approximately Nov. 23, at this time you can view sample rings and you can order if you wish. Keep looking for signs warning you of this.

On Nov. 5, 1976 (approx.) 100 people gathered at the Federation of Labor Hall for the second Senior Class Party. Comments from those attending were favorable and plans are now being made for another. At this time I would like to thank the Labor Hall for the use of their facilities.

By the time you read this suggested names for convocation speaker will be in the hands of Ken Doiron who will be doing research on them. If you have any additional suggested names please contact Ken or any member of the executive.

The next general meeting will be held on Thursday Nov. 18/76 in the Panther Lounge at 6 p.m. I feel it is very important that you come and provide input to our class. The more people who show up, the more constructive ideas we will have. So please be there and Support Your Class.

Do not hesitate in contacting any member of the executive if you have any questions or problems. See you on Nov. 18th at 6:00 p.m.

Kevin Newman  
Kevin Newman-President  
Marcella Arsenault-V. Pres.  
Ratv Gramh-Sec.-Treas.

## Have you ever heard of W.U.S.C. ?

With the proliferation of organizations, each championing their own cause you may not have heard of W.U.S.C. The initials represent World University Service of Canada, this country's branch of an international organization with members from Zambia to France. W.U.S.C. is a non-governmental development agency which operates primarily within university communities to promote awareness of development issues both at home and overseas, as well as to focus concern as to Canada's particular relationships with the nations of the 'Third World'.

W.U.S.C. is also active in the funding of self-help and cooperative efforts in underdeveloped areas throughout the world. Projects for which funds have been raised and

still are needed include, a street clinic in Haiti run by university medical students, an agricultural cooperative in Rwanda, a community development program in the Philippines involving 148 student volunteers who work in the barrios of the major towns and the expansion and improvement of a post-secondary school for African students in Zimbabwe. W.U.S.C. also cooperates with other agencies in technical assistance, research and disaster relief. However, the emphasis is on supporting programs which will ultimately lead to greater self-reliance on the part of local people and institutions. Domestic development controversies, such as land use in the North and the claims of the native peoples, are also W.U.S.C.

concerns.

Each summer W.U.S.C. also sponsors a study seminar for Canadian university students in a country overseas. This past summer a UPEI student participated in that seminar in Guyana. Since as yet no local committee exists on this campus, an organizational meeting is being planned for next Monday evening, Nov. 15, at 7:30, in the Faculty Lounge, Main Building. Why not come to find out more about an organization which also sponsors the Caravan hand-craft sale held last year in Marian Hall and again this semester, Nov. 29-Dec. 3. An hour of your time this night could lead to something worthwhile. Make the effort to be there.

Joanne MacLean