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**Learn How to Swim!
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No Other Exercise Approaches Swimming for Interest and Health.

On account of the expected re-opening of the Riverside swimming pool, improved and fully supervised, there is special local interest in swimming and bathing. The toll of death each year from swimming accidents also forces attention to the subject. In the current issue of "Health", the magazine issued by the Health League of Canada, very special attention is given to swimming. An article by John D. Devlin on swimming is of special interest. Mr. Devlin himself learned to swim when he was five years of age. He swam his first race at ten. After working for the Broadview Y.M.C.A. in Toronto for five years, he took his present position as Swimming Director of the Central Y.M.C.A., Toronto. He is also coach of the Mermaid Swimming Club and the Toronto Police Swim Club and holds the following awards: Life Saver, Y.M.C.A.; Master Swimming, Y.M.C.A.; Master Life Saver, Y.M.C.A.; Royal Life Saving Society Elementary Diploma, Bronze Medallion and Award of Merit.

is promoted which improves physical grace in general. Even an excessive amount of swimming will not make one scrawny and thin nor will it add a great deal of extra weight. Swimming as a recreational exercise has been called a normalizer as far as its effect on body weight is concerned. Nor need women be at a disadvantage to men in this sport. The longer trunks and shorter legs along with additional adipose tissue of women definitely places them in a position of advantage. It has been noted that most women can stand cold water better than men. Tests reveal that women are far better floaters than men. Indeed, many men cannot float at all and only a very few can float in a horizontal or perfectly flat position.

Now that the season is here and we are thinking in terms of holidays, week-end trips and delightful days of refreshing sunshine and outdoor activities, we must realize what an important part aquatic sports play in our summer programme. We think of swimming in terms of a delightful social and leisure time activity. We think of it from the standpoint of health and pure genuine fun. But we must also think of it in terms of safety, and remember that there are certain hazards connected with this most worthwhile activity for which we should be prepared.

If you cannot swim, you can and should learn now. If you have already mastered some Old Father Neptune tricks, you should learn the art of life-saving. Week-end trips, holidays at summer homes and camps bring their disastrous lessons of the need for instruction in the perils of the water and how to overcome them.

Most drowning accidents occur within a few feet of safety and it is estimated that 90% of drownings could have been overcome if the victim had been able to swim a mere fifty feet. Obviously, the best and safest way to prevent drowning accidents is for everyone to learn how to swim. And it is too late to take swimming lessons when you find yourself in difficulty in the water; perhaps, in the middle of a muddy stream with a current pulling at you, and you are unable to grasp a firm hold on a cloudless sky. Years ago, swimming was exceedingly difficult to learn, but since the advent of new teaching methods, modern pools and a better understanding of stroke mechanics, untold millions have been able to enjoy the world's greatest of all sports often in a few simple lessons.

