

## Summer Jobs in Europe offers good selection

At this time of year, when a lot of students are looking for summer jobs, an interesting idea is to consider the possibility of a working holiday abroad.

Many people would like to travel in Europe, but are put off by the cost. One of the advantages of a working holiday is that you only need to consider the air fare in your budget - for the rest of the time you are earning. Salaries are considerably lower than in Canada, but they are enough to live on, and many jobs include free accommodation and board. Another great advantage of having a job is that you become part of the scene, and not just an onlooker or tourist. You get to know the country and the people, make new friends, and enjoy a whole new set of experiences. And of course, if you want to travel after the job is finished, you are well placed for visiting other parts of Europe.

How do you find a job? A Toronto firm offers two services which can help solve that problem. The first is a unique program called Summer Jobs in Europe, which guarantees you a job before you ever leave Canada. This eliminates all the worry about finding work and getting permits, and you can take off right after exams are finished. The countries available are Britain, France and Switzerland, and a varied selection of jobs includes hotel and farm work, conservation, archaeological digs, secretarial and family help. There is a fee of \$125, which may sound high, but it includes 4 days orientation with

accommodation in London or Paris, in addition to making all the job arrangements. Canadian students who have been on the programs in the past have reported enthusiastically on their experiences.

For those who prefer to arrange their own job, or want to work in other countries, the same firm offers a world-wide directory of summer job opportunities, which gives information on 50,000 vacancies in 40 countries. The book lists details of jobs and salaries, gives addresses of employers, and tells you about passport and work permit requirements. Each employer has specifically asked for his job information to be included in the 1975 edition, so the directory is accurate and up-to-date. The Directory of Overseas Summer Jobs costs \$6.20 including postage, and for those who have the time to write to prospective employers and make their own arrangements, the book is good value.

If you want further details of the Summer Jobs in Europe program, you can get a brochure by writing to Henry Fletcher Services Ltd., 88 Rykert Crescent, Toronto, Ontario M4G 2S9, or come down to the Nugget office. Prepaid orders for the Directory of Overseas Summer Jobs should also be sent to the same address.

## CWY looking for overseas employees

Canada World Youth, an international youth exchange, is now accepting applications for participant and staff positions for its 1975-76 programme.

300 young Canadians between the ages of 17 and 20 will be given the opportunity to share experiences with each other and with exchange country participants by living and working together in Canada and in a foreign country of a nine month period.

By working closely with members of Canadian and foreign communities on useful projects, they will have a chance to integrate themselves into the local way of life and to develop some awareness of international development - its processes and problems.

Applicants should bear in mind that Canada World Youth is a rigorous, demanding, personal experience. It is designed for those with a

more JOBS page 12



## Dental Assistants take Challenge Cup in wild and woolly Brush-In

By BRENT STUMPH

Reminiscent of the Riggs-King tennis match last year, the DA-MAS Brush-In Wednesday afternoon, proved again that, in some ways, women are equal or superior to men.

Five Dental Assistants challenged five Marketing guys

to a tooth-brushing contest, for the Challenge Cup. The deal was to brush and floss for five minutes, and then a plaque count would be taken. The guys totalled 44, while the gals brushed their way to a 14-count victory.

A red kind of dye was rubbed over each of the contestants teeth, staining any bacteria.

Dental Assistant Instructors then took the plaque count, by dividing the mouth into six areas and examining the dirtiest tooth in each. One, two or three points were awarded, depending where and how bad the bacteria was.

Tom from Marketing single-handedly out-pointed the entire DA team the probable reason being that he was chewing gum between brushing and the plaque count. He said later that he did it on the advice of the Marketing coach, Lance Frazier. Mr.

Frazier also questioned the validity of the contest at one point. He wanted to know if the DA instructors were "putting the same stuff" on the girls as they were on the guys. They were.

Jill and Debbie both finished with low scores of two points each, with Carol and Pat adding three apiece and Terry contributing four.

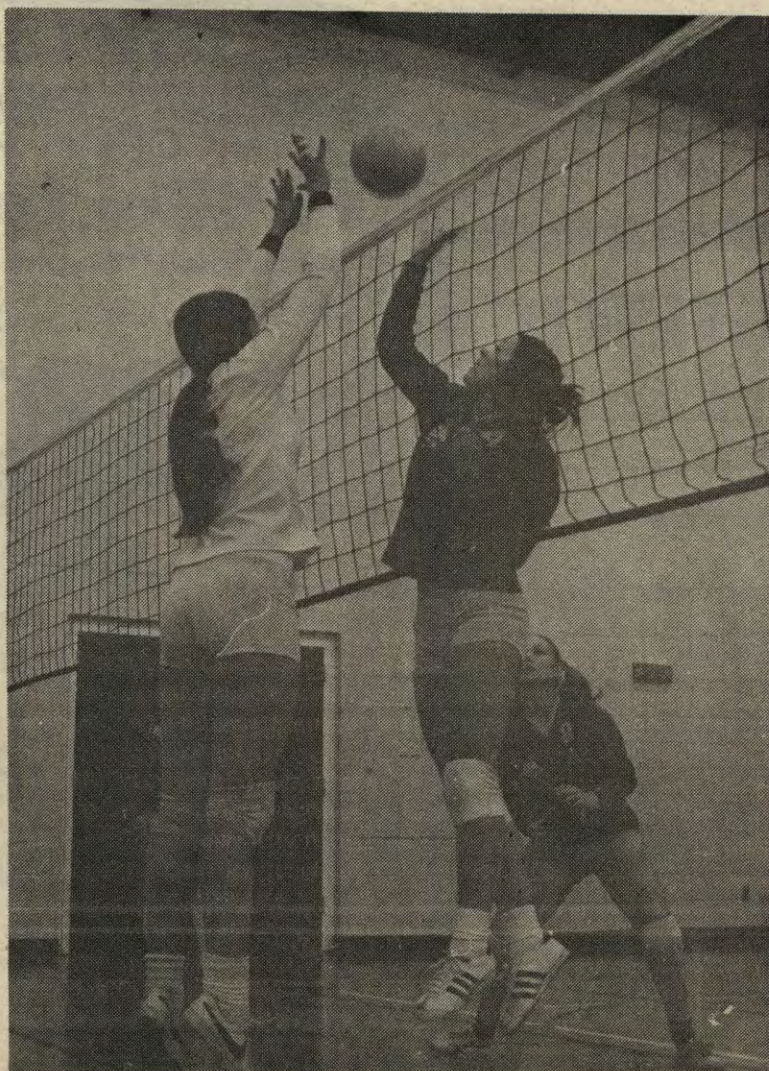
Besides Tom's dismal performance, Ted got three, Dana got four (and lost lots of blood), Glen rallied for nine and Ron took eleven.

After losing the precious Challenge Cup, Marketing quickly challenged the Dental Assistants to a goldfish-eating contest. At the time of the challenge, members of the Marketing Goldfish-eating Team hope to go for the World Record, presently 240 fish in a row, without getting sick.

The DA's are upset with the challenge, because it's not fair to those poor little goldfish. They have every right to survival, and it just doesn't seem fair, and human, to take that right away from them.

Marketing could surely come up with a more suitable challenge that could possibly involve all members of both techs, rather than a handful of the more daring souls.

## Volleyball Ooks impressive



NAIT's Eleanor Janis lobbing the ball past a Mount Royal blocker

At the completion of the first ACAC Volleyball competitions held at Red Deer College, NAIT and Lethbridge College both had records of 13-3. Lethbridge was placed first because of their better points for and against average.

NAIT's high position in the standing was assured after a very decisive win over Red Deer College late on Saturday afternoon.

No one member could be singled out as the whole team were magnificent. However, it should be noted that Captain Kathy Kenyon and Vice-Captain Loree Sutherland inspired their team to play so well.

The second meeting of ACAC teams is at Medicine Hat College this Saturday. The girls will not be overconfident because any one of the following teams: Red Deer, Lethbridge, Mount Royal, Medicine Hat, Olds and NAIT have a chance of winning the Alberta conference.

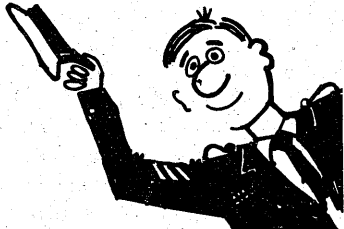
NAIT's performance was the best ever by a womens volleyball team from this institute. The ladies will be out to improve next weekend at Medicine Hat.

In the mens section, NAIT played well and finished in 3rd position behind Mount Royal and Olds.



**Nait** open house 75  
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## Commissionaires Corner



### Driveway Parking

By S/SGT JOHNSTON

A drive-way has been created west of the Parkade to allow the NAIT bus to enter and park.

Some people have parked their motor vehicle in this driveway and have received fines. They were annoyed and could not understand why - a fine? It is common knowledge that there is -No parking - in - or near-a driveway. Try it, on any street.

So, for those who are not conversant with, regular laws of the road, signs have been placed to clearly mark this area - No Parking.

The roadway - west of the Parkade, is city street and vehicles parked along this street could receive fines. Also parking within fifty feet of a driveway could also be considered as - obstructing the entrance.

When the NAIT bus driver has to park the bus and finds he must maneuver to avoid scraping vehicles that are parked near the driveway, he will surely call a Commissionaire to have the offending vehicle tagged and towed away.

Another area that causes the City Police to take a second look, is, boulevards, between sidewalks and Institute grounds. This is City responsibility.

Any cement ramps, separating end of stalls from roadways are common knowledge - No Parking areas. Some persons have received fines for parking their vehicles up on these ramps.

So, for this week, Commissionaires would like to say - thanks and they appreciate those, who by using common sense and driving knowledge, help ease the strain of parking.

## And to the victor goes . . .

INVERNESS, Scotland (ENS-CUP) --- Two middle-ages Scots dropped dead within five minutes of each other in a barroom here last week.

According to those present, the men were engaged in a contest to see who could finish off a half quart of whiskey in the quickest time.

They both lost.

**BUCKEYE**  
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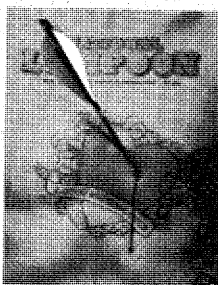
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# Ask me!

DO YOU THINK SEXUAL APPETITE INCREASES WITH THE NUMBER OF TIMES YOU BRUSH YOUR TEETH



Yes, I brush my teeth three times a day. But I have to go now, I'm hungry.

**DARREL RITCHIE**  
Dental Lab I

Yes. If I had it my way I'd do it at least three times a day.

**GLEN HALEY**  
Marketing II



I don't know. As a Dental Assistant I know that brushing is important. Whether or not it increases sexual appetite; you'd have to talk to a doctor, not a dentist's helper.

**KAREN WREN**  
Dental Assisting I

Yes, I brush three times a day. What makes it so much fun is the girls I use to brush with.

**GLENN TKACHUK**  
Drafting I



Of course not. My sexual appetite couldn't get any better than it already is.

