

SECOND ANNUAL SWIM MEET PROGRAMME

(continued from page 1)

- Boys) - 11 years of age and
Girls) older
25 yards swim in shallow water.
- 2:30 p.m. - School Girls
50 yards free style swim
25 " " " back-stroke
Diving Contest (3 dives)
- 3:00 p.m. - School Boys
50 yards free style swim
25 " " " back-stroke
Diving Contest (5 dives)
- 3:30 p.m. - Ladies
50 yards free style
25 " " " back-stroke
Diving Contest
- 3:45 p.m. - Men
100 yards free style
50 " back crawl
Diving Contest
- 4:15 p.m. - Open
Swim across Hays Lake

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SAFETY AFLOAT

Item No. 3 of a series of items being printed in the interests of water safety.

"Red Cross points out also that what you wear and how you wear it while on the water is an important safety factor. Remember that when you are dunked into the drink, not how natty your clothes look but how fast you can get out of them is what counts. Buttons that are tough to undo when clothing is dry are just about impossible to undo when it is wet. Tight collars are a menace. Heavy boots will drag you to the bottom and wet shoelaces, tied in knots, can't be undone in a hurry. It is too late to think of these things when you are floundering around in the water. A good rule to follow is always to dress for boating as though you were sure you'd have to take the clothing off while in the water.

What you don't wear is important too. A boat deck is an excellent place to get a good tan . . . or a bad sunburn or even sunstroke. There is little shade in an open boat and if you go far from shore you may be completely at the mercy of a very hot sun. So take along sufficient covering and if you do happen to get a sunburn Red Cross recommends calamine lotions, olive oil or sterile vaseline. If the burns are extensive and severe, moist dressings of epsom salts solution give relief. It may even be necessary to call a doctor if the burned person begins to run a fever.

And remember . . . the act of buying a
(cont. in next col.)

SAFETY AFLOAT (cont.)

big, shiny launch or cruiser doesn't make a sailor or you. You can't just go roaring around the lake or bay at all hours of the day or night as though you were the only one on the water. Other craft have their rights too. Often small boats go where they aren't supposed to go and get in the way of bigger boats, with disastrous results. So . . . learn and obey the rules of the road and the local port regulations.

Another rule that Red Cross plugs consistently is: don't overload the boat. Every year at some summer resort or other some helpful parent rents a boat to take his kids for a bit of a row. But he can't take his kids without the kids that are playing with them at the time. So he sets out with ten or fifteen children aboard and the water lapping at the gunwales. Somebody shifts in his seat and the boat slowly sinks to the bottom. What started out as a happy outing turns into tragedy."

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NEW POST OFFICE IS OPENED

Our handsome new Post Office was officially opened to the public yesterday afternoon when a short ceremony was held with officials of LongLac Pulp and Paper Co. Ltd., and Canada Post Office in attendance.

The general delivery and stamp wickets will be open from 8 a.m. to 12 noon and 1 p.m. to 6 p.m. daily Mondays through Fridays and from 8 a.m. to 12 noon on Saturdays. The lobby to the mail boxes will be open daily from 8 a.m. till 10 p.m., Sunday included.

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WANTED

Evening meal daily for young man working in Townsite. If interested please contact B. Varin at Bucovetsky's new store, dial 50.

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LUCK
won't stop
ACCIDENTS



OBEY
WARNING SIGNS