

Sporting News

BEST SWIMMERS USE CRAWL STROKE SAYS SID CAVILL.

"We would have more swimmers in the championship class if those who take up this form of athletic sport would concentrate their attention on getting the power into the crawl stroke with their arms."

This is the opinion of Sid Cavill, swimming instructor at the Olympic Club of San Francisco, and one of the famous Cavill brothers of Australia, who invented and perfected the crawl stroke. Cavill says:

"We have gotten away from the old idea that there is any particular value to the kick. The idea of push from behind has been entirely supplanted by the pull from in front. If you will note the actions of such swimmers as Duke Kahanamoku, Lady Danger, Ross and other great watermen, you will observe the tremendous power they put into the shoulders and arms. The legs are kept perfectly straight and the slightly upward and downward movement of the feet acts more as a stabilizer for the body than anything else. This slight foot kick keeps the body up parallel with the surface of the water and does but little more."

"There is no need of any stress being placed on the action of the legs and feet other than to keep them straight. They will look after themselves. The swimmer should concentrate all his attention on the action of his arms. There is also a tendency to continue the stroke thru too far. As soon as the arms are brought down to a position perpendicular to the body, the stroke should end. Carrying it along further merely means that the swimmer is bringing his arms upward toward the surface, which has a tendency to pull the body down into the water, and is in no way aiding in its forward

movement.

"The fact that the feet cut comparatively little figure in speed swimming by means of the crawl stroke has been proven beyond any argument by tying them together. Progress is not greatly retarded, and what loss of speed there is comes as much from inconvenience due to loss of free action thru the fettered limbs as from any loss of motive power they may afford."

ONE-LEGGED YOUTH A STAR

Robert Carver, a twenty-year-old student of the Washington State Normal School refused to be relegated to a back seat as an athlete when several years ago he lost his right leg. Despite the handicap of an artificial limb courage and persistence have made this one-legged youth one of the wonders in the athletic world in the northwest states. He is the star centre on the basketball team of Ellensburg, Washington State, he has a brilliant record with the tennis team, and also plays with satisfaction on both the baseball and football teams of Ellensburg. Last year he and his brother won the doubles tennis championship of Spokane County. In football Carver plays at a tackle position and opponents say that his position is almost an impenetrable one. He plays first base for the baseball club and can make good time "hopping" from first to second or from second to third, while his "slides home" are worthy of note. As a sport, undeterred by a handicap, Robert Carver has had a hard-fought battle to seventeen kinds of frazzles, for Carver never grumbles about his condition, but has made the best of it,—which is a mighty good best at that.

Around The North Land

Fire Chief Brady, recently of Brockville, assumed his new duties as Cobalt's Fire Chief last week.

Mr. A. J. McDonald has been appointed Chief of Fire Rangers for North Bay and district.

Over thirty men of Haileybury have signed up with the Forestry draft being recruited by Major Chas. H. Gordon.

Mr. and Mrs. Austin Shaw have disposed of their household goods in Haileybury and definitely taken up their residence in Montreal.

Cochrane Women's Institute is busy planning to raise money for the Red Cross and for the Cochrane Public School.

Cochrane Public School has asked the Town Council to collect \$7,000 this year for public school maintenance.

About \$7,000 was the total raised by Haileybury in the recent collection for the Patriotic Fund and Red Cross.

Over \$200 in money and goods was recently raised for the Children's Aid Society by a tea and grocery shower in North Cobalt.

Mr. E. Cameron, messenger on the T. & N. O. has been severely ill at the home of Conductor Newell at North Bay.

J. E. McCaig, mayor of Haileybury, has enlisted as a Lieutenant in the Forestry draft being raised by Major Gordon in the North Land.

Mr. A. Munro Grier, K.C. of Toronto, has been delivering impressive and inspiring addresses in North Land towns for King and Country.

New Liskeard gave a civic welcome to Capt. Tom Magdalen, who recently returned from the front where he served with the 48th Highlanders.

School girls at Swastika have a club called the "Girls' Maple Leaf Club," which has raised over \$25 by selling tickets for a quilt they made themselves to aid the Belgian Relief Fund.

The Imperial Order of the Daughters of the Empire, of Cobalt, have given the Five Thousand Dollar Club a cheque for \$17.85, being 25 per cent. of the proceeds of the production of "Charley's Aunt," in Cobalt.

Mr. A. McKenzie has been appointed Manager of the Imperial Bank branch at Cochrane, the former manager, Mr. C. A. Hamilton who has been in charge at Cochrane for about two years, being transferred to Welland.

The Daughters of the Empire in Cobalt are collecting waste paper, the proceeds to go to patriotic funds. A number of merchants are giving the free use of their rigs and teamsters for the purpose of the collection of the waste paper.

Miss C. Ratchford, of the Northern Canada Supply Company staff, Cobalt, received word last week of the death in action of her brother Pte. Chas. Ratchford, who enlisted in an infantry battalion at Renfrew about two years ago. He was just nineteen years old at the time of his death.