**COLLEEN FIRTH**  
Secretarial I

I brush my teeth after every meal, but what's this sexual appetite thing you keep talking about, you filthy-minded person?

**SHERLOCK HEMLOCK**  
Basket Weaving I





# Medics in action

By HERTLI EDMEADE

"Lay-Medico in Advance of her Time"

Of some 44,000 pages of Ellen G. White's literary production, more than 2,000 deal with the care of people in health and sickness. Her earliest articles on health were contained in the book called "Health" or "How to Live", printed in 1865. Her main work in this field, "The Ministry of Healing", was completed in 1905.

An understandable question is, therefore, whether the views she advocated for the preservation of health are of anything more than historical interest today. Obviously, medical and hygienic knowledge has undergone a revolutionary change since her time. From the point of view of medicine, she was a layman.

In order to understand many of Mrs. White's writings correctly, including those dealing with health, we should take

into account the time, place and conditions in which the books first saw the light of day. We should also try to trace the principles underlying the details and general teaching against the background of the whole. Such an attitude will reveal some surprising facts. Ellen White lived at a time when enlightenment in questions of health, the level and possibilities of medical science, hygienic and economic conditions differed immensely from those prevailing in the western countries today.

The art of healing in Europe had reached a crisis never matched before. Faith in the old therapeutic measures had collapsed. Scientific healing could not yet offer much of therapeutic importance. A hard struggle was in progress between the representatives of university medicine and the sharp tongued supporters of nature healing. Physicians were sarcastically called "purveyors to the court" of undertakers.

American medicine was a far

cry from what it is today. Opiates, arsenic, calomel, tobacco and alcohol were medications prescribed on the slightest indication. Since night air was considered dangerous, windows had to be kept shut. A feverish patient might be denied the taking of liquids. Clothing was in many respects impractical. Diets were imbalanced. Food stuffs were often handled carelessly and were without control. On the other hand, the negative by-products of civilization had not yet reached their current dimensions.

The principles of Ellen G. White advocated are simple. She emphasized that illness has its causes, which should be removed if possible and that masking or subduing the symptoms of disease is not enough. She emphasized that to preserve health is important. Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contacted. It is the duty

of every person, for his own sake, and for the sake of humanity to inform himself in regards to the laws of life and conscientiously to obey them.

Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health... God has endowed us with a certain amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and he designs that those organs should work together in harmony. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the various systems will borrow power for present use from its resources of strength, and when one organ is injured, all are affected.

In these quotations the concepts "Law of Health" and "Vital Force" may seem to be the vague catching words of a layman idealist. However, it is tempting to quote here a passage from Selye's book, "The Stress of Life".

**"VITALITY LIKE A BANK ACCOUNT"**

Vitality is like a special bank account which you can use up by withdrawals but cannot increase by deposits. Your only control over this precious fortune is the rate at which you make your withdrawal. The solution is evidently not to stop withdrawing, for this would be death. Nor is it to withdraw just enough for survival, for this would permit only a vegetative life, worse than death. The intelligent thing to do is to withdraw generously, but never expand wastefully.

Many people believe that after they have exposed themselves to very stressful activities, a rest

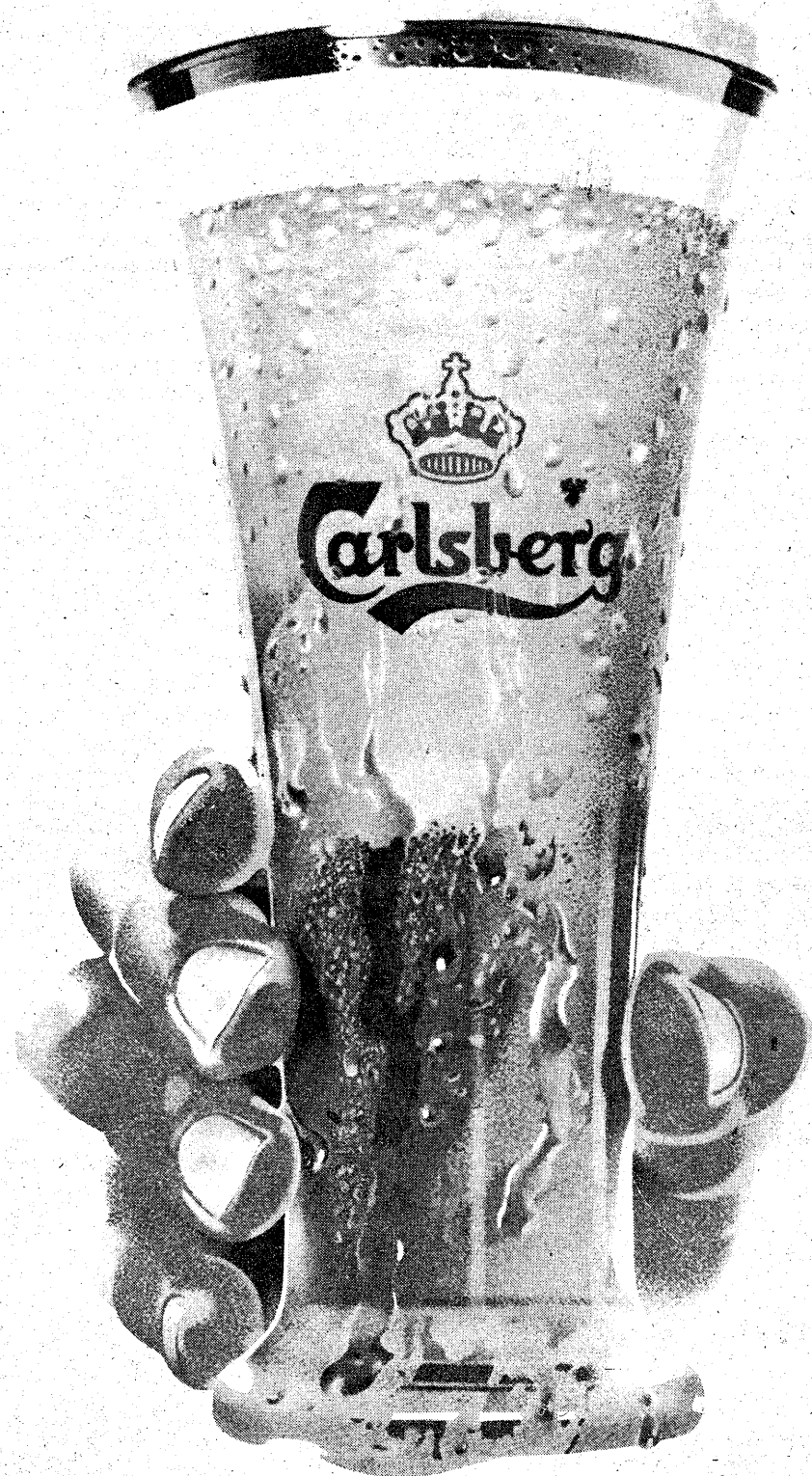
can restore them to where they were before. This is false. Experiments on animals have clearly shown that each exposure leaves an indelible scar, in that it uses up reserves adaptability which cannot be replaced. It is true that immediately after some experiences rest can restore us almost. Since we constantly go through periods of stress and rest during life, just a little deficit of adaptation energy every day adds up - it adds up to what we call aging.

Mrs. White emphasized the importance of physical exercise at a time when, even in America, a considerably larger proportion of the people were manual workers than is the case today... She claimed that:

1. Physical exercise is necessary for the preservation of vigor and health.
2. The whole being takes part in benefits from it.
3. It is of great remedial value.
4. It has great psychotherapeutic importance.

All these claims are easy to support on the basis of physiological facts. Reasonable physical vigor is possible only if the organism is exerted within suitable limits. The various organs and systems adapt themselves to the burden by functional and structural changes taking place within them. Training not only increases the performance of the muscles but also improves the maximum capacity of oxygen intake and the performance value of the blood circulation.

In the living conditions today the necessity for physical activity has in the main decreased, with the result that physical on the whole has become weakened and dystonic symptoms have manifested themselves. Since the demands made



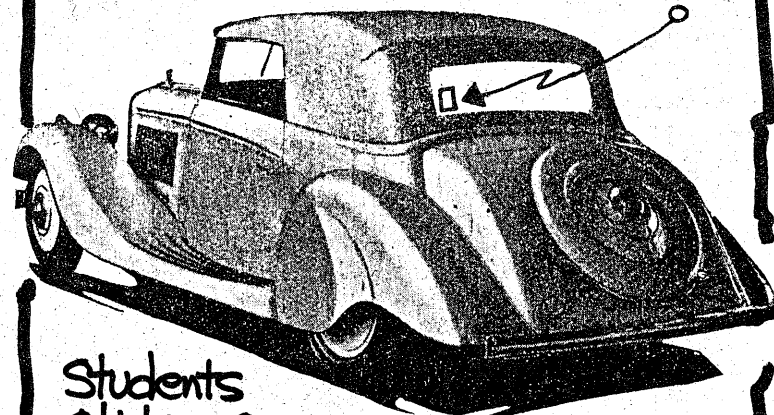
## Something to "cheer" about:

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on Homo-Sedentarius, the sedentary man, for action in a physical sphere has diminished, why should we endeavor to achieve a particular good fitness? It is vindicated not only by the over all well-being of the human organism but also by practical viewpoints that man is capable of working without fatigue until he has exhausted a certain quantity of energy proportionate to his maximum capacity of oxygen intake.

Studies of several variables have shown that efficiency and earning of daily manual work are better for workers in good conditions than for those in less good conditions. And this does not apply to manual workers only. A very large proportion of the people will need a good physical condition when they have to stand and move by muscular force. This category covers housewives, sales personnel, waiters, cleaners, etcetera.

Fatigue is a common phenomenon today, although it may not be caused by physical work. For a person in poor condition, the performance of lightwork may become a burden leading to fatigue which he has to face from day to day. Rest is not the right remedy in these cases. The hypokinetic syndrome of modern man in addition to poor performance, also includes a great risk of cardiac infraction. The essence of its etiology is triad of excessive, especially fatty foods, smoking, and lack of exercise.

Man is an indivisible whole in which the close connection between the mental and physical performance should not be overlooked.

#### BODY AND SOUL

Mrs. White's logical idea of man as an integral whole is beautifully illustrated in her description of psychosomatic interaction. She saw the manifestations as having both negative and positive consequences. This is seen when applied both etiologically and therapeutically to pathological conditions. She says: "The relation exists between the mind and the body is very intimate. When one is effected, the other sympathizes." The condition of the mind effects the health too, a far greater degree than many realize. Many diseases from which men suffer are the result of mental depression.

Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are life long invalids who might be well if they only thought so.

Mrs. White warned against anyone allowing himself to be led by someone else. She probably did not mean only the caution required to avoid therapeutical habituation but also the possibility of suffering damage. For this reason she did not consider hypnosis a suitable method of treatment. She placed strong emphasis on the activation of the will and its importance in decisions and preventing illness.

