

SPORTS

THIS BODY POSTURE

Troops become a little rotated at times in the P.T. instructor is on a good, upright position while on areas under their dictation.

Quite a number asked me why it is essential to hold position that is, some individuals, uncomfortable.

My answer is this

Sometime, when you have five minutes to spare about 1900 hrs., stand on the corner near the Canteen and count the number of men who have not at least one hand in their pocket.

So? Is it practice harmful? As! Just as harmful as the habit of lolling around with arms folded.

The natural reaction to this type of posture is round and drooping shoulders and the persons who have this anatomical defect usually have flat chests.

When the shoulders droop forward the natural thing is for the chest cavity to diminish in size and therefore hinder seriously the job the lungs have to do.

S.L.A.B.T.S.

If you decrease the chest cavity you cannot take as much air into the lungs as is necessary for them to function correctly. A lot of our trouble today is caused through a lack of sufficient oxygen passing into the blood via the lungs and waste matter (carbonic acid gas) being expelled through the same process.

Therefore we find that body posture is essential to good health for, apart from looking soldierly, we have a duty to fulfill to ourselves.

SPORTS

The 1st Long Draft held a sport meeting and found among themselves one or two who are yet still young enough to produce a spark when it is required (inclination permitting).

The results of the four events are:

Long Jump: Cpl. Coffey 17'8"

Cpl. Donaldson (2)

High Jump: Pte. Hammond (1)

Pte. McDonald (2)

Shot Put: Cpl. Donaldson 29'5" (1)

Pte. Hepburn (2)

Yes: McDonald, Barber

Wing Time: 11 secs.

Just go to show

that can be done.