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No Other Exercise Ap- recreational exercise has been called a proaches Swimming for Interest and Health.

issued by the Health League of Can- in a horizontal or perfectly flat posiada, very special attention is given to tion. swimming. An article by John D. Dev-Toronto for five years, he took his summer programme. We think of process resistion of the summer programme. We think of content position as Swimming Director who do not appear mining finance in Canada, including of the Central Y.M.C.A., Toronto. He cial and leisure time activity. We think is also coach of the Mermaid Swim- of it from the standpoint of health ming Club and the Toronto Police Swim and pure genuine fun. But we must Club and holds the following awards: also think of it in terms of safety, and Life Saver, Y.M.C.A.; Master Swim- remember that there are certain hazming, Y.M.C.A.; Master Life Saver, ards connected with this most worth-Y.M.C.A.; Royal Life Saving Society while activity for which we should be Elementary Diploma, Bronze Medallion prepared. and Award of Merit. The following is the article:-

Learn How to Swim

prolonged youthfulness, zestful sport, how to overcome them. vigorous health and relaxation in swimming and water sports.

survived the fall of Rome; survived, too, been overcome if the victim had been the days when the female costume con- able to swim a mere fifty feet. Obvisisted of an apparatus constructed from ously, the best and safest way to pre-4 ply canvas and manilla rope. Down vent drowning accidents is for everythrough the ages came this delightful one to learn how to swim. And it is all other industries, which do not need activity until at the present time swim- too late to take swimming lessons when to take into consideration a prescribming boasts an incomparably larger you find yourself in difficulty in the participation than any other sport in water; perhaps, in the middle of a tion is only levied on profits recurrent the world. In the last 10 years the muddy stream with a current pulling at for an indefinite future period. Basic swimming public in the United States | you, and you are unable to grasp a firm | capital funds remain untouched. has increased 450%. During 1934 thirty hold on a cloudless sky. Years ago, million persons in the United States swimming was exceedingly difficult to ultimate capital from the moment they participated in two billion swims. The learn, but since the advent of new begin to produce. Nothing can alter public's appreciation of the value of teaching methods, modern pools and a the fact that the asset is reduced in swimming is certainly apparent, and better understanding of stroke meis indeed justifiable.

ing known as the world's best all round sports often in a few simple lessons.

all the desirable features, all the bene- culty breathing in the water. ficial effects for which gymnastic work | There is an excellent argument put in swimming."

Exercises Muscles

oped to an unusual degree. The up- of swimming underwater. ward lifting and stretching of the arms | When a person learns to swim the | acts to lift and broaden the chest. crawl and just the crawl, picture what Suppleness is promoted generally in happens when that unexpected chokall the joints and much is done to ing mouthful of water arrives. It is equalize the unbalanced muscle pull as- hard, if not impossible, for a beginner should be deposited by discriminatory sociated with poor posture. Swimming to keep on paddling along windmill taxation, particularly as banks and all is one of the very few exercises that style, with the face under water most promotes a symmetrical development of the time, and overcome a mouthful. of the arms and legs, of anteroposterior | Lifting the head out of the water forces posture, and of lateral symmetry. the feet down and lifting the arms out of depression, exist without their sup-Swimming permits free and unobstruct- almost invariably forces the swimmer ed movements in the full range of joint under. The crawl is a wonderful stroke, for goods financed by the new issues action without sudden or violent jars, easy to learn and much the fastest but of money that must be based upon ground.

Beauty Unharmed

muscles. Flexibility in all the joints to your advantage.

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Learn How t wim! is promoted which improves physical grace in general. Even an excessive Advice o. Expert amount of swimming will not make one scrawny and thin nor will it add a great scrawny and thin nor will it add a great deal of extra weight. Swimming as 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 On account of the expected re-open- legs along with additional adipose tising of the Riverside swimming pool, sue of women definitely places them improved and fully supervised, there is in a position of advantage. It has been special local interest in swimming and noted that most women can stand cold bathing. The toll of death each year water better than men. Tests neveal from swimming accidents also forces that women are far better floaters than attention to the subject. In the cur- | men. Indeed, many men cannot float rent-issue of "Health", the magazine at all and only a very few can float

