

The Sports Bazaar

BY WILLIAM "SMILING" TUCK

NOTE: With Bill Tuck vacationing in Baltimore and New York this week, Miss Nannie Ruth Burnett, Cashier at Hillside Park pool is "Pitch Hitting" as Guest Columnist.

SWIMMING AND ITS BENEFITS

BY MISS NANNIE RUTH BURNETT
Cashier Hillside Park Pool

How needless is the yearly death-rate due to drowning. Yet, did it ever occur to you that you are responsible? That is, you are responsible if ignorant of the fundamental principles of swimming and life saving. If you have ever witnessed the frenzied struggling of a person drowning, you could not help but feel your guilt, standing by unprepared to offer assistance. The majority of drownings occur either because of ignorance on the part of the victim or the rescuer.

The principal cause of this frightful loss of life is that so few individuals are prepared to render assistance. The percentage of those who are able to swim is very small and, out of the thousand who know how to swim, fewer still have any definite, or clear, ideas as to the method of procedure in case of an accident in the water. Many individuals with no knowledge of the methods of rescue heroically but foolishly lose their lives in the endeavor to save a drowning person. If this loss of life is to be reduced the percentage of persons equipped to give aid must be increased. The test of true citizenship is to prepare yourself to meet the needs of your fellow men. Life Saving in the broadest sense should consist in adequately training expert swimmer to save the lives of others; then to reduce possible drowning by teaching every individual how to save his own life. The popular axiom, "Every person a swimmer, every swimmer a rescuer," stresses going to the rescuer after the damage is done, instead of preventing it by first properly teaching everyone. Our goal should be: Every individual a swimmer and every swimmer his own life saver, then if properly trained, the life guard of others!

Swimming is to rank in dignity with other educational subjects, it must be taught in accordance with the fundamental principle of education. Every teacher should be guided by the laws of learning or the habit forming processes, since successful teaching is based on the way people learn. The three laws of learning are:
1. The law of exercise holds that repetition is a necessary factor in the learning process. So drill the class on each assignment a sufficient number of times until the idea has been successfully carried over into action.
2. The law of effect asserts that we tend to repeat that which is satisfying and avoid that which is annoying. Therefore conduct your work in such a way that the student will have a feeling of satisfaction. This demands the proper planning of your lessons; following a detailed progression from the simple to the complex; helping students to solve their problems; and teaching them how to think is a motor way; that is helping them to visualize the body in movement. To accomplish this have the students determine their problem or objectives. Then go into a discussion of the theory, or the why, behind that particular problem. By means of the scientific method of approach attempt to reach a successful solution by a carefully thought-out application of experimentation in the water. Finally, have them carefully and constantly check their ideas with their movements; this is to determine whether they are being executed correctly. This necessitates and intelligent direction of their movement, taking it very slowly at first, so that they can verify their ideas with the results. If need be, go to the extreme to reach the mean. This assuring once of getting a conscious connection between the idea and the results. Make your class one of joy, teach through play and with music, and have a real interest in your work.

You can see that there are many consequences that follow application of the second law. The law of readiness states that if one is not determined to accomplish a certain objective, to do so is satisfying, not to do so is annoying, and likewise so is coercive measure annoying. In other words, when your class is interested and ready to practice a given lesson, to introduce irrelevant subject matter, to delay it, to waste its time, is most annoying. Also, to force your pupils to do anything which they are not interested in doing, but simply because you feel that they should do it regardless of their interest, or needs, results in dissatisfaction. Avoid resorting to coercive measures.

Time was, and not so long ago, when swimming was considered a NEGLIGIBLE accomplishment by girls and women, doubtless desirable for pass time, yet not a tall necessary. In recent years, however, the valuable of ability in watermanship has been recognized universally. Today swimming is looked upon as an essential item in Physical Education, not only because it inebriates its devotees to guard against the danger of drowning and protects others, but because it all affords the best means to exercise pleasantly and PROFITABLY. There is in fact, no better form of physical culture. Swimming into action the entire system, giving every part of the body its proportionate share of the work; it develops thoroughly and symmetrically, producing supple, resilient, well rounded muscles; it makes for grace of carriage and ease of movement; it activates and strengthens the function all organs; it insures robust health and good spirits. Moreover, it is an effective normalizer. Its natural tendency is to establish standard body proportions by building muscles and tissues in the unduly lean, by working off gradually the excess of flesh in the over stout. Swimming will correct many physical defects also; it will help to make impervious to sickness and disease; it has proven to be for nervousness and other complaints. Needless to say, though, nothing worth while is accomplished with effort and in order to reap the full benefits from swimming it is necessary to practice often and systematically. An occasional swim may help, but real results are attained only through faithful and painstaking work. It is all important too, to swim a good stroke and use it correctly, the effort in swimming decreases in proportion to the skills acquired. While an inexperienced swimmer, or one addicted to faulty methods, will become exalted after covering even a short distance, the proficient devotee of a scientific stroke may go miles without tiring. It requires very little effort to hold an efficient, well mastered stroke, and this is one of the things that make swimming a particularly desirable form of exercise for girls and women as well as for boys and men, as it permits them to practice without feeling any ill effects.

