THE CAROLINA TIMES SATURDAY, JULY 27th 1940

RHM

The Sports Bazaar

BY WILLIAM "SMILING" TUCK a Bill Teck vacationing in Baltimore and New work, Miss Nanais Bath Burnett, Cashier at Park pool is "Pinch 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 your Are responsible? That is, you are ponsible, 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 sheistance. The majority of drownings occur either because of ignorance on the part of the victim or the

The principle cause of this of persons equipped to give measures. t be increased. The test true citizenship is to prepare younelf to meet the needs your follow men. Life Saving broadest sense should

in adequately training expect swimmer to save the lives of others; then to reduce possible drowning by teaching very individual how to save his wa life. The popular axiom, a life selver," stresses g to the rescur after the age is done, instead of preit by first properly Our goal everyone. and every swimmer his and PROFITABLY.

ming is to rank in its proportionate share of the aity with other educational work; it develops thoroughly and , it must be taught in symetrically, producing supple, ice with the fundament- resilient, well rounded muscles; it makes for grace of carriage the laws of learning ates and strengthens the function the habit forming processes, all organs; it insures robust co successful teaching is based health and good spirits.

why people learn. The Moreover, it is an effective have of learning are; The law of exercise holds is to est. I standard body stion is a necessary fac- proportions by building muscles learning process. So and tissues in the unduly lean, sufficient number of cess of flesh in the over stout. until the idea has been Swimming will correct many hilly carried over 'into physical defects also; it will

I The law of effect asserts ness and disease; it has proven at we tend to repeat that tich is satisfying and avoid complaints. ot which is annoying. Thereconduct your work in such ing worth while is accomplished way that the student will have with effort and in order to reap

a feeling of addisfaction. This the full benefits from swimming neads the proper planning of it is necessay to practice often

that al loss of life is that so turn objective, to do so is satisfy maiviesals are prepared to ing, not to do so is annoying, assistance. The percent and likewise so is coercive meathose who are able to sures annoying. In other words, S very small and, out of when your class is interested and who know how to ready to practice a given lesson, fower still have any de- to introduce irrelevant subject clear ideal as to the matter, to delay it, to waste of procedure in case of its time, is most annoying. Also, secident in the water. Many to force your pupils to do anyais with no knowledge thing which they are not interthe methods of rescue heroi- ested in . doing, but simply bely but foolishly lose their cause you feel that they should in the endeavor to save a do it regardless of their interest, the nation. ing person. If this loss of or needs, results in dissatisfac to be reduced the percent- toon. Avoid resorting a compive

> · · · · Time was, and not so long, ago, when awimming was con-sidered a NEGLIGIBLE accompfishment 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. Todsty swimming is looked "Every person a swimmer, every Physical Education, not only because it inables its devotees to guard Against the danger of drowning and protects others, but because it all afforde the Every individual a best means to exercise pleasantly | Olympics vs Buccaneers

There is in fact, no better form the life guard of physical culture. Swimming into action the entire system, into action the entire system, wiving every part of the body

Ever see pictures, placards or posters reproduced by the silk screen process? The young man pictured here, Sanford McAdoo, mows 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

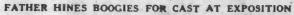
SOFTBALL Schedule

Friday Night, July 26 Barg vs Businessmen Elites vs Tigers

Monday Night, July 29 Buccaneers vs Yanks Businessmen vs Tigers"

Iueday Night, July 30 Walltown vs Elites Wednesday Night, July 31 Elites vs Pearsontown Walltown vs Buccaneers Thursday Night, August 1 Barq vs Eagles

Olyphics vs Pearsontown



that were to benlayed against the were rdined out.

Walltown - - 12 -- 3 -- .800

Elites _____ 11 ____ 4 733 Tigers _____ 8 ... 5 ... 615 Other teams not reported.

Therefore this standing is offi-

The big question that is in the

beat? It seems that Mother Na-

ture has been so kind to the

cial, but incomplete,





MURIN

Interest Grows Queen City Net In ATA Meet **Tourney Closes**

WILBERFORCE, (Special) - of the American Tennis Associalmind of the sport fans around lir. J. Aubrey Lane local chair tion to be held at Wilberforce Durham,, can be Buccaneers be man for the netional tournament University August 19-24, inclusive, has returned from a trip through the eastern states and

City Open Tennis Tournament, winning Buccdneers by throwing Businessmen in the form of rain. which closed Mondaly after openreports that much enthusiasm is being shown for the coming bombs in the way of the games Their last two scheduled games event.