These therapeutical principles and psychosomatic aspects in mental health date back to an era when little was known of psychosomatic medicine in its modern sense. Although our understanding is better today,

conditions have changed, causing increased stress on mental health by the conflicting situations confronting human biological needs in the artificial environment created by man.

A considerable number of the health articles by Ellen G. White deal with nutrition, diet, how to ingest food, and their relationships to health. She believed that a vegetable diet was the healthiest.

Butter for example was not particularly good, and she recommended vegetable oil. All milk products should derive from healthy animals. In her time the American diet was highly imbalanced. Fresh products were hardly available later than Thanksgiving Day in autumn. Eggs were plentiful in summer but scarce in winter since they were difficult to preserve. Potatoes were almost finished by the spring, and butter was usually rancid.

Obesity is considered detrimental today and is attributed primarily to the excessive ingestion of food. Mrs. White wrote on the subject. "There should not be a great variety at one meal." for this will encourage overeating and cause indigestion. Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it. At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise everyday, and see if you do not receive benefits.

In an era when vitamins had not yet been conceived she wrote: "For use on bread making, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions."

The emphasis Mrs. White placed on diet is worth noting. "The meals should be varied." The same dishes, prepared in the same way, should not appear on the table meal after meal and day after day. The meals are eaten with great relish and the system is better nourished

when the food is varied. It is wrong to eat merely to gratify the appetite, but no difference should be manifested regarding the quality of food or the manner of its preparation. If the food eaten is not relished the body will not be so well nourished. The food should be carefully chosen and prepared with intelligence and skill.

Another remark worth noting is that too much sugar is ordinarily used in food. This remark is very much more to the point today than it was in Mrs. White's time.

Having given a general outline, Mrs. White considered the difference in individual needs and conditions, and appeals to the individual judgement. "Some wish that an exact rule could be prescribed for their diet. They over eat and then regret it and so they keep thinking about what they eat and drink. This is not as it should be. One person cannot lay down an exact rule for another. Everyone should exercise reason and self-control and should act from principle."

#### IMPRESSED BY LEADERSHIP

Having read Ellen G. White's articles on nutrition, Clive M. MacKay, Ph. D., Professor of nutrition, Cornell University, summarized his views as follows: "To sum up the discussion, every modern specialist is nutrition whose life is dictated to human welfare must be impressed on four respects by the writings and leadership of Ellen G. White. In the first place, her basic concepts about the relation between diet and health have been varied to an unusual degree by scientific advances of the past decades. Someone may attempt to explain this remarkable fact by saying: Mrs. White borrowed her ideas from others. But how would she know which idea to borrow and which to reject out of the bewildering array of theories and health teachings current in the nineteenth century? She would have been the most amazing person with the knowledge beyond her times in order to do this successfully.

In the second place, everyone who attempts to teach nutrition

can hardly conceive of leadership such as that of Mrs. E. White that was able to induce a substantial number of people to improve their diets.

In the third place one can only speculate about the large number of sufferers during the past century who could have improved if they accepted the teaching of Mrs. E. G. White.

Finally one can wonder how to make her teachings more widely known on order to benefit the over crowded earth that seems inevitable tomorrow unless the present rate of increase in world population is decreased. In spite of the fact that the works of Mrs. E. G. White were written

long before the advent of modern scientific nutrition, no better over all guide is available today.

I conclude with great hope that what you have read with care, will be put into action for life.

It's always my pleasure to draw you to the facts that affect our daily living.

Remember if you keep the doctor away, you will also keep the undertaker away."

During my up-coming portion of the series, I will try to show you how to get maximum normal functions of the different parts for help or additional artificial instruments, names of which I won't mention at present.

## Abortions show need for a birth control program

TORONTO (CUP) --- The President of the Canadian Medical Association, Br. Bette Stephenson, says close to 50,000 abortions in Canada in 1973 constitute pathetic proof of the desperate need for a national birth control program.

She also bitterly attacked federal Justice Minister Otto Lang in a speech January 9 for his "veiled threats of legal action" against physicians who interpret the abortion laws broadly.

She says the key to cutting down the number of abortions is preventing pregnancy in the first place. The abortion figures in 1973 underscored the "dismal failure of our totally inadequate educational and family planning programs."

She blames the failure on the federal and provincial governments and on her profession. She maintains the CMA has asked the Trudeau government for a "concerted, comprehensive, national" effort to provide birth control information and to distribute contraceptives effectively.

So long as there wasn't effective prevention she said, the pressure on physicians to perform abortions would continue to grow.

It was in that context that the statements made by Lang were particularly unwelcome. Federal law permits therapeutic

abortions in an accredited facility upon the approval of a therapeutic abortion committee if the "life and health" of the pregnant woman are endangered by a continued pregnancy.

Lang has said repeatedly that "health" to him, means the woman's physical health. The World Health Organization definition is broader encompassing emotional health. Most physicians subscribe to the WHO definition.

Many physicians have also called for removal of the abortion law from the Criminal Code.

"The federal government consistently refuses the long promised parliamentary review and a frequently promised parliamentary debate on abortion," Stephenson said.

"In lieu, Otto Lang berates the medical profession and has the unprecedented audacity to usurp the privileges of the court by providing his personal interpretation of the law."

The government hasn't come up with "so much as a ball-park definition of the key terms such as the word health," she said.

The final straw was Lang's prosecution threats against abortion committees trying to do their best with Parliament's totally inadequate legislation," she said.

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# MONTREAL

## the story of an urban movement

by PETER HAMILTON

"also the people who are not militant in citizens' committees, are not unionized, who do not participate in initiatives like medical clinics, or food co-ops, these people are becoming more and more conscious of what is happening to them. It is becoming more and more clear, especially with the galloping cost of living and the struggle of rents, that their future belongs to a powerful yet invisible minority. It is in this base, growing larger and larger, that the action of our movement finds support," Jean Pierre Bourdouxhe, Progressive Urban Movement and Montreal Citizens' Movement organizer.

### Montreal

Montreal is often envisioned as a city bursting with activity, having a vibrance and 'joie de vivre' not known to other cities. 'Cosmopolitan', multi-cultured, clean, safe, free and friendly.

This vision of Montreal, is, however, only real to people outside the city. People in Montreal know the conditions well over 1/3 of its citizens live in.

They know the high infant mortality rate in working class neighbourhoods, 29.7 per 1,000 in Ste. Jacques and 24.9 per 1,000 in Delorimier, both working class 'quartiers' or districts. In medical examinations of all students in certain schools around the city, 63.0 per cent of children examined in Ste. Henri and 58.7 per cent in Ste. Jacques needed immediate medical treatment.

They know the house they live in is not liveable. Ten per cent of all dwellings in Montreal have no toilet or bath. Construction of new housing works against the majority when only two per cent of new construction is single dwellings, 16 per cent duplex, 81 per cent highrise apartments, single or married people with no children and one per cent other. In addition 3,300 homes were demolished for the new east-west downtown autoroute and another 1,000 for an office complex in the downtown area.

They know the cost of transportation. Montreal bus tickets are eight per cent more expensive than in Toronto, nine per cent more than Ottawa, 18 per cent more than Vancouver, 19 per cent more than Halifax and 24 per cent more than Winnipeg. It costs over \$50 million for each mile of super autoroute and more than ten miles have just been completed as part of the Trans Canada Highway through working class South Montreal.

Living in Montreal means living in a city where there are a few filthy rich (mostly English) and many more filthy poor.

Where the 1976 Olympics are now draining money from the poor and their families at an obscene rate, where there is an average of two acres of parkland per 1,000 citizens --- far lower than the accepted rate of 10 acres per 1,000, where there is no public audit, where there has been negligible snow removal for the past three to four years, where gyms, halls, and skating rinks have been closed in an effort to "save money" for the Olympics, where breathing in becoming harder and harder, where you must pay a yearly water tax amounting to an extra month's rent, where thousands of workers and their families are living from day to day between the choice of privation and debt.

The list goes on and on but the context for a story on the development of a citizens' movement --- the Montreal Citizens' Movement --- has been laid out.

### Citizens always

"The groups in this city (Montreal) have probably accomplished the broadest and deepest range of activities of any groups in Canada . . . The movement is the oldest in the country. It is also getting deliberate harassment from the establishment," says the Carotta Report of The "Citizens' Group Movement Among Low Income Citizens of Urban Canada."

Citizen action, through street and neighbourhood committees, food co-ops, medical clinics, day care centres, anti-demolition and construction groups, tenants associations, conservationists and the many groups formed to deal with immediate problems, have been the only real and lasting citizens' movement in Montreal.

The issues are real to the people involved, their children are dying because there is no clinic in the area, the streets are dangerous because of cars, there's a supermarket around the corner which is ripping everyone off, and the action they become part of is organizing a medical clinic or food co-op, blocking off streets at school hours.

People thought it necessary to work out some form of city-wide strategy to begin changing Montreal, radically and collectively. This was attempted in 1970 when the Confederation des Syndicats Nationaux (CSN) initiated Comites d'Action Politique (CAPs) and banded together to form the city wide Front d'Action Politique (FRAP). This movement shared the same attitudes of urban change as the present Montreal Citizens' Movement especially in their insistence on the establishment of 'quartier' committees as a major step toward full decentralization.

As Our Generation writes in

Vol. 10 No. 3: FRAP "cruised euphorically through September on the crest of a wave of popularity" only to be crushed by Mayor Jean Drapeau's effective campaign to associate FRAP with the Front de la Liberation du Quebec (FLQ). The election happened at the height of the 'October crisis' on October of the 'October Crisis' on October 25, 1970. Drapeau and his Civic Party took all 52 seats---although FRAP gained 17 per cent of the popular vote.

But in the shadow of upcoming municipal elections and given Drapeau's insistent development of "the first city of the 21st century" in direct opposition and destruction of the citizens of that city, the origins of a cross Montreal citizens movement formed again.

### Citizens begin to move

The Montreal Citizens' Movement was officially formed by four groups the Progressive Urban Movement (PUM), Comite Regional Intersyndical Montreal (CRIM), the Parti Quebecois Montreal (PQ Montreal), and the Nouveau Parti Democratique (NPD).

September 1973 marks the first development of the MCM with the formation of the Progressive Urban Movement (PUM). PUM was formed with the intention of, "bringing together active groups from around the city," as one PUM and MCM organizer puts it, in an effort "to build an opposition to the Drapeau administration" and through this to get at the real enemy, the profit demands of narrow financial interests.

"It is ultimately only the citizens of Montreal who can democratize this city by themselves acting at the neighbourhood levels and uniting their efforts to build a city-wide progressive movement" reads the PUM statement of principles.

Work was done in organizing the many community groups of which PUM consists, around issues which affected them all, health, housing, democracy in decisionmaking, transportation, the city budget, recreation, and the Olympics. The research, strategy, and coordinating committees were functioning by December, 1973.

Through communication in the different 'quartiers' and monthly meetings PUM grew to over 200 members by January, 1974. Also well under way were six 'quartier' councils and the beginnings of a publicity campaign.

