Lt. Kepler Prepares Booklet on Hiking

"Aviator vs Nature," a printed manual on hiking which is to be distributed to the four Pre-Flight Schools. is being prepared by Lieut. George D. Kepler, who is in charge of hiking at this station.

Requested by Comdr. Tom Hamilton, head of naval aviation's physical fitness program, the booklet, when finished, will be invaluable to the cadets in their Pre-Flight work here as well as aiding them in their future service with the Navv.

Thus far six of the proposed 12 chapters have been completed. They include detail information on general hiking, snakes, finding directions, emergency foods, how to build fires without matches, and how to trap and snare

Other chapters in the book will include how to live in the open, how to build a lean-to, and other phases of hiking.

"We have found out that hiking is one of the greatest conditioners in the Over Wolfpack world," Lieut. Kepler stated. "A booklet such as this one will make it more interesting to the cadet, and teach him some basic fundamentals that will always be useful to him."

Commenting on hiking in the Pre-Flight program, Lieut. Kepler pointed out that it takes a new group of cadets around two hours to travel four or five miles while a group with three or four weeks conditioning can cover the same distance in an hour. Before they finish their hiking they travel about six miles an hour, he added.

CANTEEN

(Continued from page 2)

a few copies of a work entitled, "How to Make a High Grade on Your Induction Test." Also selling slowly is "How to Get a Commission in the Army, Navy, Marine Corps or Coast Guard." It is believed that its author was recently inducted as a private in the Army. Conspicuous by its absence is the standard favorite, "How to Win Friends, etc.", suggested by several cadets for use by the Marines.

Razor blades, tobacco, pipes, cigarettes and other "essential luxuries" are sold in quantity at a slightly reduced price. Stationery and inexpensive jewelry, designed to make the heart spot most of the time. The running of the girl back home grow fonder in absence, sell rapidly, especially during the days immediately following the Duquesne two weeks ago, will be

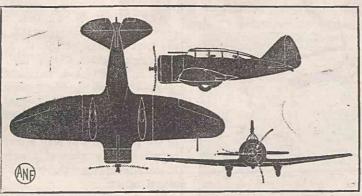
Convenient and efficiently-operated, the canteen has become an institution for the cadets and other Pre-Flight personnel. Lieut. Don Kepler is the first win over Carolina in some years officer in charge. W. S. Kuttz, veteran and the Tar Heels are more than Chapel Hill business man, assisted in axious to get fully repaid for that the establishment of the canteen, and defeat. performs the duties of manager.



TRU-ADE BOTTLING COMPANY

Know the Enemy's Planes

JAPANESE NAVY 98 "S" FIGHTER_



As the nineteenth in its series of silhouettes of enemy planes, the Aeronautical Chamber of Commerce of America presents here the Japanese navy fighter, a plane which bears a resemblance to an American model which was sold to Russia some years ago. It is a low-wing monoplane with a slight dihedral, semi-retractable landing gear and a fin which comes practically to the rear of the cabin. The taper on the leading edge of the wing is negligible, the trailing edge forming part of an ellipse. The leading edge of the tail surfaces is tapered, and the trailing edge of the elevators

Tar Heels Favored

By WESTY FENHAGEN DTH Sports Editor

RALEIGH, Oct. 31-A thrilling battle should be in prospect for Homecoming Day fans here today when the University of North Carolina Tar Heels engage their hosts, the North Carolina State Wolfpack in a renewal of the annual series which has provided many thrills in the past. On the basis of their fine record, the Tar Heels will enter the game as slight favorites but the Wolfpack, bouncing back after a 28-0 shellacking at the hands of Holy Cross last Saturday, will be more than ready to upset the

Chances for a Tar Heel triumph were considerably dampened by the announcement that co-captains Joe Austin, senior wingback, and Tank Marshall, veteran guard, would see only very limited service due to injuries sustained in the clash with Tulane last week.