For keeping a disorderly house in Haileybury a man named Larine and his wife were given an indeterminate sentence of not less than three months and not to exceed two years. The sentence was passed by the Provincial Court. Three children belonging to the couple were sent to their grandmother's at North Temiskaming.

For obstructing a bailiff in the discharge of his duty, Isadore Clement, of Cochrane, was recently fined \$1.00 and costs by Magistrate Dempsey. The trouble arose over an attempt of the Tax Collector to auction off some of Mr. Clement's furniture to pay some 1912 taxes. Mr. Clement claimed his father paid the taxes referred to and at the trial he produced an affidavit to this effect from his father. One set of lawyers claimed that the Tax Collector's procedure in the matter was quite legal and correct, while counsel for Mr. Clement argued that the bailiff was a trespasser as there were no taxes unpaid and so, Mr. Clement was justified in obstructing him.

Ed. Becker, cage tender at the Chambers-Ferland mine, in Cobalt, sustained a fracture to his skull and a compound fracture to his leg near the ankle, when coming up in the cage some days ago. It is thought that after giving the signal to hoist, he leaned over and was caught between the cage and timbers. He was taken to the Mines Hospital.

Mr. A. C. Bailey, one of Cobalt's old timers, died last week after an illness of a few days. He was about 35 years of age and was born in Sault Ste. Marie, Mich. He was a graduate of the Michigan school of Mines, and came to Cobalt ten or eleven years ago, since then he has been manager of a number of properties in the North Land. He was unmarried and is survived by a number of brothers and sisters. Interment took place at his old home town in Michigan.

After strenuously advocating prohibition for several years The Temiskaming Herald now looks at it this way:—"The Ministerial Association has expressed to The Herald its deep appreciation of our stand in refusing to accept liquor advertisements. Thanks, but the bank refuses to accept this appreciation in payment of an overdraft. The name of even one member of the Ministerial Association on the paid-up subscription list of The Herald would be rather more to the point."

Major S. R. Heakes, now with the Canadian Headquarters staff overseas, was married the beginning of this month to Mrs. E. Paxton Watkin, widow of the late Edgar Watkin, Esq., of Carnarvonshire, Wales. Major Heakes was manager of the Kerr Lake Mine in the early days of Cobalt. He enlisted as a private in the 16th Battalion, Canadian Scottish, and has won his promotion to his present rank through application and ability.

CHANGES MADE IN COMPENSATION ACT

Important Amendments to Provincial Statute for Workmen's Benefit

In the new bill amending the Ontario Workmen's Compensation Act, introduced in the Legislature by Hon. I. B. Lucas, Attorney-General, last week, the list of industrial diseases by the Act is extended to include "Miner's consumption." Also it is provided that workmen shall not be compelled to contribute to the employers' first aid or sick benefit plans in lumber and construction camps. Among the other important and interesting features of the bill are the following:

First aid, medical, surgical and hospital attendance for injured workmen up to any amount for a period of thirty days after an accident. Expense to be met by the Workmen's Compensation Board out of funds secured by assessment upon the employers.

Compensation for workmen employed in Ontario who at time of accident are working for an Ontario firm outside the province.

Doubled pensions for motherless children of workman accidentally killed.

Continued pensions for invalid fatherless children beyond age of 16 years.

Authority to Compensation Board to estimate "impairment" due to injury even in cases where employment is resumed at old rate of wages.

Authority to board to use discretion in dealing with special applications without being bound by legal restrictions.

Abolition of all assessments made upon workmen for first aid, even where employers are allowed to continue first aid work under their own control.

Government grant toward administration increased from \$25,000 to \$100,000.

According to some of the newspapers the workmen have practically been given all the Labor leaders have been asking for, while at the same time the changes are not unjust to the employers. According to Hon. Mr. Lucas, workmen fare much better here than under the New York State system for instance, while Ontario employers pay less than their New York brothers. This is due, says Mr. Lucas to Ontario's system being wholly a state service without any competitive element.

If I knew you and you knew me,
This seldom we would disagree;
But never having yet clasped hands,
Both often fail to understand
That each intends to do what's right,
And treat each other "honorably"
How little to complain there'd be,
If I knew you and you knew me.

WHEN we ship you by mistake,
Or in your bill some error make;
From irritation you'd be free,
If I knew you and you knew me.
Or when the cheque don't come on time,
And customers send us nary a line
We'd wait without anxiety,
If I knew you and you knew me.

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Or make a "kick" on this or that,
We'd take it in good part you see,
If I knew you and you knew me.
With customers, a thousand strong,
Occasionally things go wrong—
Sometimes our fault, sometimes others—
Forbearance would decrease all cares,
Kind friends show pleasant things would be
If I knew you and you knew me.

THEN let no doubting thoughts abide,
Of firm good faith on either side,
Confidence to each other give;
Living ourselves, let others live;
But any time you come this way,
That you will call we hope and pray;
Then face to face we each shall see,
And I'll know you and you'll know me.

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