PUM decided at a plenary in January that, "its immediate aim is to draw public attention to the discontent over municipal government in this city." Its long-term aim was the establish-

ment of 'quartier' committees, which would decentralize and democratize the governing process to the citizens' level.

By February 14, PUM was secure enough to hold a press conference to communicate to more people their feelings and proposals on Montreal.

### CRIM de Montreal

The Comite Regional Intersyndical de Montreal (CRIM) is made up of people from the three major Quebec unions -- Confederation Syndicats Nationaux (CSN); Federation des Travaillateurs du Quebec (FTQ), and Corporation de l'Enseignement du Quebec.

The organization is Montreal based, and composed of the Montreal councils of the unions. They came together with the idea of 'a common front for common matters.'

CRIM was meeting every Saturday from October 14, 1973 to March, 1974 to discuss strategy sessions on urban politics in Montreal. Many ex-FRAP people were involved in CRIM and the direction of the group evolved to not wanting to set up their own opposition party but wanting to help with the formation of a citizens' movement, which share their cause.

Audio-visual presentations, meetings, and the production of a very valuable document "Une Ville Pour Nous" (A City For Us), were the main vehicles used by CRIM to bring to people's attention the urgent need for radical change in Montreal.

"Une Ville Pour Nous", in its 59 pages, covered in well researched sections, democracy in Montreal, housing, recreation, transportation, health and the municipal budget. The final MCM program is based largely on this document.

Differences on urban strategies soon arose in CRIM. The Montreal Council CSN voiced serious concern about the need for a "workers' party" and solely a workers party, and maintained that the energies of CRIM would best serve Montrealers by working for such a party.

### Montreal Parti quebecois

The Parti Quebecois, Montreal sector, became involved in the urban struggle on the impetus of two of its regional associations, Montreal North and Montreal Centre.

These urban associations included many people concerned with real needs at the 'quartier' level, resulting in a PQ urban organization relatively autonomous from the provincial party.

The PQ discounted running

its own slate in the municipal elections, as did CRIM before, preferring to let this evolve at the citizens' level.

At the end of February 1974, an urban politics discussion meeting was called in which some 300 people participated. The consensus by this time was that there was indeed a good chance of getting a new municipal citizens' movement together. The delegates decided to further this hope by directing their energies toward organizing one.

### Nouveau parti democratic

The Nouveau Parti Democratique (NPD), being forever caught between the contradictions of federalism and the left in Quebec, has never accumulated a base of support for itself. For this reason, they had little history of the involvement in the citizens' movement in Montreal.

They were strongest in organizing quartier committees in Notre-Dame de Grace, and Cote des Neiges, two west-end predominantly English quarters who replaced the six incumbent Civic Party municipal councillors with six MCM candidates in the election.

### Movement formed

The PQ began negotiations with CRIM in late February and was joined by PUM in early March. The three invited NPD to join, an invitation willingly accepted. The four groups through three representatives met in weekly meetings throughout March and April.

A major stumbling block to forming the movement was the still adamant demand from the CSN for the establishment of a workers' party. With a fair proportion of CRIM feeling this way, they were unable to join the movement officially.

On the weekend of May 11 and 12, 1974, the CSN Montreal Council held a congress on the subject. The result was a very close vote endorsing the establishment of an urban movement. Immediately after the decision, CRIM officially joined the PQ, PUM, and NPD and returned to the task of building the movement.

On May 15, the MCM held its first press conference and declared its formation, along with publishing a statement of principles in lieu of their official program.

May 16 saw quartier meetings across the city discuss the developments and map out suggestions for the movement's program.

On May 18, 19 and 20, the founding congress took place. Over 300 people attended and

decided that the task at hand was the writing of their program. The congress broke into workshops on the major issues to be covered in the program --- democracy in government, housing, health, transportation, recreation, the Olympics and the budget.

From this gathering came the entire MCM program, "Une Ville Pour Nous" - "A City for People" expect the section on the Olympics which, because of time considerations, was the work of the newly formed executive committee.

Thus, the MCM came into being. The basic agreement was that it not be a coalition, but a new entity, with the decision making coming from 'quartier' committees and not the few founding group.

What the congress gave birth to is a citizens' movement concerned with radically altering the direction Montreal has taken for the past two decades. They were concerned with fighting an election against Mayor Drapeau who feels free to spend \$200 million on a mechanical folding roof for his 80,000 seat Olympic stadium, and to mouth such anti-people sentiments as "I don't believe in the principle of a strong opposition . . . I have no use for this so-called participation democracy and the citizens' groups that now demand a say in government."

But more importantly they were concerned with the long term goal of decentralizing government to the street level - practically by helping 'quartier' committees get off the ground or continue. This was to provide a constant, active, and real base for Montreal and 'les Montrealais.'

## Summer 1974

The summer and early fall was dedicated to work at the grassroots level building more support and participation for the movement. The executive kept meeting in an effort to keep the MCM alive in the media. This project alone was without much success for the media seemed more concerned with "more pressing problems."

The general congress was concerned with establishing headquarters for the 'quartier' committees, raising money, discussing the program and strategies and attempting to get more people involved.

The real work over the summer however, cannot be so summarized. 'Quartier' groups were functioning in Ste. Louis, Ste. Jacques, Ste. Anne, Notre Dame de Grace, Cote des Neiges and Snowdon along with the non-aligned groups working in all the 'quartiers'.

This work, while definitely being the most constructive and valuable for the citizens in the districts and the long-term goal of citizen control, was also a large influence on the election itself --- more people were seeing more things and wanting to do something to change it.

## A mayor -- us?

The time had come in late September for the movement, or the part of it involved in the elections, to select a mayoralty candidate. This was obviously not to be leader of the movement, but one selected for the purpose of the election, who would embody

the thinking and spirit of the movement, with enough energy and personality to compete for the post. Drapeau has held for 14 consecutive years. This person also had to accept the nomination.

A general congress was held the last week of September at which the executive committee was to have ready a list of candidates for selection by the delegates.

It turned out that the executive had compiled the list, but everyone contacted on it had refused the nomination. The congress floundered a few minutes, then adjourned to lunch. After lunch the people decided to continue until a candidate was found. To this end they set up a three person committee charged with the task. In addition a spontaneous fund

## The campaign

MCM's basic strategy was simple enough. Constantly bring to light the contrasts and contradictions between Drapeau's visions of grandeur and the immediate needs of the citizens.

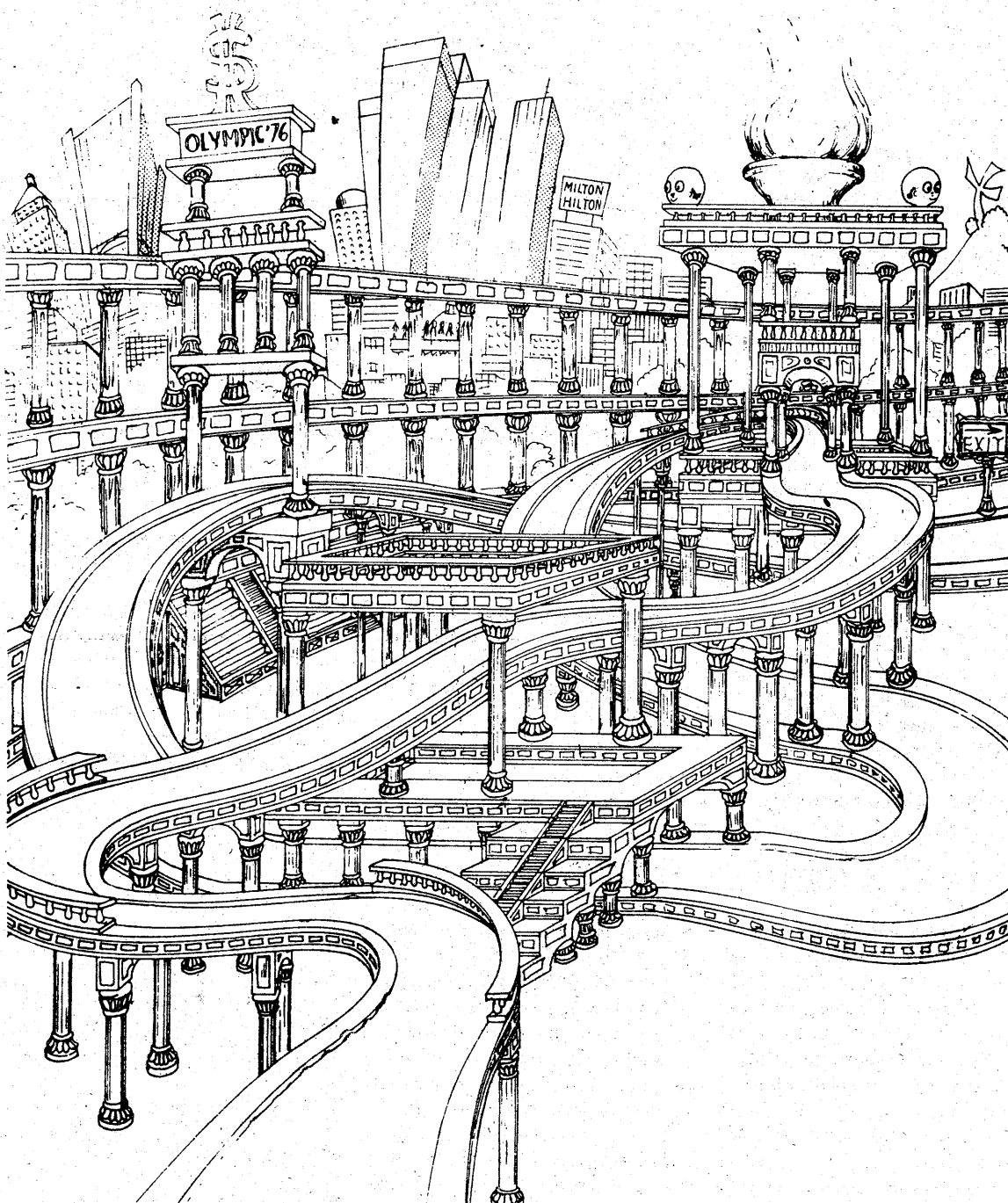
Another issue which played an important role was the fireman's strike one week prior to the election. Because of foul-ups in granting the firemen similar benefits as were granted Montreal's police, the city was left almost completely unprotected for four days.

The MCM's main vehicles for the campaign were a mass door-to-door information campaign, distribution of pamphlets, posters, and the MCM program and

bring all the 'quartiers' together and to map out some final strategies.

The MCM never had much money, consequently no media time was bought throughout the campaign. The bulk of the campaign money was spent on printing costs. However, the media "did their job well" according to one MCM organizer, and produced good coverage all the way through the election.

Basically what happened, is that the groups and people who made up the MCM remained the prime working agents of the movement. The grouping of these people into one political movement was their strategy for fighting Drapeau electorally. Communication, information, organizing, most of the campaign in fact, was realized at the



raising collection happened and \$3,500 was donated by the 300 people present.

