

SPORT SLANTS

VOLLEYBALL — AN INTERESTING GAME

If you read the article last week in the Salemite about badminton, you know at least that it is a game and not another name for a street urchin. Now I hope in these next paragraphs to remove any notion you may have that volley ball is a kind of ammunition, for it isn't; but sometimes you may think it is when a crack — or maybe cracked — opponent rams a swift return down your throat. Oh no, now, it's not a rough game; mama's darling won't get her curls out of place, but she may get her hands dirty!

Volley ball is an informal game and may be played with any number of players. However in a standard game, each side — there are 2 sides — consists of nine players. The official dimensions of a volley ball court are sixty by twenty-five feet, but of course, here as in many games, variations are permissible and often necessary. Across the center of the court is a net much like those used in tennis. This net is raised so that you can hardly touch your opponents hand when you both stretch your arms about your heads. Well, this is fun isn't it?

When the net has been tightened, the players take their places, usually in rows. For obvious reasons, imagine this is a standard game so that there are nine players on either side of the net; then there will be three rows with three players in each row. The players in the right hand corner of the left row is the first server. No, she serves the ball, not cocktails; she does serve it with a punch though. The ball is like a basket ball except that it is smaller and of a lighter material. After each serve, each player moves to the position of the next person on her left so that every player has a chance to serve and every player has a chance to play net, and it can be great fun.

The object of the game is to bat the ball with the open palm or palms — for two hands really or better than one, in this game — and keep the ball volleying back and forth over the net, from one side of the other. The ball, after it has been served, may be hit by as many as three people on one side of the net, though no one person may hit it twice in succession. The player serving continues to serve until she makes two faults in succession, or until her side fails to return the ball. The winning team must have 21 points. Of course there are a few other rules and technicalities you'll have to pick up, but once you get the knack, you'll soon learn to place your returns to "weak-spots" and "kill 'em" on the net. Oh yes, when you're playing net, be sure you play opposite someone who has small feet.

A SHORT ESSAY ON BALANCE

Having Nothing to do With Scales

It came to me yesterday (so that now this "it" is no longer indefinite), as I was struggling to remain astride one of Mr. Anderson's horses, how true is Miss At's saying that all sports are more or less a matter of balance. Balance — it belittles us when we think how we make such a simple principle as hard as we do. In fact, I don't believe many of us realize that balance is the basic principle we want to exercise in our sports instead of simply being able to play the game — whatever it may be — with the surface appearance of a champion. I saw two girls this summer playing a tennis match. One was tall and lanky but of an unusually powerful build. She made a pleasing first impression with her serve and stroke when I first watched her, yet, there was something wrong, when she returned a ball, she did so with a mighty swing which had at first fooled me into believing she had had careful professional training. Now, I believe she had studied the strokes of professionals and was trying to imitate them,

ATH-A-LETIC SAL

Within the next two weeks, weather permitting, the quarter finals, semi-finals and finals of the doubles tennis tournament will be played. These last games should be fairly interesting in case someone would like to go down and watch them. If such be the case, ask the girls, whose names are still on the chart, when they are going to play. I'm sure they'd be glad of an audience. The freshman tournament also is nearing the finals. It should be finished by the end of this week — wonder who will be the "baby" Salem tennis champion.

Well, at last, and after much talk and so forth, hockey practice has started — but not with a bang! So few people were down on the field when I was there that it wasn't even interesting. What's the matter upperclassmen? Hockey's still as good a way to spend your time as any other. You know one can't play very well with out practice so let's all go to every practice next week. Of course, we realize that the freshman, never having played any hockey, don't even know how to hold their sticks, yet, but at that, lots and lots of them have asked about practices and some have even been down to watch or to try dribbling a ball. Maybe, in the next week or so, the upperclassmen will play a practice game in order to show the freshmen how it's done. If you upperclassmen expect to play in said game it seems to me it would be advisable for you to get limbered up at practice and be ready to go. You don't want to make a bad showing in front of the new girls?

Last week Anne Newborn took the hiking lassies a walking. From all we hear they had a fine time.

Horse-backing is really under way now. Monday there was a ride and there will be another Thursday afternoon at 3:15 o'clock. Hereafter, horseback rides will not be announced on the regular riding days, which are, Mondays at 2:00 and Thursday at 3:15. All girls who are riding will be expected to be ready to go on the said days and at said times. However, if the ride will not be, or if any change has been made in the schedule, it will be announced. Also, announcement will be made, should there be any early morning rides (on mornings when there is no chapel), or any rides on Saturday afternoon, or any extra rides for that matter.

