Breathe, don't seethe



I stumbled across a tiny article as I was reading the NATIONAL ENQUIRER the other day relating the fact that in the United States in 1975, one sleeping pill was consumed per person per day! Amazing! That means some people took quite a

AM

We are rediscovering alternatives every day for doctors and drugs. If you have trouble sleeping or are feeling nervous and frazzled, here's a few things to try:

few because most people I know

don't take any. It's an indi-

cator of the culture in which

the "uptightness" rampaging

through the country.

we live, I guess, a symptom of

Deep breathing (diaphragmatic breathing) is an excellent calmative. Lay on your back, bend your knees and place your hands on your stomach. Suck air in, through your nose, all the way down to the bottom of your lungs. Fill them up. Your stomach should rise first, and when you exhale, it should sink first.

Now sit in a comfortable position, making sure your spine is straight. Bend the first and middle fingers of your right hand and close your nostrils. This is called a Mudra, a traditional Indian method. Your thumb and last two fingers are held up while the first and second fingers are pressed down into the palm.



This leaves room for the nose and is very comfortable. Place your thumb over your right nostril and inhale 4 counts through your left hostril. Put your two end fingers over your left nostril and with your nose completely stopped shut, hold for 8 counts. Now remove your thumb from your right nostril and exhale for 8 counts. Then with the right nostril open inhale for 4 counts, and so on ...

This is called alternate breathing, and because it takes concentration to get your nose and your fingers working together, will focus your attention on one thing and calm you. The ideal ratio for alternate breathing is 1:4:2. Always exhale twice as long as you inhale.

Breathe in through your nose in a series of sniffs until the lungs are completely filled, then exhale explosively through the mouth, "Haaaa," This is called the dynamic cleansing breath, and it clears and strengthens the lungs.

Certain herbs brewed into teas are excellent calmatives or nervines. The one I've found the most noticeably effective is Valerian, although it probably tastes the worst! Chamomile, peppermint and spearmint also have a soothing effect and will settle your stomach.

So, when life gets to be a little too much, before you run to the M.D. to get a prescription for valium, try any or all of these remedies. Your body and soul will thank you.

OVEKHEAKD IN LAWRENCE



"I don't believe in a minimum wage law and I also don't believe in unions."

-- City Hall meeting -- Mayor Fred Pence

Reports from small children and East-side dogs place City Manager Buford Watson in the front seat of an east-bound Lincoln early in January, at the corner of 11th and Rhode Island Street. Rarely seen east of Massachusetts, it is said the man had a wide grin on his face, and a soft, tan felt hat on his head.

BROTHERHOOD

Once a little lump of coal Was blazing merrily Heated by his brother lumps Making fire cheerily. Then he rolled off by himself And grew cold alone.

LETTERS LETTERS

Dear Public Notice:

We've held our own over Christmas holidays although it has been a financial strain that enabled us to only pay 80¢ per hour (including tips). Still, we're here and things look much more optimistic after the semester gets in full swing with higher prices, dinner hours, and only weekend coffeehouse, but for Sister Kettle to really survive the continued support of the community is a must. Many of us in Lawrence are sharing the dream of what alternatives to capitalism can mean, but its not going to be easy and we're all going to have to work hard to make our dream a reality.

Please help our collective's effort by giving your critical feedback and by eating with us often. Remember, we're more than a cafe; we're a new-born social experiment which you can help shape.

With love and hope, Sister's Collective



I have large hands, dwarfing Muhammad Ali's by comparison. . When I take my Spiedel Twistoflex watchband off, the band has to stretch around those overgrown knuckles. The strain on the metal links breaks them after 3 or 4 months. So I go to the jeweler to replace the links, the little pieces of metal resembling a paper staple. The jeweler spends maybe 20 seconds slipping in a new link. Until this fall the service was

free, then all at once the 3 or 4 jewelers on Massachusetts Street charged half-a-buck. For 20 seconds work, I guess that's progress.

ANONYMOUS

Dear Public Notice:

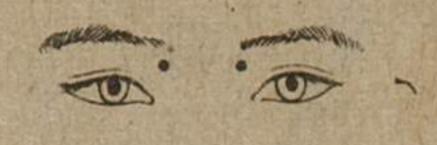
"Away with your man visions. Women propose to reject them all, and to begin to dream dreams for themselves." -- Susan B. Anthony

Womonspace, 643 Rhode Island, is a house for women, dedicated to the idea of personal and collective growth. The women who participate define themselves as feminists, each free to express her personal vision of feminism. We are struggling to continue to provide this place for Lawrence where women may gather for educational, political, spiritual, and social activities free from the pressure of the male dominated society. We realize the insidious nature of the



oppression of women, that it consists of both socialization and overt discrimination. We realize also that overt and subtle discrimination against racial minorities, the old, the young, the handicapped and the poor exists. We are dedicated to struggle with this discrimination within ourselves, our organization, and the community at large.

Each woman who utilizes the house contributes to its overall growth and political position -the more input, the more varied the output. The house is open to any woman as a space to learn and to share. House activities are as diverse as the women who organize them. We feel that it is not in the best interests of women that men be included as participating members of the house.



Because the existence of Womonspace is its primary function, generating enough money to support the house is our primary concern. A co-ordinating committee has been organized for long term budget planning and fundraising and determined that our house needs a monthly income of \$600.00 in order to continue. Presently our income is \$145.00.

We need to raise \$450.00 each month in order to survive.

You can support the house:

1. Give a donation. Pay a monthly \$2.50 sub-

scription.

3. Staff the house to keep our doors open to women.

4. Attend functions that the

house prepares. 5. Create workshops or groups

to meet your needs and to

share with other women.

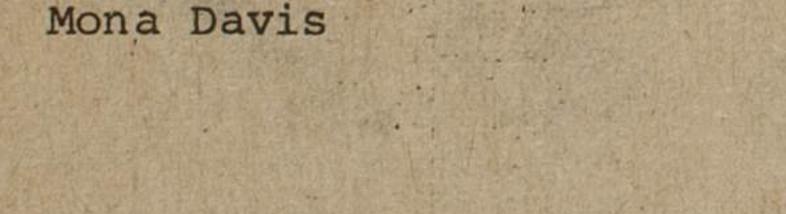
6. Rent permanent office or studio space.

7. Become a sustaining subscriber. \$25.00/six months.

Womonspace represents a place to stand in the tug-of-war of stealing a woman from a masculist culture and returning her to herself. Call us evenings, 7-10, 842-6000.

Signed,

Co-ordinating Committee



Travel Stories



The dirtiest place in the world is Ujiji (000-GEE-GEE). This place is in Africa. On the western bank of lake Tanganyika. It is a small village of conical shaped mud huts and straw roofs with the growth in between the huts, just dust and sewage and garbage, and small mammals eating at the garbage. It has been consistent in its filth. The first white man there was Richard Burton. And he reported it to be an "uncommonly filthy place," in the middle of the 19th Dear Public Notice: century. Twenty-five years later, Livingston stopped in this village for a while and practiced his charisma on the native population. Stanley came here. They too were both taken by its ugliness and filth. I met a girl. In Kabul. Who had been there. In Ujiji. In 1973, she was taken by its filth as well. It is reportedly one of the ugliest places in the world. I am talking about the village. The lake and the jungle are beautiful.