Two weeks later the committee found Jacques Couture, a Jesuit priest community organizer in Ste. Henri, lower lower class Montreal.

Couture was highly skeptical about the proposition when first approached. He feared losing the base of people and energies he was working with in Ste. Henri, and was also personally, a behind the scenes man, not having too much to do with electioneering.

His argument about losing his base in Ste. Henri was ironed out when Couture accepted that the Movement was not separate or alienated from his people, and that success for it meant success for his district.

He accepted a week later, and on October 17, he was elected 174 - 3 at another general congress.

Couture appearing on 'hot-line' radio shows every day.

A big difference between the MCM and Drapeau's Civic Party is that the MCM has an active base of citizens and citizens' groups to work with. The Civic Party has nothing comparable. They couldn't find enough people to man polling stations for the ballot count. It has been said more than once that the only Civic Party members are the candidates running for election. The party has no base whatever, and while Drapeau is a very powerful man -- he is not at all in a secure position.

'Quartier' meetings were held constantly, organizing the door to door campaign, raising money and printing literature. Couture attended many 'quartier' meetings, also meeting with ethnic and English groups. A general congress was held two weeks before the election to

people level -- in homes, at the store or in church basement meetings.

## Electoral system

The Montreal electoral system has been "democratic" in principle for only a very short time. Ten years ago only property owners had a right to vote. Until 1970, only property owner registered on the evaluation lists and the tenants whose names appeared on the water tax list could vote.

As a result numerous tenants and most of the women and youth who were not registered on the tax list were kept away from the polls. This practice was modified before the October 1970 election, now every citizen aged 18 or over has the right to vote.

There are 55 municipal councillors for Montreal and 19

electoral districts or 'quartiers' as they are referred to in Quebec. 16 'quartiers' are represented by 3 councillors, one by four councillors, one by two and another is represented by one councillor.

## Election day

November 10 was election day and 36.7 per cent of eligible Montreal voters cast their vote, a percentage far smaller than the 1970 election's 50 per cent.

Alienation from and indifference to elections are very real sentiments to many Montrealers. Living so long with next to no decision-making power has left many cynical and hostile. These people, along with some of those willing to struggle through the electoral labyrinth, have more than conclusively proven, however, that there are more constructive and real politics outside the electoral system.

No one knew for sure what those who did vote were going to do. Some MCM members predicted 15 to 25 councillors, others two to three.

The MCM was down as leading in 11 seats at the outset, the figure rising by the night's end to 18 elected councillors. The final result gave the MCM 17 councillors, and one Democracy Montreal councillor.

Democracy Montreal was a third party lead by former Civic Party councillor Jacques Brisebois. This party offered no real alternative to Drapeau but did deface the MCM, calling them separatist, communist, and anti-semitic.

Just across the street at City Hall armed guards at the door made sure only Civic Party candidates, their families, and invited media were allowed inside.

A big number board at the Union Francais recorded seats won and the amyoralty votes. Another councillor elected and people cheered, hugged and raised their fists.

"Ca c'est le debut -- continuerons combat," (this is the beginning-we continue to fight) was chanted constantly.

The celebration itself marked a truly rare event in Quebec politics -- a reason for the left and the citizens of Montreal to celebrate.

One of the more weighty results of this election is the new spirit of hope many people feel is reflected in the quote, "you know -- maybe something can be done."

## Post election

The main strategy the MCM congress decided to work for was developing 'quartier' organizations. The 'quartier' work has been moving along with strong councils in 11 districts.

The work in city council will be to constantly publicize what goes on and to provide an alternate legislation to the Drapeau gang. Issues must be raised, showing the contrasts between what Drapeau sees for Montreal and what citizens see for Montreal.

At a recent MCM post election meeting, it was decided that no leader in the city council would be chosen now. If the need arises, and on the basis of performance in council, one





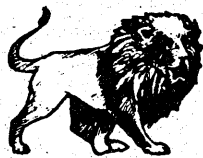
ARIES

Those dealings that rely on the resources of another could suffer a set back. You can gain much career-wise if you expend energy in a positive manner. Temper outbursts could cost you just as much.



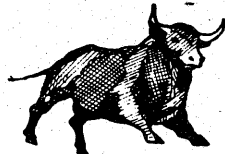
CANCER

A tendency to submerge your own opinion and give credence to another. Check facts first. For some there are indications of romance for others pleasant social affairs.



LEO

Many of you have traveled far and fast in the last little while and the result is just a little scary. Instead of stopping or backing up just slow down and consolidate your position.



TAURUS

A stranger can provide a unique angle and the impetus needed for success. It's difficult for you to put your trust in someone you don't know but this time it can pay off.

For some remance takes on a new glow, for others everything goes up in a cloud of hot temper. An organization for community involvement could use your communication talents.



VIRGO



LIBRA

Recent monetary gains disappear quickly. Instead of holding on, try to get value for the output. Activity that is centered around the home has the most successful outcome.



GEMINI

Some unusual happenings occur at work or through your co-workers. A variety of conflicting view points could cause confusion so steer a middle course.

It is necessary now to go over past issues, get to the root problems before going on. Some of you received an unexpected assist from your immediate family.

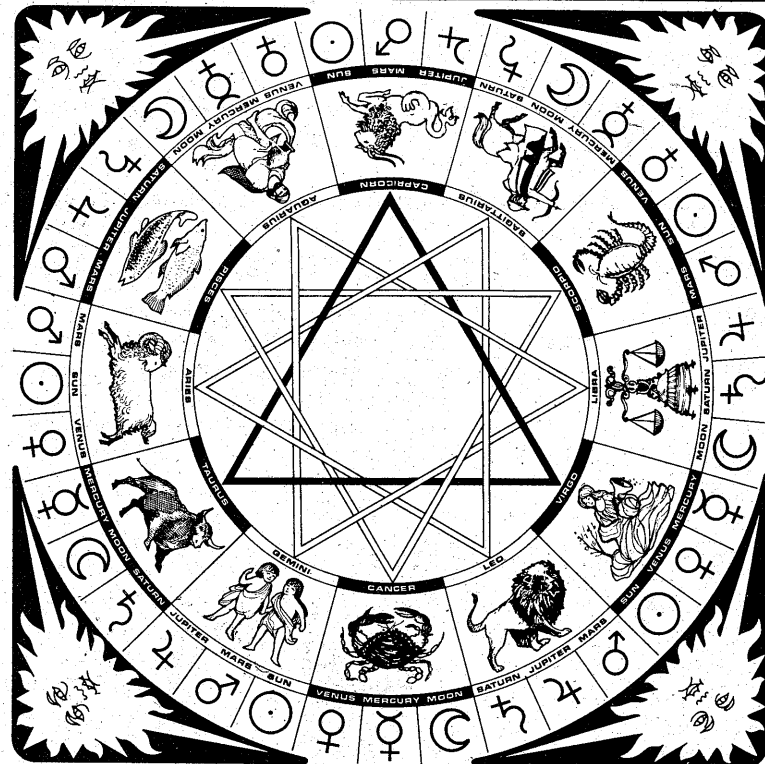


SCORPIO

Your use of assets could prove impulsive or rash. There is apt to be an influence that undermines your self-confidence. Turn to pleasant pursuits instead of forcing issues. Friends return, lost possessions show up.



SAGITTARIUS



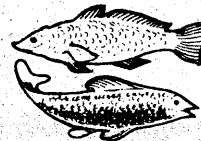
CAPRICORN

Tendency to be irritable and short tempered one minute then generous and approving the next. Turn to pleasant pursuits instead of forcing issues. Friends return lost possessions show up.



AQUARIUS

Physical and mental energy is at a low. Relaxed atmosphere draws out pleasing aspects of personality. You do well in public situations where tact and diplomacy give concrete satisfactions.



PISCES

Friends provide much help but prefer that it is not made public. Research projects have good outcomes. Many of the vagaries prove to be illusions, facts dovetail into solutions.

## Publication budget pays for toilet paper

By BILL NOWRIE

Although there's only about one quarter left, I figured better late than . . .

For those of you who never follow what's happening to your \$30.00, this is for you; blowing your money took some thought, but to justify it, took longer.

Of the \$25,000 in the publications budget, the Yearbook is burning 17,000 and so if I were you I would make sure you get a yearbook in September. It may not be on par with gold, but close to copper's price.

For those of you who think this rag is excellent toilet paper, wipe slowly, it's more expensive than the leading brand at your neighborhood Safeway. We had to go back to Council and ask for an additional \$2,000 to help us through to the end of the year. The editor's salary isn't the problem, our budget was based on costs of the Nugget 2 years ago - printing costs have risen 60% since then, the budget didn't rise - figure it out this way - how much did a role of "Delsey" cost you 2 years ago compared to today's "everyday low price?"

The Telephone Directory was later than we expected, but 4 months earlier than last year, we are \$200 over budget - so we saved somewhere.

On to the complaints:

Over the past months I have been getting complaints about the Nugget - along the lines of the content carried - which some people seem to think is pretty bad - I agree. Unfortunately one person, the editor, who is Brent Stumph, can not write eight pages a week all by

himself. The only stories we won't print are those considered obscene by the morality squad. Unfortunately, we do have to ask for student participation in helping write/submit articles, if it wasn't necessary, we certainly won't bother you about it.

Now you know who to bitch to, and remember wipe slowly.

**Electronics**  
**Med Dicta Typist**  
**Valentine Cabaret**  
**Captain Nobody and**  
**his Forgotten Joyband**  
**Sands Motor Hotel**  
**12340 Fort Road**

**Friday, February 14, 1975**

**8:30 pm to 1:30 am**

Liquor - 2 for \$1.00

\$2.00 members

Beer - 5 for \$2.00

\$2.50 non-members

## Hypnotic hi-jinks coming

Exciting entertainment news for NAIT students. Byron Benson, "Mr. Hypnosis", is returning for one performance, February 12, at 8 p.m.

This will be Byron's 4th show in as many years. His shows have created Hypnotic pandemonium with the audiences and standing room has been at a premium.

Judging from reports, Byron's show is the hottest entertainment package to play the Collegiate Circuit. Even here at NAIT, his performances have out drawn other top name entertainers.

If you're looking for something special to do, something unique in entertainment. Then see Byron, his show is guaranteed to ease your frustrations. Hypnotic Hi-Jinks, both on and off stage will keep you laughing for 2 solid fun packed hours.

Maybe you'd like to enjoy the sensation of being Hypnotized, or watch a friend experience the sheer delight of seeing the audience in the nude. You'll see this and much more through the magic of Hypnosis. So take a friend, bring the family, it's great fun and tickets are only a buck and a half.