I hear it rumored that our coach, Miss Atkinson, has entered the golf-tournament out at the Country Club. She won the championship two years ago, but did not play last year. Of course, we expect her to "bring home the bacon" again.

little knowing that she had skipped over the fundamental and essential principle — balance. Time after time, her powerfully driven balls shot out side the court; time after time, her terrific serve bulleted into the net. In the other court, her opponent, short, slightly built, covered her court much less spectacularly, but returned most of her balls and seldom lost her own serve. She was keeping her balance and then stroking.

This same balance principal goes, as I've said, for the other sports too. I saw a girl this summer mounted on a good horse, and riding along mountain roads. She could stick, but oh! how awkward she looked. In trying to find the most comfortable position for cantering, she had completely forgotten balance and had the horse stopped suddenly, she would have gone right over his head. I saw a boy swimming, yet he looked more like an alligator thrashing the water. He did not know that balance — yes even in water — would have increased his speed and lengthened the distance he could swim. Then I saw a little boy playing baseball, standing with both feet together as he swung hard at the ball, missed, lost his footing and tumbled to the ground; his successor, legs spread well apart, smacked the ball for a two bagger on their miniature diamond. One knew the principle of

ABC'S OF SPORT

- A is for Athlete whom we all hope to be.
 - B is for baseball which we'll like to see.
 - C is for catcher who catches the ball.
 - D is for dizzy which follows the fall.
 - E is for effort it takes to be good.
 - F is for football we'd play if we could.
 - G is for golf our coach plays right well.
 - H is for hockey how onlookers yell.
 - I is for inners who streak down the field.
 - J is for jumping for the ball we won't yield.
 - K is for killing over the net.
 - L is for luck that we'd like to get.
 - M is for matches played all the year.
 - N is for newcomers we're glad they are here.
 - O is for out we don't mean to make.
 - P is for ping-pong, have you got what it takes?
 - Q is for quick, so make your feet fly.
 - R is for race just get out there and try.
 - S is for soccer which isn't played here.
 - T is for tennis which by some is held dear.
 - U is for umpire who watches the games.
 - V is for victory which is one of our aims.
 - W is for walking which some do for fun.
 - X is for unknown we hope you are not one.
 - Y is for yelling your throat dry and hoarse.
 - Z is for something zest maybe, of course.
- Well, now it's all over, there is no more, we're certainly glad to give you the floor.

balance, though he may not have been conscious that he did; the other had it yet to learn.

So we, in tennis, in riding, in hockey, in golf, and later, in basketball, in volley ball, and in badminton, will have opportunities to learn to balance ourselves, and then, polish up the finer surface of these sports.

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ATHLETIC ASSOCIATION TO ENTERTAIN FRESHMEN

'Twill be on the night of Tuesday, October 19, 1937 at 6:15, that strange and mysterious looking freshmen in old skirts and sweaters will gather round the old fire-place on the hill. There is a rumor, that this fire place is haunted on October 19 in odd years of the calendar, so beware, there may be ghosts there; also they may be food and members of the Salem Athletic Association. Please don't get these girls mixed up with the ghosts because they are your hostesses. Yes, to be sure several of them are thin, long and pale and easily to be mistaken, and some of them do have long flowing hair, and rattling bones, but nevertheless, I warn you, be discreet when you refuse to bob for apples with a stranger.

THE CO-ED'S DICTIONARY

- F. (for football)
 1. Delayed Buck — One lent to a friend.
 2. Backward pass — A "D" average.
 3. Goal — color of blond hair (via H2O2).
 4. Quarterback — Minor refund.
 5. Halfback — Rejected Psych. paper.
 6. Touchdown — Bend over.
 7. Wide sweep — Big broom.
 8. Single Wingback — Deformed Buzzard.
- DRAMA ON THE FOOTBALL FIELD**
- Johnny is standing ready to go
The players are running to and fro,

SETS NEW RECORD



Joe McCluskey of the New York Athletic club winning the four-mile run at a recent meet at Travers island. He set a new American record of 19 minutes, 45.6 seconds. He cut 17 seconds off the previous record.

Three quarters of the game are history,
Why he doesn't go in is a mystery,
Send him in! Send him in!
He'll be a second Gungha Din!
Time is called; there goes a shout!
There goes Johnny; he's going out.
From the players come cries of joy,
For Johnny is the water boy.

—Blackburn Ross.

GOOD LIGHT

... Helpful to Your Health
As The The Right Food

Our eyes need a balanced diet of light to keep in good condition, just as our bodies require a balanced diet of food. Many of the common ailments — headache, indigestion, nervousness — result in part from eyestrain. So watch your lighting and be sure that it is adequate for all close seeing tasks.

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