

The Sports Clinic

An Official Department of Sports College
Conducted by Lloyd Percival

WATER IS A MUST

A popular hand-me-down in sports lore is the theory that athletes should de-hydrate themselves before a game or track meet, and that they should not be allowed to drink water during a workout. But nothing could be farther from the truth.

One of the chief opponents of this out-moded practice is Dr. S. E. Bilik, author of the famous "Trainer's Bible".

"Withdrawing water from practices and games is not only stupid, it's criminal," Dr. Bilik says. "In competitive athletics there is constant and severe loss of bodily fluid and salt and denying participants from relief because of mystic tradition or theory is not only hindering the efficiency and endurance of the athlete but taking a chance with his good health."

This is a point that is particularly important to athletes during the hot summer months. Sports College conducted numerous tests and found that the athlete performed more efficiently, with greater endurance, concentration and morale.

The water should be taken in small amounts and should be cool but not cold. Sucking ice is not a good practice because of its intense cold. Best results were obtained in these tests when a small amount of salt and the juice of an orange or grapefruit was added.

SMOOTH OUT YOUR BASEBALL DIAMOND

A cheap and easy way to keep the surface of your baseball diamond smooth is to use an old mattress, attach a rope to either end and use it as a drag. If you pull it over the diamond before you mark out the base-lines, you'll find it will do an excellent job of smoothing out the rough spots.

To get rid of stones have a team contest once a week. Give a prize to the player who collects the most stones from the diamond.

These two stunts will help you develop better infielders, since they will get down to ground balls with much more confidence when they know there's not going to be a bad hop.

DISTRICT SPORT NEWS

Hope Ball Club Takes Series First Time In Club History

For the first time in the history of Hope Ball Club, the trophy for top team in the Maple and District Men's Ball League was won by Hope.

With the defeat of Vellore last Thursday's game and Pete Hope took the final series 4-2 from its opponents. Thursday's game was the first one in the six play-off series in which Charlie Mashinter was not in action for Hope as a fielder.

Glen Turnbull pitched thrilling ball for Hope throughout last Thursday's game and Pete Jones did his usual good job as catcher. The line-up for the winning team was — First Base Albert Orr, Second Base Bill Clubine, Third Base Frank Mashinter, Shortstop Ed. Mashinter, Right Field Mason Fletcher, Centre Field Len Brown, Left Field Bill Robertson.

Norm Roberts pitched good ball for Vellore with Jack Burns putting in a stellar performance as catcher. Don Busby was

Vellore's best fielder and made several catches that looked to be going out of the ball park.

The scores of the six game series were —
First Game Vellore 10, Hope 9; second game Hope 5, Vellore 3; third game Vellore 6, Hope 5; fourth game Hope 3, Vellore 2; fifth game Hope 5, Vellore 4; sixth game Hope 3, Vellore 0.

The clubs would like to thank the umpires who did a fine job throughout the semi-finals and final series. Umpires were Tom Mashinter from Richmond Hill; Allen Orr, Victoria Square; and Stan Foster, who helped in the sixth game at King.

There will be an All-Star game at King, tonight, September 8, with the best players from Hope and Vellore teams combined against King.

Hope and Vellore boys wish to thank the ball fans who supported the teams so faithfully during the season.

Sale Of Confiscated Firearms

Sale of confiscated firearms in the Lake Simcoe District, is being held at the District Office, Maple, on September 19, 20 and 21, 1955. Some 90 guns are being offered for sale. Included in the assortment, are a large number of 22 rifles in single shots, repeaters and automatics; several high powered rifles; single and double barrel and repeater 12 ga. shot-guns and a few single and double barrel 16 and 20 ga. shotguns. Hours of sale will be from 10 a.m. to 9 p.m. on each of the above dates during which those interested may examine the firearms and post sealed bids. Successful tenders will be notified shortly after the closing date.

\$50 Grant To Pool

In order to aid in the fine work being accomplished by the Unionville Swimming Pool, Markham township council Monday made a \$50.00 grant to the pool. The money will be used to help defray expenses of operating the pool.

