

## ATHLETIC CLUB CLOSES HOCKEY ACTIVITIES

The Buccaneers athletic club brought their hockey activities for the season to a close last Saturday evening with a banquet tendered them by Mr. and Mrs. J. W. Salmon at their home, 212 Sydney avenue. The table was tastefully decorated for the occasion.

The congenial hon. president, Mr. C. L. Towner, presided. In his address, Mr. Towner expressed his pleasure at being associated with the club and hoped that they would continue in the same spirit of good sportsmanship. He congratulated the members on their business-like cooperation and ability to stick together.

"Breathing and its effect on physical and mental co-ordination" was the subject of the address delivered by Mr. Archie Taylor. Taking the breathing of a healthy sleeping baby as a natural example, the speaker pointed out that in the intense excitement of a game the tendency was to "hold the breath," thereby placing undue strain on the heart and making clear, quick thinking impossible. He contended that attention to breathing properly would in some degree at least eliminate the danger

of "athlete's heart," that games would be faster and cleaner since the brain would be clearer, and that exertions would be accomplished with less fatigue. The remarks were of great value in training, as this department of attaining physical fitness is all too often overlooked by trainers. In closing he congratulated the hockey team on their fitness and ability and on their conduct during their games. It was to their credit that they had played every game in the schedule of the ward one league of the East Kildonan community rink winning six games out of the nine games played, and losing out to the Rough Riders for the community cup by the odd game, though outscoring their robust opponents by seven goals to five on the series.

The following members were present: Hon. president C. L. Towner, president and captain, T. Salmon, T. Martin, E. Walker, B. Walker, Secretary J. W. Salmon, F. Trossel, W. Wilkinson, S. Smithers, A. Taylor, L. Gaunt. All took part in discussion, and it was unanimously agreed to carry on and that a business meeting be held in the near future for this purpose.

The remainder of the evening was spent in entertainment. All gathered round Jack Salmon at the piano. Mr. J. W. Salmon, sen., favored with several comic songs that were well received and Mr. A. Taylor favored with readings. Birthday greetings were "administered" to Erick Walker and Jack Salmon. A most perfect evening closed with a hearty toast to the host and hostess, Mr. and Mrs. J. W. Salmon.

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