If you've  
seen Byron  
once...  
you laughed

IF YOU  
SEE BYRON  
NOW...YOU'LL  
LAUGH,  
and laugh,  
AND LAUGH, AND

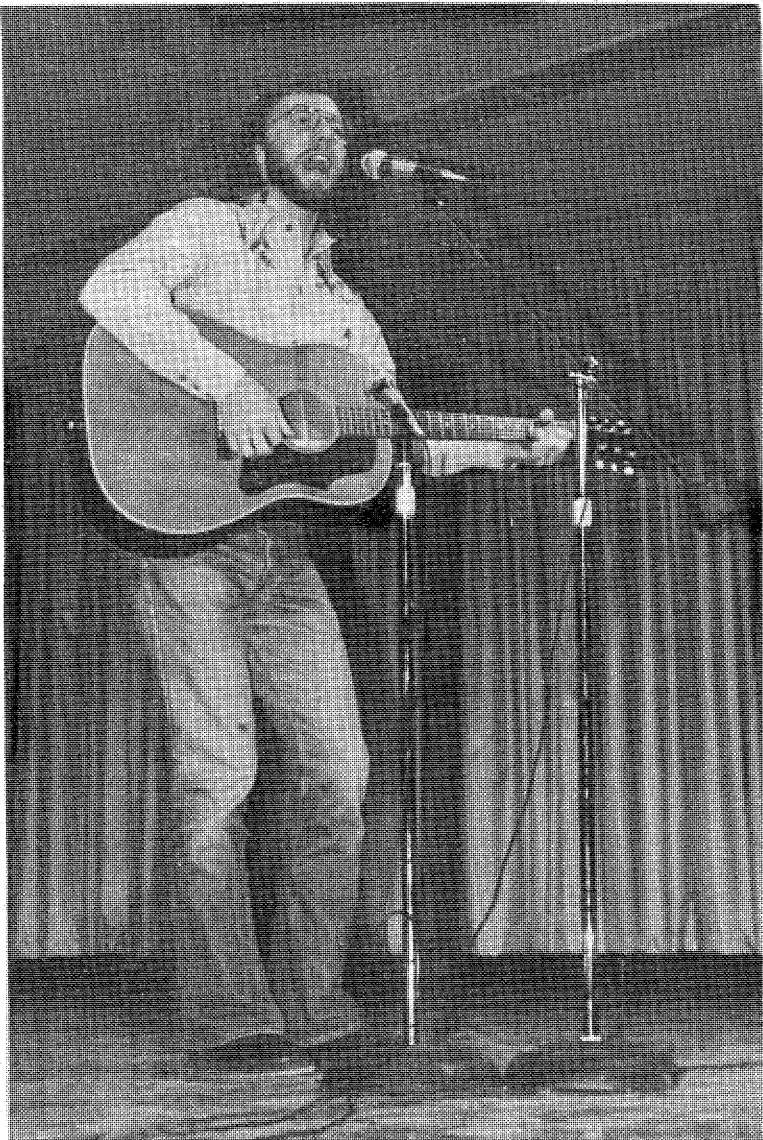
**BYRON**



**AUDITORIUM**  
**Wednesday,**  
**Feb. 12**

**8 pm \$1.50**





## Northcott packs 'em in

International recording artist Tom Northcott visited NAIT last Wednesday, playing to a packed house.

He sang many of his old hits, well-remembered by his attentive audience.

Tom mixed singing with a fair amount of dialogue, explaining the reason for his writing some songs. "Crazy Jane", for example, is the story about his younger sister, and how Tom and his brother would try her dolls and sentence them to death, usually by dismemberment.

His performance lasted only an hour, because of classes. The last time he was here, he played through a class change and he said it was too hard to concentrate on singing when masses of people stand up and leave.

With the large following he has gathered here at NAIT, an evening concert here in the Institute would be sure to draw an SRO crowd.

## Jesse Winchester and friends show talent

All of a sudden, it's no longer a surprise to see a good concert in this town at least once a week. You don't have to wait until some big promotion outfit decides to bring in some all-star band and charge five or six bucks to see them at the Fieldhouse (Filmore North) or the Coliseum. The greater percentage are at the lower capacity places such as the SUB Theatre, Dinwoodie Lounge, and the Hovel. Places such as these make a lot of effort to supply Canadians with first rate Canadian talent. And last week was no exception.

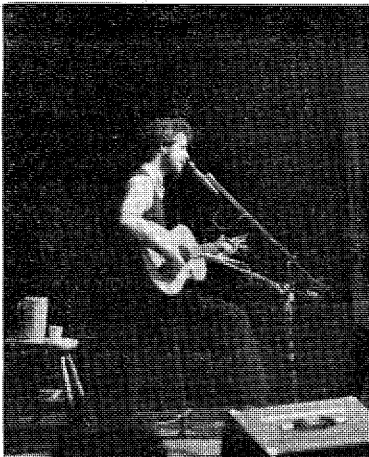
One of the best country-folk singers of this country, Jesse Winchester, played to a full-house crowd during the January 25th weekend and into the beginning of last week at the Hovel. It was well worth the time spent waiting a while in the lineup to see him.

The first set opened up at about 9:30 with a, quote, refreshingly country, unquote, group from out of town called Glory Hills. Comprised of a chick on banjo and two guys on guitar, they shocked the shit out of me by proving that this city does have more than a half-assed good country band.

Doing numbers like Hank William's "Honky Tonk Blues" and more subdued songs like "Ten Years Too Late", they visibly impressed the audience, mostly due to the tightness of the group and the excellent harmonies.

One of their own licks called "Glory Hills Breakdown" featured two banjos, bringing out the best of their foot-stompin' side. Their best number had to be an old gospel tune (of which there were a few since it was Sunday night when I saw them) called "Old Time Religion."

Lovers of good country will



have has a chance to see them again shortly in the future as the Hovel will be devoting a weekend to them.

After a little while of a break, Jesse Winchester, who hails from Montreal, came on. The impression that a few of us got was that he was slightly nervous, which is kind of surprising since he has appeared in front of many a good sized audiences across Canada and the States. But whatever, once he was into a number he became quite relaxed.

Even though he wasn't quite as "rmbunksheeu" as the openi' trio, everyone's attention was completely glued to Jesse and his music. Numbers like "Let The Good Times Roll" and the beautiful "Brand New Tennessee Waltz" laid everyone back just nicely.

One tune, "Living on Easy Street" sort of played on a kid's veiw of living the good life on welfare. Another one told people that "Jesus Christ was a teenager too" showing in a satirical and down to earth way that he probably did some of the things we had done while growing up.

And of course, to our good fortune, he did some of his more well known numbers such as "Poor Man's Friend", "Midnight Bus", and "Isn't That So."

If you didn't get a chance

to see him, for one reason or another, consider it your loss and hope that he comes back to the wild west sometime in the future, and soon.

## Ability fund blitz will be a mail drop

Ability Fund Drive organizers have scheduled February 3, 1975 as the day for the mail drop blitz.

Every household in Edmonton and area will receive Ability Fund literature along with a blank cheque.

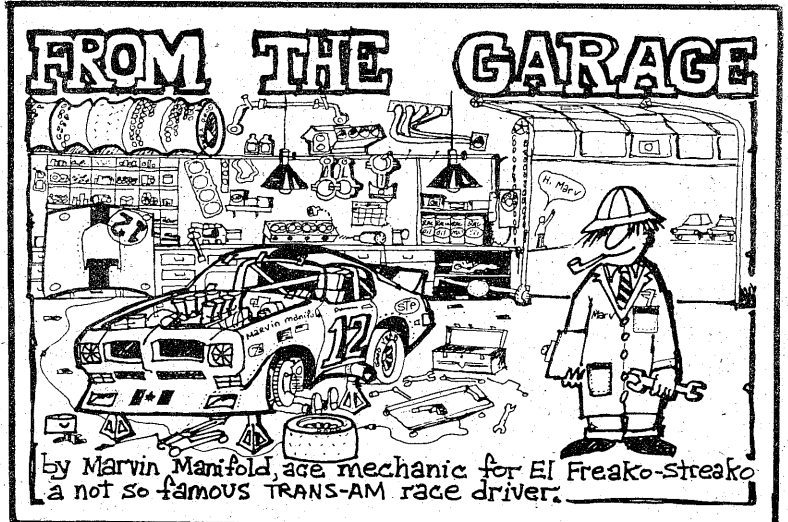
Unlike the 1974 appeal, there will be no door-to-door canvass this year. According to Mr. Wickman, Campaign Chairman, the response received at the door last year indicated people are getting tired of being canvassed continuously for various appeals.

"We are going to use the approach of a straight mail drop, emphasizing that the person receiving it has the choice in their own home, without any psychological pressure what so ever, of contributing if they so desire. Hopefully people will respect this approach and respond accordingly."

Proceeds raised from the Ability Fund are allocated to various handicapped groups.

The Ability Fund Drive is Canada's only major fund raising appeal conducted by the handicapped themselves.

For further information please contact Percy Wickman at 433-9201 or 433-4937.



Dear Marv;

I own a 1972 Datsun 610 and want to put radial tires on it, but I've only got enough money for two tires right now. Which end of the car should I put them on?

Signed  
"TIRED"

Dear Tired;

If you must mix radials and crossply tires, put the radials on the back only. Never on the front when the back is shod with crossply, even if you had a front wheel drive car. Why? Well, to mix radials and crossply tires incorrectly results in very dangerous handling, need I say more.

My advise is be safe, buy two now, and two later, then have them installed all round.

Dear Marv;

Last week I got my 69 Chevelle boosted, since then my red "IGN" light won't go out, and my battery keeps going dead, what gives?

Signed  
NO GO

Dear No Go;

Sounds like you got the booster cables hooked up incorrectly which would result in a heavy reverse load on your alternator diodes. Have the alternator checked out as soon as possible. Next time remember to hook up positive to positive, and negative to negative.

Marv's Motoring Tip of the Week: Check your battery every week, if properly cared for, a battery can last 5 years or more.

## OPEN SQUASH TOURNAMENT

Open to all NAIT staff and students  
To be held February 13, 14, and 15.  
Entries accepted in 3 classes:

- A- experienced players
- B- intermediate players
- C- beginning players

There will be prizes for the winner and runner-up in each class and consolation event winners.

Entry forms available on the squash notice board in the Activities Center.

Entry forms plus \$1.00 entry fee may be turned in, before Tuesday, Feb. 11, to:

C. Elliott ---E114E  
J. Davies ---T200D  
W. Glanville ---E214K

## COMPUTER SYSTEMS

# CABARET

Jasper Park Community  
8751-153 Street

February 7, 1975

## Vehicle

Members  
single \$1.50  
couple \$2.50

Non-members  
single \$2.00  
couple \$3.00

Wine

Beer

Hard Liquor



from the "what if" dept:  
 what if electronics developed to the level they are today, BUT the rest of the world was stuck in 1896? Well the slightly altered picture below shows what the NAIT I.M.C. multi-media room (J-22) would look like. If you're not using modern multi-media aids as an integral part of your reports, papers, essays, etc, perhaps part of you is still stuck in 1896.



↑ a couple of guys from marketing II watching 35mm. slides.  
 ↑ man from automobiles about to view a film  
 - Visit your I.M.C. (room J-22) soon.