Open Season For Ruffed Grouse L. Simcoe District

Open seasons for Ruffed Grouse (Partridge) recently announced by Dept. Lands and Forests, apply as follows in the Lake Simcoe District:
October 8 - November 19, both inclusive, in the Lake Simcoe District excepting regulated Townships in the Counties of Peel, York and Ontario, where season dates are October 29 to November 5, both inclusive.
Bag limits in Regulated Townships are 3 per day and in the balance of the Lake Simcoe District 5 per day with a possession limit of 15.

MAPLE BOWLING ALLEY

will open
SEPTEMBER 8
FOR THE SEASON
Will teams wanting to bowl get in touch with
Alex Strachan, Maple 174W

CANADIAN LEGION BOWLERS CLUB
(B.E.S.L. Branch 375 Richmond Hill)
will commence to bowl at the ABC Bowling Alleys,
Richmond Hill, on
THURSDAY, SEPTEMBER 15.
Early bowlers start at 7.15 p.m.
late bowlers at 9.15 a.m.
This is the night to register for a season of
happy bowling.
All Bowlers and Beginners are welcome.
Last year's bowlers given a preference.

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Contracts Welcomed

8 a.m. - 5 p.m. Phone After 5 p.m.
Maple 104 AV. 5-1598

King To Get Trophy Sat.

A dance to mark the closing of the ball season for the York-Peel Men's League will be held this Saturday, September 10, at Maple Community Centre.

As a climax to the final series which was just recently completed, the trophy, awarded to the winning team, will be presented to the King Club which this year came out on top of the League. In the deciding game of the series, King defeated Richmond Hill in the bottom of the 11th to bring them into top position.

Music for dancing will be provided by Ernie Ruttan and His Novelty Ranch Boys.

Newmarket Takes Trophy

A Newmarket rink won the A. E. Glass, E. T. Stephens, George Walwin Memorial Lawn Bowling Trophy which is played for annually at the Richmond Hill greens. On August 31, Bert Budd and rink took top place over 20 other rinks which vied for the cup.

Second for three wins was W. Sonley and rink from Runnymede, third for three wins, D. Wheeler, Balmly Beach, high for two wins Gar Yerex, Sid Brown and Pete Savage of Richmond Hill club, high for one win J. Hurst, Balmly Beach.

MAPLE LADIES BOWLING

Begins Monday, Sept. 12
Teams Bowling From 7 to 9 are — Captains Hilda Quintin, Det Palmer, Bert Ingram, Vi Horne.
Teams Bowling from 9 to 11 are — Captains Ann Laurie, Doris Cooper, Joek White and Jean Calder.

Richmond Hill TU. 4-1731

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EVERY PASSENGER FULLY INSURED
NEW CARS
LOW RATES
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Notice To Creditors AND OTHERS

IN THE ESTATE OF John Pearson Ash, late of the village of Richmond Hill in the County of York, gentleman, deceased.

All persons having claims against the estate of John Pearson Ash, late of the village of Richmond Hill in the County of York, who died on or about the 21st day of December, 1954, are hereby notified to send particulars of same to the undersigned on or before the 15th day of October, 1955, after which date the estate will be distributed with regard only to the claims for which the undersigned shall have notice, and the undersigned will not be liable to any person of whose claim they will not then have notice.

DATED at Richmond Hill this 25th day of August, 1955.
HEBER DENTON MCGAGUE & IVAN E. SISLER,
Executors, by their solicitor,
Joseph Rabinowitch,
65 Yonge St. S., Richmond Hill

It Takes Elephants To Do It



Almost half of Thailand's extensive forest area, much of it inaccessible, has not yet been exploited. To help the Thai Government open up more of these forest lands and to reap the greatest benefit from those areas already being worked, the U.N. Food and Agriculture Organization has a three-man team in the field—a team consisting of an expert in sawmilling, one in forest industries and another in forest culture. The picture shows what is still the most common "machine" in Thai forests—the elephant—shifting logs at the direction of the young driver or "mahout" perched on his back.

Forestry Dept. Offers Many Helpful Hints For Hunters

With the advent of the duck and goose hunting season a few timely reminders for hunters have come to mind. The Canadian Wildlife Service of the Department of Northern Affairs and National Resources have made a thorough study of waterfowl migration and point out the following facts.

