

Three One Hour Lessons

RCAF Personnel Learn to Swim in Case of Crashes

EDMONTON (CP)—An RCAF officer is teaching Canadian airmen to swim in three easy lessons of one hour each.

Sqdn. Ldr. Scott E. Alexander, an Arctic veteran whose job is to train RCAF personnel to survive crashes on land or sea, worked out the three-hour swimming scheme.

In 1952 he was given what looked like an unsurmountable

problem. RCAF headquarters ordered that all his survival students be brought up to swimming standard before graduation.

The 14-day survival course included 11 days in the northern Alberta bush learning to live off the land. That left only three days in Edmonton, and only three one-hour instruction periods in which to teach them to swim.

An expert swimmer and instructor, Sqdn. Ldr. Alexander had always considered a month the minimum time required to teach the rudiments of swimming, but he and his staff came up with a solution.

The instructors stripped the course to the essentials. They reasoned that three one-hour periods on successive days would eliminate need for revision, leaving 60 full minutes for instruction each day.

Since 1952 they have gradu-

ated 168 men. There hasn't been a single failure.

"The ability to swim is born in us," says Sqdn. Ldr. Alexander.

"It's simply a matter of overcoming fear of the water. The most difficult part of the training is convincing the student that he is able to float as long as he has some air in his lungs."

That the system works is demonstrated by one young officer who, off and on for 11 years, had unsuccessfully tried to learn to swim. After 60 minutes of RCAF instruction, FO. Walter Tryba, 22, of Saskatoon was swimming the width of the pool.

His style left much to be desired, but he did swim. At the end of his second instruction period he swam four widths of the pool. The third period saw him practising emergency drill in nine feet of water.

To overcome the students' initial fear of water they are told to squat and hold their breath while under water. They are kept at this exercise until they acquire confidence.

Next they stand in water to their armpits and are taught the movements of the breast stroke. The third step consists of having the students grasp a rail at the side of the pool while they are taught proper leg movements.

The students now are told to take a deep breath, lie face down in the water and kick their way across the pool using dog-paddle hand movements, but keeping their legs still.

Then they cross the pool, still with heads down and holding their breath, but using both hands and legs.

After the students have learned these steps to the instructors' satisfaction they are taught proper breathing while swimming.



SQDN. LDR. SCOTT E. ALEXANDER, who has devised a method of teaching RCAF members to swim in three hours, stands in the swimming pool watching his pupils in the early stage of the course.

BLACKWOOD on Bridge

By FASLEY BLACKWOOD

Mr. Champion Fails To Figure Mr. Muzzy

Mr. Champion bids the same way with Mr. Muzzy as he does with Mr. Masters. That is not the way to win at the game.

There was nothing technically wrong with Mr. Champion's bidding. But there was plenty wrong from the human angle. With Mr. Muzzy as a partner, he should have stopped at four hearts, thereby finishing the rubber with a nice profit and putting himself in a position to get a better partner for the next rubber.

True, he could have made six hearts. In fact, with the favorable set-up of cards he could have made seven. That is, on the probable diamond opening from Mr. Dale he could have won with the king, cashed the ace of spades and pulled the queen of spades through Mrs. Keen.

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South dealer			
North-South vulnerable			
North (Mr. Champion)			
S-9	H-Q J 10 8 4 3 2	D-K 6 3	C-5 3
West (Mrs. Keen)			
S-K 8 7 3 2	H-5	D-10 5 4	C-Q J 10 8
East (Mr. Dale)			
S-10 6 5 4	H-7 6	D-Q J 9	C-K 7 6 4
South (Mr. Muzzy)			
S-A Q J	H-A K 9	D-A 8 7 2	C-A 9 2
The bidding:			
South	West	North	East
2 NT	Pass	3 H	Pass
4 H	Pass	4 NT	Pass
5 NT	Pass	6 H	Pass
6 NT	All Pass		

If she didn't cover, he could ditch a diamond. If she did, he could ruff, take two rounds of trumps ending on the board and discard a diamond on the jack of spades. Now the king and ace of diamonds and a diamond ruff would set up the fourth diamond in dummy on which a club could be discarded from the closed hand.

But what you can make is only part of the story when Mr. Muzzy is your partner. His six no trump call surprised everybody at the table. And it accomplished two things—both bad. It put the hand in the wrong contract and arranged for it to be played by the weaker player in the partnership.

"Well, I had 150 honors, partner," said Mr. Muzzy as he went down one at six no trump, after the queen of clubs opening. "We lost nothing on the hand."

"That's right," said Mr. Cham-

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DUKE'S PROJECT on page 222 LONDON (Reuters)—Continuation of the \$63,000,000 industrial development project planned by the late Duke of Westminster for Annacis Island near Vancouver was confirmed in an official announcement here today.



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