

MOISTcreature

Moist

EMI Music Canada

Notice to my roommates: This CD will definitely be a frequent inhabitant or our CD player. Hope you don't mind. I listened to this CD for the first time as a virtual stranger to Moist's sound. In one sitting, 90% of it was absorbed into my system. It's quite versatile. It provides a great background to enhance conversation as you find yourself moving with the music. On the other hand, you can crank it up and rock on to songs like "Resurrection" and "Tangerine". It's scattered with a minority of slower paced songs that have a soothing effect on the listener. "Disco Days" has a beautiful piano melody. The only downside is that some listeners may find a few of the songs' lyrics repetitive. All in all this CD leaves you feeling gratified and tempted to press repeat. **** C. Millar

Phil Collins

Dance Into the Light
(Atlantic)

Forget comparisons to *Both Sides*. This disc is entirely different. No longer dark and brooding, Phil is obviously having fun here. The title cut sets the tone for the rest of the disc--upbeat, funky, and not especially serious. What's more, he actually does the drumming, which is superb. Hil also does some guitar, keyboard, piano, and even bag pipes on his cover of Bob Dylan's "The times they are a-changin'". Just because it's upbeat does not mean it is fluff. There is abundant social commentary in "Just another stoppy", which is the lone number that evokes memories of *Both Sides*. And "Oughta Know By Now" is reminiscent of older stuff like "Do you remember", as well as '80's Genesis.

Before I picked up the disc, I must admit I was hesitant. I had the feeling that it would be somewhat disappointing. Fortunately, I was wrong. This is a very enjoyable CD, definitely recommended for all the Phil Collins fans out there. As well, for people out there who aren't fans, this might be a good place to start.

**** Marko Peric

Kenny G

The Moment
Arista/BMG

Beautiful, sensitive and powerful are all perfect words to describe Kenny G's latest album *The Moment*. I was impressed with virtually every track on the CD. This album features very diverse styles ranging from classic ballads, such as "Innocence", to catchy Latin rhythms as in "Havana". I particularly liked "The Champion's Theme", which reminded me of an Irish air. This song is also found on the *Rhythm of the Games* album, from the 1996 Summer Olympics in Atlanta. In addition, Kenny G combines efforts with singer/songwriter Babyface to produce a jazzy ballad "Everytime I Close my Eyes", and accompanies Toni Braxton on "That Somebody Was You". A lot of people don't give Kenny G's music a chance, but I picked up the album for some light instrumental listening. Despite what you think of him, he is an incredible sax musician. Maybe if you don't like his music, someone on your Christmas list might.

Rating: ****

By Emilie Adams

Book Reviews

It works for me!

Celebrity stories of alternative healing

by Heide Banks

Raincoast Books

What do Alice Walker, LeVar Burton, and Kenny Loggins have in common? Each of these celebrities have used alternative healing techniques to overcome physical or emotional problems. *It Works For Me!* offers fascinating accounts of eighteen celebrities use of such methods as acupuncture, yoga, psychic surgery, and macrobiotics.

The book features a foreword by Jack Canfield -- the acclaimed author of *Chicken Soup for the Soul*. Heide Banks was led to write this book by an avid interest in alternative medicine, and her interest and enthusiasm shows through this anthology.

Each of the celebrity stories features a photo and a quick biography of the person featured, a brief account of their experience, and a "spotlight" section, explaining the theories behind the treatment discussed. This is helpful for those readers who may not have heard of such things as Rolfing or Feng Shui. Heide Banks writes in a casual and engaging manner. Even when discussing complicated theories, she manages to avoid jargon, and use simple, concise explanations.

The healing methods are presented in an interesting and easy to read manner. Some of the stories may sound outlandish or difficult to believe -- ranging from using enemas to Interior Design to assist your health. However, the book does not attempt to convince the dubious reader. Nor does it claim that these techniques will work for everyone. It simply tells one person's experience, and how they believe it worked for them.

At the end of the book there is a list of places to find out more about each treatment, often including phone numbers. Also included is a list of books which discuss alternative healing further. Readers with an budding interest in alternative healing methods may find this book to be a good introduction to some of the options available.

A. Chisholm

Eye Scream

Henry Rollins

2.13.61 Productions

Congratulations Henry; I hated, hated, HATED this book. Mission accomplished.

Eye Scream is a collection of the most turbulent, violent, disgusting crap that society has to offer. Rollins' psychopaths, deviants, and cruelly insane are the kinder characters in this study of the broken toilet bowl that the world has become. Rollins sets out to infuriate, insult, and frighten his readers with his disturbingly graphic language, situations, and subjects. Although this book is not particularly well written, Henry has more than accomplished his task; as I read the last paragraph, I ripped my review copy into eight pieces. I now regret having done this, as I would enjoy reading *Eye Scream* again. This collection is the type of book one hates while reading, however in retrospect it is a very rewarding and enlightening experience. Go figure.

Mike F. Beagan

Reach

Don Bajema

2.13.61 Productions

Reach is an ethereal look at American society gone mad. This is accomplished through the flashbacks of one Eddie Burnett. Rage, fear, and paranoia rule Eddie's life from day one; a situation which leaves him fighting to escape the law, his enemies, and time itself. Bajema has done a fine job creating an exciting, disturbing, and thought provoking book. *Reach* is a good read.

Mike F. Beagan