Now that the season is here and we lin on swimming is of special interest. are thinking in terms of holidays. Mr. Devlin himself learned to swim week-end trips and delightful days of when he was five years of age. He refreshing sunshine and outdoor acswam his first race at ten. After tivities, we must realize what an imworking for the Broadview Y.M.C.A. in portant part aquatic sports play in our

If you cannot swim, you can and mastered some Old Father Neptune George A. Denny, well-known mining Ponce de Leon scught in vain the tricks, you should learn the art of lifemiraculous spring that would enable saving. Week-end trips, holidays at him to step back through the years and summer homes and camps bring their Lapa Cadillac Mine in Quebec, with be young again. Where Ponce de Leon disastrous lessons of the need for in- his brother, H. S. Denny, the local enfailed, amphibious Canada is finding struction in the perils of the water and ginger. It covers the conditions at the

Bathing, the antecedent of swimming, ated that 90% of drownings could have chanics, untold millions have been able

body builder and developer. Most of The stroke to learn! Most people stocked. If ordinary lines of business, the postures and movements in the and a good many instructors will tell such as banking, were taxed on the water have a special corrective signifi- you to learn the crawl. Certainly, go cance. Because of this relationship, ahead and learn the crawl, but before many institutions intimately associate you become too venturesome, learn to almost analagous to that of the gold the swimming and body building pro- tread water. Learn to swim on your grammes. This is true at Yale Uni- back. Master the knack of turning from front to back and from back to a miner, such pressure would be brought Skarstiom, one of the best American face down position. Master the secret to bear as would cause their quick rekinesiologists, makes the following of breath control. It is estimated that moval. statement, "No single exercise embodies 90% of crawl swimmers have diffi-

is practised. The same is true as re- forward in favour of the old-fashioned The allowances already made in some gards athletic games and sports. The breast stroke as the most desirable countries do not take into account that nearest approach to it is perhaps found stroke for beginners to learn. I am in- the gold sold is part of the irreplacable kick is the best fundamental skill re- of banking, it represents both the loan No other exercise approaches swim- lated to water safety, for with this ming for allround development. Swim- kick, or leg drive comes the ability to ming exercises the large fundamental tread water easily and also to swim the gold mines themselves create a muscles of the trunk and limbs. The on the back without the use of the large part of the taxation they bear, leg kicks develop the lower back and arms. Which is exactly the same abdomen muscles along with the leg technique as that used to tow a drownmusculature. The arm strokes devel- ing subject to safety. In addition to ers who can live only by imposition of op the chest and uper back muscles. these important factors breast stroke The muscles of respiration are devel- is usually recognized as the best method only if mines flourish. This heavy in-

due to contact with apparatus or to the I disagree most emphatically with what they produce. those that say it is as sale as the breast

A fact of considerable importance to | While it is desirable to learn all the girls and women is that swimming is strokes, I would encourage everyone; If, Mr. Denny says, the statements reone exercise that does not develop the particularly men and women beyond body in a way harmful to physical beau- the age of 25 to learn the breast stroke ty. The muscular development asso- first. If you insist on learning the true-and they are incontestableclated with swimming is of a smooth crawl do so under a competent instrucrounded type rather than characterized | tor who will also teach you certain by extremely hard, bunchy or knotty fundamental safety skills that may be

