Mon ·day, March 25

Stress and health—If you suffer from headaches, digestive disorders, premenstrual syndrome, insomnia, or any other ailments related to stress, Beth Israel Hospital’s Mind-Body Group Program can help you relieve your symptoms. Participants learn stress reduction techniques including relaxation response, awareness training and exercise. New groups start March 25 and Wednesday, April 24. Morning, afternoon and evening groups available. For more info, call 735-2589.

Thursday, May 2

Lecture by Peter Dayer, Editor, The Architectural Review: From Arts and Crafts to Romantic Pragmatism. 6:30pm, 9-150.

Tuesday, May 14

Dr. Gray will hold open hours on May 14, from 3:30 to 5:30. Any member of the MIT community may schedule a fifteen-minute appointment on a first-come, first-served basis by calling 3-4665 or by stopping at the reception area in Rm. 3-208 on May 14. Appointments may be made only on the day of the open hours.

Thursday, April 4

Dr. Gray will hold open hours on April 4, from 3:30 to 5:30. Any member of the MIT community may schedule a fifteen-minute appointment on a first-come, first-served basis by calling 3-4665 or by stopping at the reception area in Rm. 3-208 on April 4. Appointments may be made only on the day of the open hours.

Thursday, April 18

Lecture by Elizabeth Fister-Zyberk or Andrea Donas, Partners in Architecture: Work. 6:30pm, 9-150.

Ongoing

The Fashion Continues...but you can help. Grassroots International is a Cambridge-based, non-profit organization dedicated to short-term emergency assistance and long-term social and community development in Ethiopia and Northern Ethiopia. We need volunteers one night a week for a five week project beginning in February. We are located at 6778 Mass Ave. at the Central Square T Stop. Please call Hailey at 497-8120.

The 1986-1985 E. Austin Kelly III Competition in humanistic scholarship is now open. The competition, now in its eleventh year, carries two prizes of $250 each for the best scholarly or critical papers in any of these fields: Literary Studies, History, Musical Studies, Anthropology, and Architecture.

Full-time MIT undergraduates are eligible for entry previous winners. For more information, contact the Humanities Undergraduate Office, 14N409, 3-4664.

Interested in children? Teenagers? Innovative education? The Cambridge School Volunteers needs you as a tutor, classroom aide, big brother or big sister, or a mini-course teacher. Work with any age student in any subject. Credit may be available. For more information, call 498-9218.

If you don’t have a photographic memory, get a Seiko Datagraph.

After all, you’ve got a lot to remember. Like the late night pizza joints. Your checkbook balance — or imbalance. The great thoughts of Nietzsche. Fortunately, it’s easy to remember all this... and more. Thanks to the Seiko® Datagraph System.

The Seiko Datagraph System stores thousands of bits of vital information inside your watch. Just use either of the two included keyboards to enter and store class notes, data calculcations, even run BASIC computer programs. It’s a student’s best friend. Get it quickly before you forget.

- - - - - - - - - - - -

Nippon Express USA, Inc.

Air - Ocean
Household Goods
Going Home?
Why not let Nippon Express Boston handle your personal effects.
- Door-to-door service to most major points in the United States and the world.
- Both air and ocean modes.
- Our own truck will pick up your shipment.

Hill Associates Cargo Building
Logan International Airport
East Boston, MA 02128 (617) 569-7770

SEIKO
Timeless ideas in Electronics

For other stores call:
1-800-453-6413

Thanks to the chemistry of the tech

Thanks to the scientists at the tech

ITEX OPTICAL SYSTEMS

Today, we are developing optical systems to create a perfect image of the stars. Tomorrow, we will capture a flawless image with the real time optical wavefront compensation system. The Itek Compensated Imaging System (CIS) is able to correct images either degraded or distorted by atmospheric turbulence. This unique system will dramatically enhance the quality of images acquired through ground-based telescopes or on space, "twill take the twinkle" out of the stars.

Now is the time for you to explore the technical challenges at Itek. We'll give you the opportunity of creating a more perfect image. If you are a candidate for or have already received a BS, MS or PhD in Electrical Engineering, Image Science, Optics, Physics, Mathematics or Computer Science, then send a resume to: Larnard A. Toolgher, Itek Inc. Optical Systems, 10 Maguire Road, Lexington, MA 02173. Equal Opportunity Employer. U.S. Citizenship Required.