To fill the two vacancies, Tatum has moved veteran fullback Clay Croom up into the first string wingback post 218, Alexander. and Andy Karres, brilliant sophomore who has been turning in excellent performances this season as Marshall's understudy, will hold down the guard and pass catching ability of Austin, who scored both touchdowns against sorely missed but the Tar Heel squad is determined to gain revenge on the Wolfpack. State won last year's game in a surprising upset, 13-7, for their

Considerable interest has been added to the game today by the intense rivalry which the two institutions have between each other and which has been showing itself in incidents over the past several weeks. Several State buildings have been lavishly painted up and the Carolina mascot, Rameses, after being stolen and kept for over a week by State students has finally been returned to the Tar Heel campus, an incident which almost resulted in the cancelling of the game earlier in the

> **Pre-Flight Jewelry** Ledbetter-Pickard

Supervised Play Available to Navy Children

Navy wives is now available at three University sororities.

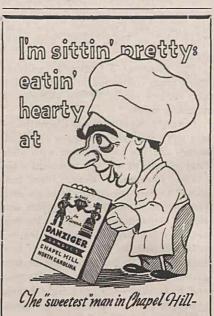
Navy wives may leave their children at Chi Omega, 409 E. Franklin, on Tuesdays between 2:00 and 5:00 p. m.; at Pi Beta Phi, 109 Hillsboro, on Wednesdays between 2:00 and 5:00 p. m.; and at Alpha Delta Pi, 229 E. Franklin, on Thursdays at the same hours. A daily charge of 25c per child is made to pay for play equipment. Any surplus that may accumulate will be given to the American Red Cross and Navy Relief Society.

The committee in charge of this supervised play program consists of Mrs. Benjamin Micou, Mrs. James Crowley, and Mrs. W. R. Berryhill.

Personnel Officer Named

Lt. (jg) John J. Waybright has been appointed to head a newly formed Personnel Office which is located in Room 105, Alexander Hall, former headquarters of the CLOUDBUSTER. The new home of the CLOUDBUSTER is Room

Lt. Waybright is a graduate of the Naval Academy, Class of 1934.



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Danziger's Candy Shop

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TRAINING TIPS

Second Wind

By LIEUT. ROLAND F. LOGAN Head Trainer

"Second wind" has nothing to do with wind. "Second wind" is the reestablishment of equilibrium between the production of waste material and its elimination.

When the breathing of fresh oxygen overcomes the carbon-dioxide produced by the breakdown of the tissue, second wind has been reached-distress disappears, the lungs regain fresh power to expand, the head becomes clearer and the muscles act with renewed vigor and elasticity.

Long and proper warmups are essential in early establishment of "second wind" in any activity. Its appearance varies with individuals, depending upon the physical condition of the athlete. Take plenty of time in warming up, by gradually increasing your speed, tempo and distance. Many athletes, before an activity, take such an extensive warmup that they establish "second wind" before the contest be-Supervised play for the children of gins. This not only eliminates the mental and physical depressing period just prior and during "second wind," but puts the body in top form, thus

minimizing the possibility of pulled muscles and tendons.

St. Mary's Still Unbeaten

Of the five top-flight Navy football teams in the nation, only the California Pre-Flight School at St. Mary's remains undefeated. Last Saturday, the strong Georgia Pre-Flight Skycrackers were knocked out of the undefeated class by L.S.U. and the week before the North Carolina Cloudbusters dropped a 6 to 7 decision to Boston College and the Iowa Skyhawks were beaten by Notre Dame.

This week the Iowans take on Indiana, the Skycrackers meet the Jacksonville Navy, the Cloudbusters meet Syracuse and the Californians clash with Washington State.

The Iowa and California squads were idle last week while the North Carolina aggregation was beating Temple, 34 to 0, and was beating Temple, 34 to 0, and the Skycrackers were bowing to L.S.U., 0 to 34.



TODAY



with CLAUDE RAINS · GLADYS COOPF® BONITA GRANVILLE . ILKA CHASE . Directed by IRVING RAPPER

LATEST NEWS EVENTS



-Tuesday-ALLAN JANE FRAZEE "Moonlight in Havana"

-Wednesday-Thursday-**EDWARD** ANN ARNOLD HARDING

-Also-

LATEST NEWS

"Eyes in the Night"

-Friday-Saturday-

PAULETTE GODDARD—FRED MacMURRAY

"FOREST RANGER"