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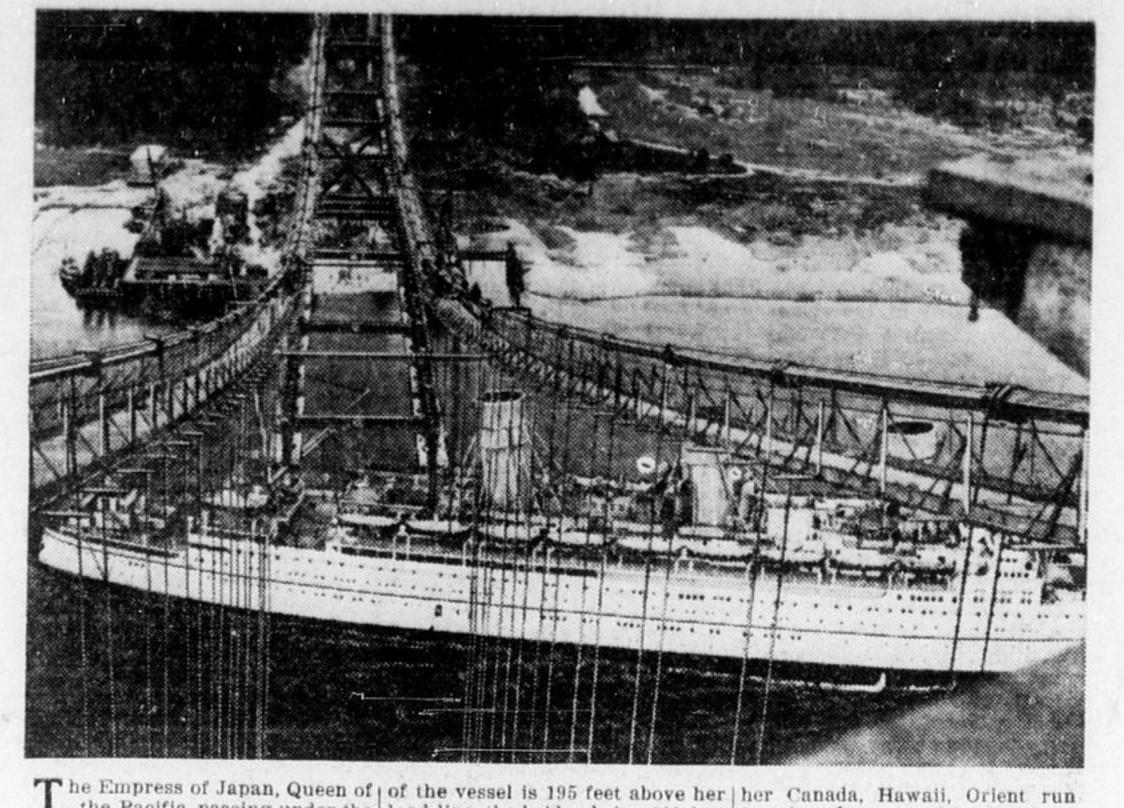
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construction across the First Nar- The Canadian Pacific liner Em- tion clearly shows the magnirows, the entrance to Vancouver's press of Japan, in addition to tude and the beauty of both ship landlocked harbor. The mainmast holding all the speed records on and bridge.

the Indian, if he will take it, or return- tent in the London market. We hope

ed for ever to the eternal silence of to present a synopsis of Mr. Denny's

Another most interesting part of Mr. matter in a later issue.

Vancouver Harbor. The illustra-

Where Mining Differs from Other Industrial Enterprises.

(From Globe and Mail)

One of the most important and interestting parts of the report is that which refers to taxation of mines. It is pointed out that mining differs from

Gold mines, on the contrary, reduce proportion of principal and partly of profit. Taxation must, therefore, in Swimming enjoys the privilege of be- to enjoy the world's greatest of all fairness be framed in recognition of this feature. A mine cannot be resums loaned, and on the profits made on the loan, the situation would be miner. And if the same principles were applied to the banker as to the

and interest thereon.

Curiously enough, Mr. Denny says, represented in indirect taxation paid on goods purchased from manufacturimport taxes and can find markets direct contribution to the country's revenue is, in itself, a concrete argument for lowering direct levies upon

Miners rightfully ask why they other forms of industry are, in the last analysis, indebted to the mining industry; could not, in fact, in times port in the shape of created demand

Heavy direct taxation on mines is tantamount to killing nearly every other form of enterprise at its source. garding the value of gold mines to a community and to a government are 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 outreach 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 gov-

In our opinion, the cause for the gold miner has been presented by Mr. Denny in manner succinct and unan-

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Handicaps Mining to have yet learned that mines must some comparisons with the system in England, which, he believes, must be expansion and prosperity in a country generally adopted by the Canadians if such as that part of the province in they expect to receive the measure of which the present activity is located. financial support warranted by the op-If mines fail, or are not found, most portunities of the country and which

of it may as well be given back to have so far not registered to any ex-

We have had the pleasure of readshould learn now. If you have already ing a most exhaustive report by Mr. engineer of South Africa, who has recently been in Toronto and who visited mine and goes into collateral subjects Most drowning accidents occur with- bearing upon more general phases of in a few feet of safety and it is estim- the industry, as viewed by a man of world experience.

ed business life. On the latter, taxa-

Allowance for capital replacement in mines is admittedly one calling for clined to agree that the breast stroke stock forever parted with, or, in terms

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