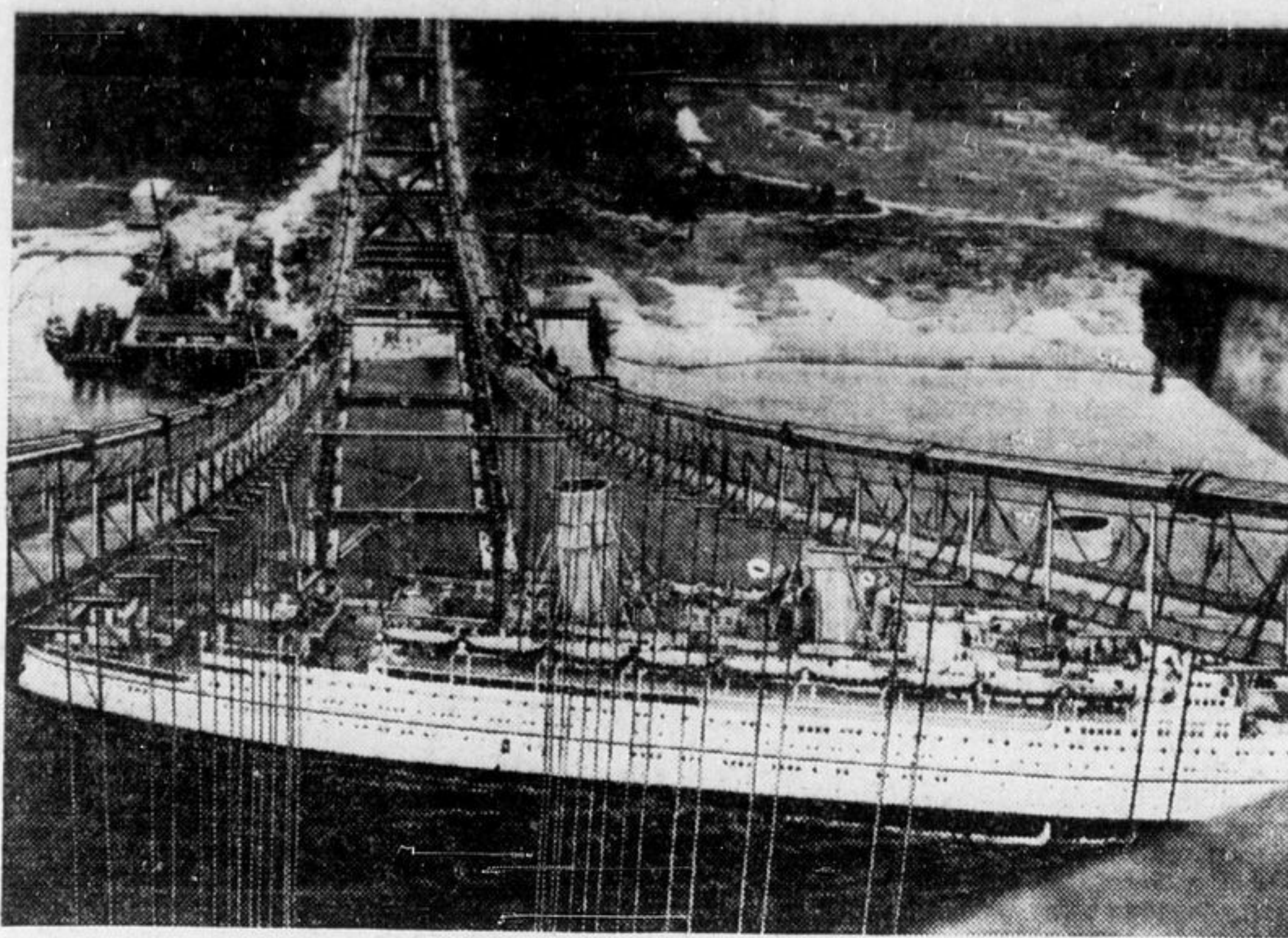
The stroke to learn! Most people and a good many instructors will tell you to learn the crawl. Certainly, go ahead and learn the crawl, but before you become too venturesome, learn to tread water. Learn to swim on your back. Master the knack of turning from front to back and from back to a face down position. Master the secret of breath control. It is estimated that 90% of crawl swimmers have difficulty breathing in the water.

There is an excellent argument put forward in favour of the old-fashioned breast stroke as the most desirable stroke for beginners to learn. I am inclined to agree that the breast stroke kick is the best fundamental skill related to water safety, for with this kick, or leg drive comes the ability to tread water easily and also to swim on the back without the use of the arms. Which is exactly the same technique as that used to tow a drowning subject to safety. In addition to these important factors breast stroke is usually recognized as the best method of swimming underwater.

When a person learns to swim the crawl and just the crawl, picture what happens when that unexpected choking mouthful of water arrives. It is hard, if not impossible, for a beginner to keep on paddling along windmill style, with the face under water most of the time, and overcome a mouthful. Lifting the head out of the water forces the feet down and lifting the arms out almost invariably forces the swimmer under. The crawl is a wonderful stroke, easy to learn and much the fastest but I disagree most emphatically with those that say it is as safe as the breast stroke.