**SOUTHERN COMFORT IS A NORTHERN DELIGHT.**



And Southern Comfort is all you need — for everything from Comfort on the Rocks to an exotic Southern Julep. And Southern Comfort is sweet satisfaction all by itself. Southern Comfort, the one-bottle bar y'all love.

**SOUTHERN COMFORT**

could be chosen at a later time. The first council meeting is expected to be called before December 10, but at the time of this writing, changes in council are not yet established.

## MCM's future

There is a small group of Montreal union people who firmly believe in the formation of a workers' political movement and aptry. They see the establishment of such a party as a necessary step towards their long-term aim of establishing a 'socialist workers state of Quebec.'

Their arguments are clear enough. The workers are the production agents of society, yet hold no control over that production. This should be changed to the production agents (workers) having full control of their production.

They see organizing union locals and political action neighbourhood groups, suggest the 62.4 per cent of the citizens who did not vote argue against electoralism. They claim that working with electoralism is like working with the oppressors.

They believe such electoral 'movements' affect only the consequences and not the causes of the problem. The real enemy is the monopoly capitalist economic and social system which dictates the framework of

## Montreal

all interrelationships. Consequently, any alternatives which do not deal directly with this reality, an electoral alternatives for instances, produce only reforms--in the process serving to further entrench, by making more palatable, the economic and social status quo.

"... the roots of the urban crisis today lie not merely in poor designing, bad logistics, neglected neighbourhoods, and inadequate material support, but in the social system which has created the problems in the first place -- and produced the modern metropolis" said Murray Bookchin in his book *The Limits of the City*.

A student describes the MCM as using, "reforms which are inevitably entrenched in a contradiction with the means of realizing those reforms."

He goes on to point out several radical proposals in the MCM program -- police not interfering in partisan effort, elimination of land speculation and exploitation, abolition of all anti-labour legislation and revision of the recreation system to let all people participate. He then points out that the methods the MCM propose to use for these changes include the mayor's office, city council, and their self-established 'quartier' committees.

This in effect amounts to a tightly coordinated decentralization -- not approaching or

proposing full decentralization. The fundamental relation remains citizen to party.

Still others maintain that starting a process, with the long term goal of complete citizen control, is a necessary stage in the realization of this goal.

They see working within the system as a necessary, and if done democratically, valuable vehicle for the decentralization of power.

"... a political vacuum in the fundamental sense of the word exists in Montreal, if this vacuum is to lead to any dialectical opening for the left, both politically and socially, the left must be the ones to fill it. If we allow disaffected elements of Drapeau's own party or some group backed by the Quebec Liberals to fill it instead, we will be missing an excellent opportunity to provide both a progressive opposition of Drapeau and a focus for the mobilization of working class consciousness," says an early PUM document.

They see the MCM, in particular, as being a democratic grouping of citizens genuinely concerned with changing and gaining control of their environment.

Further they stress the necessity of an open movement--with no central organization or political affiliation membership criteria.

From the same document: "The task facing the left, then, is to organize a progressive urban movement encompassing all those who identify themselves on the left of the political spectrum in a democratic structure which guarantees constituency autonomy and based on a minimum program of immediate practical reforms."

There can be no doubt the MCM has brought to most people new considerations and perceptions of urban politics. It's success so far is clear enough indication of this.

## TRANSCENDENTAL MEDITATION

Free introductory lecture  
 every Wednesday night  
 at 8 pm in Room 307  
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# RAY MATERICK KAPP BARTLE - Private Eye

## NEON RAIN

By HECLIFF MOOTS

I walked into the room. It was dimly illuminated with a single light bulb. My sharpened senses assured me that no one else was within the four walls. It was time to make my move. I walked with inhibited strides to the enclosure, shutting the door behind me. In a frenzy I loosened my garments and set about my business. Now in solitude I had time to think.

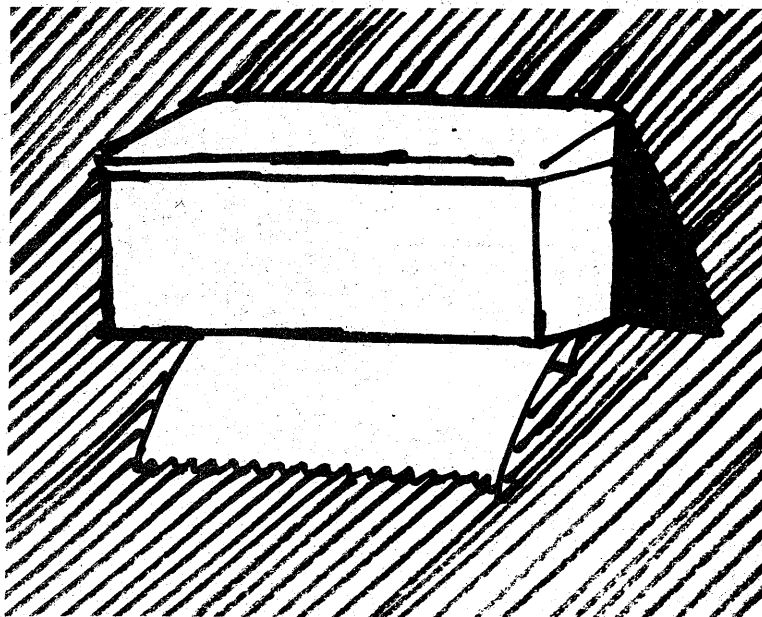
"God how I hate going to the can here at NAIT."

Finished, I straightened my clothes and prepared to wash my hands. As a private detective I had learned early in my career that cleanliness was imperative.

To my dismay I was joined in the lavatory by a hulk who sneered at me as I lathered my hands.

"Hey twerp what ya think you're doing?" he scoffed. As usual I was at a loss for a snappy answer so I parried with,

"Didn't your mother ever teach you to wash your hands



after you go to the bathroom?"

"No, she taught me not to crap on my hands!" he chortled as he left.

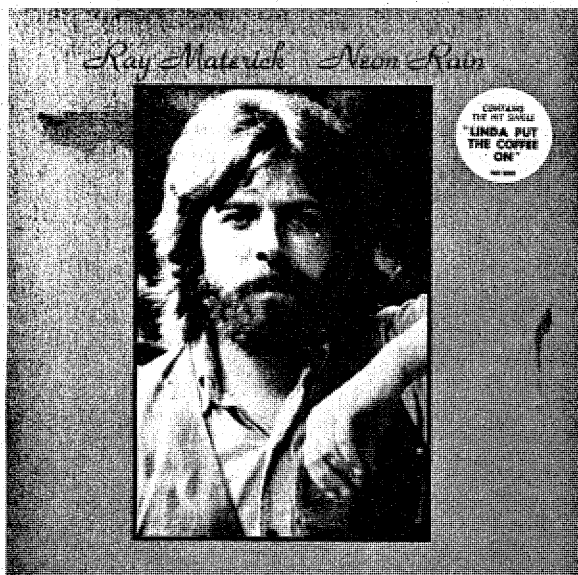
"Rat's!", I thought, "foiled again. I had better dry up and leave."

I grabbed a paper towel from the dispenser and attempted to dry my hands.

"Gadzooks!" I cried, for my hands were not becoming any drier, "Did that hulk of a speed welder know something I didn't?"

Soon I realized that the lavatory was filling up with people laughing at me. They knew that the paper at NAIT was not meant to dry your hands with.

With that, I scooped up a handful of the hateful paper and ran home, with tears of humiliation streaming down my cheeks. My usual alert mind sensed immediately that although I couldn't dry my hands with the paper I could sand paper my rumpus room.



Ray Materick is a very unique artist who's keen observations of life can all be heard on his first album released on Asylum Records. "Neon Rain" contains eleven Materick originals including Ray's recent single "Linda, Put the Coffee On" backed with "It's All So New To Me". Produced by Eugene Martynec (known for his productions of both Bruce Cockburn and Murray McLaughlan, and as a member of Kensington Market), the entire session was recorded at Toronto's Manta Sound, and mastered at Sterling Sound in New York. Contributing music-(guitar), Barry Keans (percussion), David Essig (mandolin), Eugene Martynec (guitar, bass and synthesizer), Paul Mills (guitar), Frank Wheeler (keyboards), and Murray McLaughlan

## guns

and collect all the hand guns and side arms for they will be prohibited. Remember this is NOT a once only proposition. These firearms would have to be registered every year and every-time they transfer ownership until some politician decides this program costs too much and presents legislation against firearms all together. A point of interest, a police woman told me that she noticed a firearm in one out of every five homes she went into. Can you imagine the number of firearms in the city of Edmonton? Also Canada is supposed to have more firearms per capita than the United States.

I feel that some sort of control over gun owners should be imposed but not over the person's right to own firearms. As the Hon. Donald Cameron pointed out, "This bill is useless and that it would not stop the criminal elements from obtaining firearms." Note he is the one who imposed the bill.

I hereby invite the writer and anyone else who is interested to come and talk to me at the Edmonton Fish and Game Association office at 11472-112 Ave., the 2nd, 3rd, or 4th Monday nights of the month between 7 and 9 p.m. or come and talk to anyone there Monday thru Friday 7-9 p.m.

H. J. VAN SOEST  
Policy Chairman  
Edmonton Fish and Game Assoc.



"NO BASTARD EVER WON A WAR BY DYING FOR HIS COUNTRY. HE WON IT BY MAKING THE OTHER POOR DUMB BASTARD DIE FOR HIS COUNTRY..."  
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produced by FRANK MCCARTHY-FRANKLIN J. SCHAFFNER directed by FRANCIS FORD COPPOLA & EDMUND H. NORTH

based on factual material from "PATTON: ORDEAL AND TRIUMPH" by LADISLAS FARAGO music by JERRY GOLDSMITH