While in New York City, Dr. Lane had a series of conferences but in events where there were with Dr. D. Ivison Hoage, Presities, play was held Monday. dent of the ATA, Mr. Bertram L. Baker, Exocutive Secretary, and Arthur E. Francis, Editor of the ATA Bulletin. From the plans being made by this group, the event. it is easily seen that this will be one of the largest championship of Smith, Walter S. Hardy, won no contest and the trophies divid 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 will be equipped with first class

CHARLOTTE - There are the coveted Grier and Thompson w champions wearing crowns league trophy by defeating W. this week as rewards for their R Coleman in men's singles, 6...8, stellar play in the recent Queen 6.4. 6.4.

Winning the men's doubles ing play on Thursday on the were Sam Duncan and A. W. Smith University tennis courts. Fisher of Livingstone college of There was no play on Sunday 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 This was the annual meet and mixed doubles. Sam Duncan and was held under the sponsorship Elizabeth Duncan of Salisbury. of the Charlotte Tennis associa-tion. Sixty two persons filed for Adulus and Miss Minnie A. Blake of this city, but darkness halted The former CIAA singles king the match and it was declared

tennis that has not been sur- Miss Blake fell victim to Mrs. pass at any previous tournament Duncan in the women's singles play. Continued on Page Seven



made at Philadelphia, Harrisburg Altuona, Johnstown, Pa., Colum-bus and Xenia, Ohio. The special Our Store Is Complete to fill your every needs at all times.

al prograssion from the simple al swim may help, but real res) the complex; helping students sults are attained only through to solve their problems; and faithful and painstaking work. temphing them how to think is a It is all important too, to motor way; that is helping them swim a good stroke and use it to visualize the body in move- correctly, the effort in swimming ment. To accomplish this have the students determine their skills acquired. While an inex problem or objectives. Then go perienced swimmer, or one addic uto a discussion of the theory, ted to faulty methods, will beor the why, behind that particutar problem. By means of the evientific method of approach method of approach stempt to reach a successful solution by a carefully thoughtout application or experimenta-tion in the water. Finally, have stroke, and this is one of the them carefully and constantly check their ideas with their particularly desirable form of mevements; this is to determine exercise for girls and women as whether they are being executed permetly. This necessitates and intelligent direction of their feeling any ill effects.

cent direction of their feeling any in energy. Another great advantage of Another great advantage of st, so that they can varify swimming is that it never beides with the results. If comes irksome. Anyone who has ed be, go to the extreme to indulged equiarly in calisthenics, the mean. This assuring gymnasium work, and light phyto of getting a conscious sical activities knows how monotonous and tedius grow in time. The toronte. Make your class one on the other hand, virtually all girls and women enjoy bathing. ic, and have a real in- whether out doors or in a pool, at in your work. so exercise taken in the water

You can see that there are seems to them more like recreaby consequences that follow tion than physical training. on of the second law. One is asked frequently how 3 "The law of readiness" often and long at swimmer should at if one is not or de- practice to attain best results, of to secondish a cer- Continued on Page Seven

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

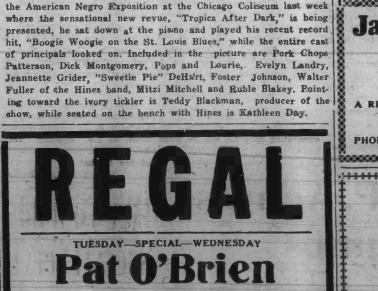
Suits and Dresses cleaned on our "Back to School the will be carefully examined al. All m and Call us for your cleaning and save

your isseons; following a detail- and systematrically. An occasiondecressies in proportion to the come exaulted after covering even a short distance, the proficient devote of a scientific stroke may go miles without tiring. It requires very little effort to things that make swimming a

help to make impervious to sick-

are for nervousness and other

Needless to say, though, noth-



"LITTLE TOUGH GUYS"

SOCIETY

____IN____