While it is desirable to learn all the strokes, I would encourage everyone, particularly men and women beyond the age of 25 to learn the breast stroke first. If you insist on learning the crawl do so under a competent instructor who will also teach you certain fundamental safety skills that may be to your advantage.

Engineering Marvels at Vancouver



The Empress of Japan, Queen of the Pacific, passing under the splendid new bridge now under construction across the First Narrows, the entrance to Vancouver's landlocked harbor. The mainmast of the vessel is 195 feet above her load line, the bridge being 209 feet above high Spring tides. The Canadian Pacific liner Empress of Japan, in addition to holding all the speed records on her Canada, Hawaii, Orient run is the largest ship entering Vancouver Harbor. The illustration clearly shows the magnitude and the beauty of both ship and bridge.

How Heavy Taxation Handicaps Mining

Where Mining Differs from Other Industrial Enterprises.

(From Globe and Mail)

If you have had the pleasure of reading a most exhaustive report by Mr. George A. Denny, well-known mining engineer of South Africa, who has recently been in Toronto and who visited Lapa Cadillac Mine in Quebec, with his brother, H. S. Denny, the local engineer. It covers the conditions at the mine and goes into collateral subjects bearing upon more general phases of the industry, as viewed by a man of world experience.

One of the most important and interesting parts of the report is that which refers to taxation of mines. It is pointed out that mining differs from all other industries, which do not need to take into consideration a prescribed business life. On the latter, taxation is only levied on profits recurrent for an indefinite future period. Basic capital funds remain untouched.

Gold mines, on the contrary, reduce ultimate capital from the moment they begin to produce. Nothing can alter the fact that the asset is reduced in proportion of principal and partly of profit. Taxation must, therefore, in fairness be framed in recognition of this feature. A mine cannot be restocked. If ordinary lines of business, such as banking, were taxed on the sums loaned, and on the profits made on the loan, the situation would be almost analogous to that of the gold miner. And if the same principles were applied to the banker as to the miner, such pressure would be brought to bear as would cause their quick removal.

Allowance for capital replacement in mines is admittedly one calling for special investigation into each case. The allowances already made in some countries do not take into account that the gold sold is part of the irreplaceable stock forever parted with, or, in terms of banking, it represents both the loan and interest thereon.

Curiously enough, Mr. Denny says, the gold mines themselves create a large part of the taxation they bear, represented in indirect taxation paid on goods purchased from manufacturers who can live only by imposition of import taxes and can find markets only if mines flourish. This heavy indirect contribution to the country's revenue is, in itself, a concrete argument for lowering direct levies upon gold mines.

Miners rightfully ask why they should be deposited by discriminatory taxation, particularly as banks and all other forms of industry are, in the last analysis, indebted to the mining industry; could not, in fact, in times of depression, exist without their support in the shape of created demand for goods financed by the new issues of money that must be based upon what they produce.

Heavy direct taxation on mines is tantamount to killing nearly every other form of enterprise at its source. If, Mr. Denny says, the statements regarding the value of gold mines to a community and to a government are true—and they are incontestable—then it must be plain that low taxation, which encourages the mines to flourish, will build up so many accessory activities—industrial, agricultural and otherwise—that the direct and indirect revenue to be secured from a multiplicity of newly created communities will far outweigh the possibilities of a gold industry, strangled by heavy taxation, unable to expand and therefore unable to contribute more than a fraction of its potential value to the country.

Mr. Denny, now over the allotted span of a life spent in the gold-mining industry, says he feels privileged to state the case for the gold miner in the hope that justice may be done in the province of Quebec to a new and most promising industry, pregnant with enormous possibilities for the good of the people, if wisely, generously and justly treated and assisted by the government.

In our opinion, the cause for the gold miner has been presented by Mr. Denny in manner succinct and unanswerable, and we are hopeful that his

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