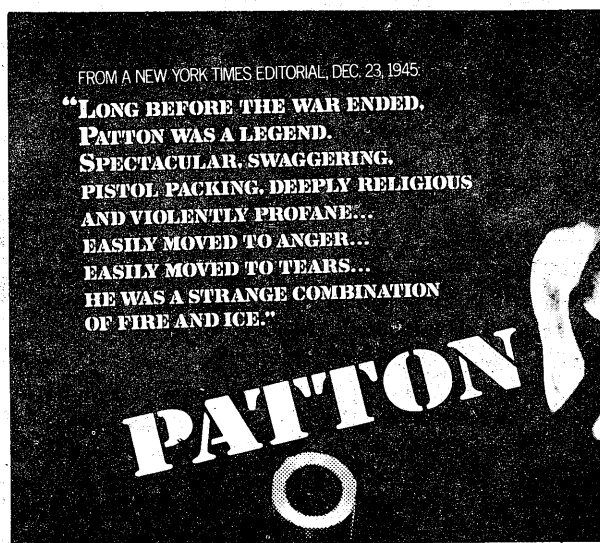
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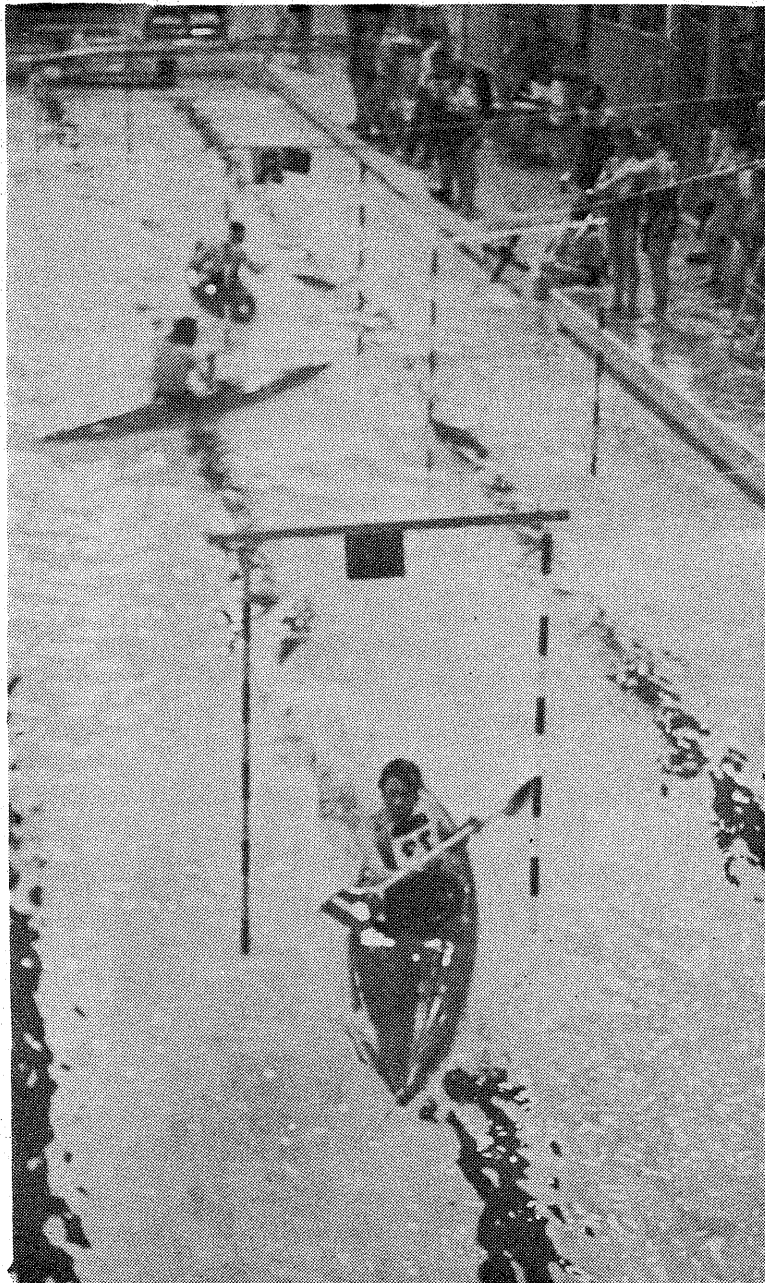


"A MAN YOU'LL NEVER FORGET..."  
N.Y. Post



**ACADEMY AWARD WINNER!**  
Best Actor of the Year-





Canoe-Kayak Slalom

The first annual NAIT Invitational Canoe-Kayak Slalom was held this past weekend, with teams from across Alberta participating.

One and two-man canoes, and one-man kayaks all raced against the clock, to determine winners in men's, women's, mixed and novice categories.

The course consisted of a

dozen gates, in an oval in the NAIT pool, through which paddlers had to propel their water craft, in the fastest possible time. Two gates on the course required the reversal in direction, and the experienced men in kayaks had to roll their miniature vessels before completion of the run.

It sounds complicated, and

Ooks win physically . . . but that's all

By DARRELL FISCHER

They came, they saw, but they didn't conquer. So went the fates of the NAIT Ooks, Saturday afternoon in the arena. Mount Royal Cougars roared to a 4-1, blood stained victory.

After the first five minutes it became evident that both teams were out to win and would go to any lengths to do so. About the only person realizing this fact was the referee, who gave the impression that he was "out to lunch", as far as penalties go.

The first period ended with NAIT's Dave McAmmond scoring a beautiful goal.

Mount Royal came out storming in the second period and quickly tied the score, on a quick shot that beat NAIT's Vic Kennedy cleanly.

The third period was filled with bruising, hard-hitting action, most of which was questionable!

NAIT pulled their goalie after MRC widened the gap to 2 goals. With less than a minute to go in the game MRC scored into an empty net further frustrating NAIT's effort.

Those who left then missed an exciting climax though, with NAIT's Gord McDermott, Reg Blaney and Larry Dirk engaging the entire MRC team in a free-for-all fistcuffs.

In a sense you can say that NAIT did conquer but MRC went home with 2 points and that's what they came for.

it was; but at the same time it was extremely interesting. It takes a lot of strength and endurance to steer those things on such a tight course.

Canoe coach Bill Bresnahan is planning a tournament similar to the Invitational, for Open House Weekend in March. It will be well worth attending.



By TED POWER

Last week there was no snow and this week it's too cold to go skiing. What's with this weather? Many people have come up with theories regarding the present uncertainty of our climate but there doesn't seem to be any solutions. Pollution, the "wobble" of the earth's axis and black magic have all been blamed but we still can't be assured of normal weather.

I phoned some friends of mine in Vail, Colorado on Monday night. They just received three feet of fresh powder and have been skiing in sweaters for about two weeks. Maybe if we speak to Mr. Carter, the President of NAIT, we can get him to put in a new wing for the school down there. Commuting would likely be a problem so we would also have to move. I could go along with that. Fresh powder for breakfast will make one live a long and happy life.

One unexpected benefit of this lack of snow is your studies are not likely to suffer. Instead of excuses such as "I've been skiing too much" we come up with new ones like "I spent the last four out of five days in the bar."

Another bonus is every major ski shop in town is having a spring sale on the merchandise they haven't sold due to the lack of snow. Great bargains can be picked up at The Mountain Shop, the Abominable and Olympic. All skis, boots and clothing have been drastically reduced so get on out there and spend your student loans.

The NAIT Ski Team (pro-

posed) has a few more members now. We can use more so if anyone would like to race please leave their name at the Nugget office. The list includes Doug Glowicki, Linda Kettle, Don Jamieson, Rob Henley, and myself. We need your support.

Marketing had a ski trip this past weekend that, considering the weather, was a tremendous success. It was run by Rob Fraulich and everyone had a chance to get loaded.

On March 7 and 8 another trip to Jasper will be sponsored by MAS. It departs NAIT on Friday night, March 6 and includes two nights lodging at the Lobstick Motor Inn. The Lobstick is a great party hotel with free ice, suana, whirl bath, swimming pool and restaurant. A 41 passenger Brewisker bus complete with bathroom will take you to and from Jasper and the package includes two days lift tickets. The total price is \$43.00 and if you hurry and get your deposit in to T-405 A you can be assured of a place. Who can think of a better way to relax after exams.

I hope next week to deal with Hot Dog Skiing and jumping in particular. Many people are afraid of hurting themselves and for that reason are reluctant to "get hot". Anything can be done with safety precautions and can therefore assure you of coming back to earth in one piece.

Pray for warmer weather this weekend and try to make it to the mountains. Pick up some new equipment at one of the sales and have a real good time.

ACAC Basketball and Hockey Stats

ACAC Women's Basketball

Team Standings

Team	GP	W	L	PTS	PTS.F.	PTS.A.
RDC	10	10	0	20	827	295
LCC	8	7	1	14	527	371
CLC	7	6	1	12	450	263
MRC	10	6	4	12	554	379
MHC	10	6	4	12	488	442
SAIT	8	2	6	4	282	435
GPC	12	2	10	4	401	765
NAIT	7	1	6	2	132	387
GMCC	8	0	8	0	246	568

Individual Statistics

Player	Team	GP	PTS
Laurie Martin	RDC	10	188
Kathy Webber	RDC	10	173
Shirley Yuill	LCC	8	170
Faith Rostad	MHC	10	170
Marg Wright	GPC	12	167
Jan Brassard	RDC	10	119
Michele Courouble	MRC	10	92
Shelley Reeder	LCC	8	89
Peg Mussilman	GMCC	8	87
Brenda Smith	RDC	10	87

ACAC Men's Basketball

Team Standings

Team	GP	W	L	PTS	PTS.F.	PTS.A.
MRC	10	9	1	18	770	641
LCC	8	8	0	16	807	466
NAIT	8	7	1	14	704	425
RDC	10	6	4	12	733	695
SAIT	8	4	4	8	566	573
MHC	11	4	7	8	665	733
CLC	7	3	4	6	554	573
GMCC	8	0	8	0	462	693
GPC	12	0	12	0	694	1157

Individual Statistics

Player	Team	GP	PTS
Rick Gawlick	NAIT	8	249
Lionel Leiske	RDC	10	213
Joe Grosswiler	MHC	11	209
Dale King	GPC	12	187
Ed Dick	SAIT	8	172
Jim Blake	GMCC	8	171
Marvin Stanberry	MHC	11	149
Stew Bauck	MRC	10	145
Greg Hess	LCC	8	136
Eric Anderson	GPC	12	135

ACAC Hockey

Team Standings

Team	GP	W	L	T	PTS
CLC	17	15	1	1	31
RDC	17	15	2	0	30
MRC	16	11	4	1	23
NAIT	18	9	9	0	18
SAIT	15	3	12	0	6
U of L	19	3	16	0	6
OLDS	16	2	14	0	4

Individual Statistics

Player	Team	GP	G	A	PTS
Dave McAmmond	NAIT	18	31	18	49
Phil Jensen	RDC	17	16	27	43
Greg Scott	RDC	17	15	23	38
John Danko	CLC	17	16	18	34
Larry Stewart	CLC	17	12	22	34
Phil Irwin	CLC	16	11	22	33
Clint Armstrong	MRC	16	4	18	32
Wilf Foord	RDC	17	19	13	32
Joe Miller	CLC	17	20	12	32
Tom Gould	CLC	17	13	17	30

—Jobs—

genuine interest in and commitment to understanding the problems of international development. It is anticipated that those who complete this experience will continue to involve themselves in activities aimed at improving cooperation among the peoples of the world.

Deadline for receipt of applications is March 7, 1975 for participant applications and March 3, 1975 for staff applications.

Currently Canada World Youth has programmes with: Fiji, Phillippines, Malaysia, Indonesia, Honduras, Columbis, Cost Rica, Mexico, Tunisia, Senegal, Ivory Coast, and the Gambia.

Canada World Youth is a non-profit organization, receiving funding from the Canadian International Development Agency, (CIDA), and from the governments of its participating countries.

If any further information or assistance is required, please contact the Canada World Youth Prairies Regional Office.

DR. HOOK & THE MEDICINE SHOW  
March 22nd in the arena