Skilful Sport
Each year waterfowl hunting provides thousands of Canadians with the opportunity of getting out into the open and seeing and enjoying their own country. To the hunter the flash of wings against an evening sky, the wild, lonesome cry of migrating geese, the companionship of man and dog, and the pride that comes with the scoring of a difficult shot are thrills that are unsurpassed in any other sport.

At times it may seem to the individual hunter that the waterfowl supply of North America is limitless. That is not so. Indiscriminate shooting could reduce to such an extent that they would be faced with the possibility of extinction. What an incalculable loss the disappearance of our waterfowl would be to Canadians.

Every waterfowl hunter improves his own chances of success by observing the hunting laws, by being a good sportsman, and by helping game management in every way possible.

Hunters Hints
Know the range of your gun: A good sportsman knows the range of his gun (generally 50 yards) and is careful to shoot only within it. By so doing he keeps down the number of birds crippled and lost and ensures that, in the long run, he will have better bags.

Use the most suitable size of shot: Sporting magazines often give very useful information as to the best size of shot to use for different kinds of game.

Use dogs for retrieving: A well-trained dog may be as valuable

to the hunter as an expensive gun. He is a faithful companion under all conditions and a tireless servant. One of the great pleasures of hunting is to watch a well-trained dog work in the field. Many crippled and killed birds, which otherwise would be lost, are added to your bag if you have a good dog with you.

Know the game laws and observe them: The laws regulating hunting are made to protect your interests. When you break the game laws, you are hurting not only yourself but future generations of hunters who are such as you now enjoy.

Know your birds before shooting: Correct identification is always desirable but becomes particularly important where certain species, in danger of extinction, migrate with more abundant game birds.

SALE OF GUNS

Sale of confiscated firearms in the Lake Simcoe District, will be held at the District Forester's Office, Maple, on September 19, 20 and 21. Guns will be on display during these dates and sealed bids will be accepted. Details will be announced shortly.

SAVE 50% ON

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Turner 4-1213

Plans Underway For First Annual Track And Field

Plans have now been underway for some time for the first annual Richmond Hill Track and Field Club meet to be held on Saturday, September 17, at the athletic field Richmond Hill District High School.

Entries for the events, which begin at 1 p.m. Post entries will not be accepted, however, substitutions may be made on the day of the meet. No entry fee will be charged. Contestants may compete in only one class and ribbons will be awarded to First, Second, Third, Fourth and Fifth places in all events.

Five classes for boys of all ages will be open to contestants. The meet is sponsored jointly

Win J. O. Little Trophy

The Richmond Hill rink skipped by Al White won the J. O. Little Lawn Bowling Trophy played for at Newmarket on Labour Day. Rink members were Mrs. Al White and Miss Marion Scrivener.

At the mixed doubles tournament at Beeton on Saturday winners were Mr. and Mrs. Jim Grainger.

ATTENTION BOWLERS

Richmond Bowl has re-opened after its extensive annual renovation — For the finest in bowling conditions and pleasure combined, come by yourself or with a party on Saturdays and bowl.

YOU'LL BE GLAD YOU DID
Open Bowling Thursday, Sept. 8,
Fri., Sept. 9 till 9 p.m.

Richmond Bowl
Yonge S., Richmond Hill TU. 4-1212

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CANADIAN CHAMPIONSHIP
SATURDAY, SEPTEMBER 17, 8:30 P.M.

Cats Win C.N.E. Awards

Mrs. Jack Warwick Hunt's Lane, south of Richmond Hill, recently won several awards with her two entries in the CNE Cat Competition with the showing of Rosalie of Allington and Admiral, an offspring of Rosalie.

Rosalie of Allington won the Best Blue Champion Award and the All-Breed Show, and her kitten, Admiral took two seconds in the Blue Male Class.

Mrs. Warwick plans to enter the pair in the coming Cat Show at Montreal.

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SUPER-LASTIC "HOME DECORATOR" HOUSE PAINT — Laboratory tested raw materials — rich, full-bodied pigments, expertly mixed to produce a weather resistant finish that gives greater beauty and extra surface protection. Your choice of 72 attractive colours. This Spring get the best that money can buy... at Canadian Tire's savings!
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