Another great advantage of swimming is that it never becomes irksome. Anyone who has indulged regularly in calisthenics, gymnasium work, and light physical activities knows how monotonous and tedious grow in time. On the other hand, virtually all girls and women enjoy bathing, whether out doors or in a pool, so exercise taken in the water seems to them more like recreation than physical training. One is asked frequently how often and long a swimmer should practice to attain best results. Continued on Page Seven

SPORTING WORLD

HERE'S SILK SCREEN EXPERT



Ever see pictures, placards or posters reproduced by the silk screen process? The young man pictured here, Sanford McAdoo, shows just how it's done to the throngs attending the American Negro Exposition at the Chicago Coliseum. The silk screen exhibit is a part of the extensive display of NYA activities throughout the nation.

SOFTBALL Schedule

Friday Night, July 26

Barq vs Businessmen
Elites vs Tigers

Monday Night, July 29

Buccaneers vs Yanks
Businessmen vs Tigers

Tuesday Night, July 30

Walltown vs Elites
Olympics vs Buccaneers

Wednesday Night, July 31

Elites vs Pearsontown
Walltown vs Buccaneers

Thursday Night, August 1

Barq vs Eagles
Olympics vs Pearsontown

STANDING OF THE TEAMS

Team	W	L	PCT.
Buccaneers	9	0	.100
Walltown	12	3	.800
Elites	11	4	.733
Tigers	8	5	.615

Other teams not reported. Therefore this standing is official, but incomplete.

The big question that is in the mind of the sport fans around Durham, can be Buccaneers beat? It seems that Mother Nature has been so kind to the winning Buccaneers by throwing bombs in the way of the games that were to be played against the

FATHER HINES BOOGIES FOR CAST AT EXPOSITION



When EARL "Father" HINES visited the Tropical Gardens of the American Negro Exposition at the Chicago Coliseum last week where the sensational new revue, "Tropics After Dark," is being presented, he sat down at the piano and played his recent record hit, "Boogie Woogie on the St. Louis Blues," while the entire cast of principals looked on. Included in the picture are Pork Chop Patterson, Dick Montgomery, Pops and Lourie, Evelyn Landry, Jeannette Grider, "Sweetie Pie" DeHart, Foster Johnson, Walter Fuller of the Hines band, Mitzie Mitchell and Ruble Blakey. Pointing toward the ivory tickler is Teddy Blackman, producer of the show, while seated on the bench with Hines is Kathleen Day.

GET TWO, SON!
I'M ON THE OTHER SIDE NOW!
NEWARK TOLEDO
AT BRILLIANT NEW DOUBLE-PLAY DUO MAY BE MADE WHEN 'BUS' TEAMS UP WITH SEAY, EAGLES SECOND-BASEMAN.
FORE!
HE'S A GOOD HITTER - FOR A SHORTSTOP.
JAMES 'BUS' CLARKSON JOINS NEWARK EAGLES AFTER BRILLIANT STRETCH AT TOLEDO.
'BUS' CLARKSON
Week July 27
© NATIONAL FEATURES.

Interest Grows In ATA Meet

WILBERFORCE, (Special) — Dr. J. Aubrey Lane local chairman for the national tournament

Businessmen in the form of rain. Their last two scheduled games were rained out.

of the American Tennis Association to be held at Wilberforce University August 19-24, inclusive, has returned from a trip through the eastern states and reports that much enthusiasm is being shown for the coming event. While in New York City, Dr. Lane had a series of conferences with Dr. D. Iverson Hoge, President of the ATA, Mr. Bertram L. Baker, Executive Secretary, and Arthur E. Francis, Editor of the ATA Bulletin. From the plans being made by this group, it is easily seen that this will be one of the largest championship play-offs in the history of the association.

Among the many reasons for this contention, is the special train which is being arranged for, to bring teams and visitors from New York and intervening areas to the tournament. This train will leave the Pennsylvania Station in New York on Friday evening August 16 and return Monday August 26. Stops will be made at Philadelphia, Harrisburg Altoona, Johnstown, Pa., Columbus and Xenia, Ohio. The special will be equipped with first class air conditioned coaches with individual reclining reserved seats. There will be a diner attached where meals at reasonable prices may be secured. Reservations for this excursion are coming in at a rapid rate. The list of stars planning to attend the nationals is mounting daily which bids for a brand of

Queen City Net Tourney Closes

CHARLOTTE — There are new champions wearing crowns this week as rewards for their stellar play in the recent Queen City Open Tennis Tournament, which closed Monday after opening play on Thursday on the Smith University tennis courts. There was no play on Sunday but in events where there were ties, play was held Monday.

This was the annual meet and was held under the sponsorship of the Charlotte Tennis Association. Sixty two persons filed for the event. The former CIAA singles king of Smith, Walter S. Hardy, won

the coveted Grier and Thompson league trophy by defeating W. R. Coleman in men's singles, 6-3, 6-4, 6-4.

Winning the men's doubles were Sam Duncan and A. W. Fisher of Livingstone college of Salisbury. They licked Hardy and Coleman in four sets of long duration, 6-4, 6-3, 5-7, 6-4. There was a deadlock in the mixed doubles, Sam Duncan and Elizabeth Duncan of Salisbury, won the first set from Dean Adams and Miss Minnie A. Blake of this city, but darkness halted the match and it was declared no contest and the trophies divided.

tennis that has not been surpassed at any previous tournament play.

Miss Blake fell victim to Mrs. Duncan in the women's singles play. Continued on Page Seven

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ALSO "RED BARRY" NO. 6

5c—THURSDAY BARGAIN DAY—10c

Ghost Valley Raiders

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SOCIETY

SPECIAL—GET YOUR CLOTHES CLEANED FOR SCHOOL DURING THE MONTH OF AUGUST

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