

Control Those Knee Joints

By AHITNEY MARTIN
 NEW YORK (AP)—William H. Miller has his own theory on a root cause of juvenile delinquency, to wit: The kids don't bend their knees.

That may seem as far fetched as saying a boy swiped a car because he didn't comb his hair, but Little Bill can make it sound quite logical, and if you listen to him long enough he'll have you squinting all over the place like a T-formation quarterback.

Little Bill is an expert on relaxation. He has written several books on the subject, and has another coming out shortly. He's taught body control and relaxation to thousands of athletes and businessmen, not to mention youngsters, and once was hired by Cincinnati to help the players get their kinks out of their joints. They didn't win the pennant, but it wasn't because they weren't loose.

Anyway, getting back to his delinquency theory, he contends the knees are the cardinal point of the human body when it comes to complete body control, and unless boys and girls are taught the correct use of these joints before they are 14 the knees tighten up and it is too late to remedy the situation. "A boy who has not had the foundation to be given help by someone who has been an athlete—a father, an adult friend, or a coach—in the early years is awkward and inept," Miller says.

"When he starts to take part in sports around the age of eight or nine he is ridiculed by the others, teased at and called 'tanglefoot,' the boy will not take part in any activity in which he is badly inferior. He pulls away, shifts to more sedentary pursuits—radio, reading, television, movies. Then the next step is cars, drink, gambling and other activities.

"A boy has so much surplus energy, and if it is not expended in wholesome things it will explode elsewhere. There is the juvenile delinquent.

"I have one consuming dream—that every youngster be taught the human body and its use before the age of 14, the age at which the body starts tightening up, especially the knees.

"Miller emphasizes that by the time the high school coaches get the boys and girls for instruction, it's too late, and anyway, they don't have the time to work with each individually. It's up to the parents to give the kids a proper start on complete body control and relaxation.

He admits that it's next to impossible to force boys and girls into drilling on formal calisthenics. But by showing them the principles of body balance and relaxation as applied to catching, throwing and batting a baseball, or pivoting in basketball and football and tennis, the kids have fun while learning.



DICKIE DUFF SCORES WINNER

Dick Duff (17) scores Toronto Maple Leafs winning goal as he flips puck into net of reach of goalie Lorne Worsley of New York Rangers during National Hockey League game in Toronto Saturday night. The goal gave Toronto a 2-1 victory. Ranger players are, left to right: Danny Lewicki, Bill Gadsby and Jack Evans. (CP Photo).

Vic Seixas To Use "Wimbledon Plan" For Davis Cup Finals

ADELAIDE, Australia (AP)—Vic Seixas said Tuesday he is using his "Wimbledon plan" in preparing for the Davis Cup challenge round and if it works out as expected, he may surprise by beating both Lew Had and Ken Rosewall.

"I feel I am pacing myself just right so that I can reach my peak in the middle of next week," said the 33-year-old Philadelphian, who carries the United States' faint hopes of recapturing the international tennis trophy from Australia.

The challenge round is scheduled for Dec. 26-28. The U.S. cause is regarded as hopeless—but not by Seixas.

"In getting ready for Wimbledon last summer I skipped all European tournaments except Manchester," Vic said. "Then I decided to work myself into a fine physical and mental edge for the tournament. I think I did, as the results show.

"It was the same sort of conditioning I did in 1954 down here, when I won back the cup—no too many tournaments, just work when I need it, no more. I let myself be the judge."

Tex Coulter Joins Magazine's Staff

MONTREAL (CP)—Blue Line magazine, a hockey publication, Tuesday announced that Tex Coulter of Montreal Alouettes football club has joined the staff as art director.

The giant tackle from Dallas, Texas, now is making his home in Montreal. Coulter has done newspaper work in Dallas as well as art work for newspapers and magazines in the United States.

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Cricketer Views U.S. Football

MANCHESTER WEEKLY GUARDIAN

"If you're only used to cricket," said the American airman with the patience of a scientist explaining atomic energy to a backwoodsman, "you probably won't be able to stand the excitement of a better job equipped with some sedatives." His concern was typical of that of the United States Air Force as a whole in making sure that the large number of Englishmen in the crowd were not left in a state of complete bewilderment at the American Football Championship Final of the United States Air Forces in Europe at the Empire Stadium, Wembley, on Saturday. (Note from American guide: "This is roughly the equivalent of your Cup Final.")

about sedatives came back to mind. Would the excitement prove too much. Bracing themselves for a hard afternoon, the cricketers peered down from the stands at the two teams—the London Rockets and the Wiesbaden Flyers—and tried to connect the lessons in theory with what was happening in practice.

The difficulty was that there appeared to be two schools of thought about how to explain American football. One school tried to explain it by comparing it to English Rugby football; the other school, which thinks that too much emphasis is put on the physical side of the game, preferred to compare it with chess. This made for a little confusion. When we arrived, the Rockets who had been tipped to lose 32 points to 7 points by Jim the Anglophile and eventually won by exactly that score ("I told you it was a damned complicated game," Jim explained afterwards), were just about to try a full spate on the Flyers, and amazingly it came off when a clever combination brought off a quick touchdown which is worth six points. The Flyers never seemed to recover properly from this early defeat and even their bubbling cheerleaders occasionally found it hard going to give an impression of overwhelming confidence.

staid the airman, after brooding over the subject, that he had discovered the secret of American football. It was nothing less than a splendid excuse to throw a public party. The American frowned for a moment and then grinned broadly. "I can see you have appreciated the fundamentals, Mac," he said.

At first with proper courtesy we sat firmly in our place and glued our eyes to the field, but our American hosts though this behaviour a little eccentric and insisted on our leaving the game and joining them in the pavilion (sorry, bar) for a cup of tea. We fell easily into this routine of a little more play, a longer pause, and another drink. Dot of Boston tried to point out a few of the subtleties, but a London mist ("a real pea souper" in the opinion of an inexperienced Californian) had enveloped the ground and though the two teams could still apparently see the ball, many of us in the crowd found it more difficult.

Very roughly the ball has to be taken up to the opponent's end, some which is shaped like a "grid-iron," but play is not continuous as in Rugby and stops when any part of the ball-carrier's body except his hands, and feet touch the ground or he goes out of bounds. The Rockets, for example, would start some aggressive work with their bishops and castles and the crowd would get really excited, and then everything would suddenly come to an abrupt halt.

A team would then go into a long huddle, like men listening to

party of five will fly to Canada from Vienna today, and a third party of six leaves Vienna Friday by ship.

They are members of the Honved, Voroslovog and Kinzi clubs.

Kiss said many of the players, between the ages of 19 and 26, had engaged in the Budapest street fighting.

The two teams of chessmen took only just over two hours to reach checkmate but the game as Americans understand it was not over until much later when experts like Jim the Anglophile decided "to call it a day." Near the end one of the cricketers was cornered by the American airman who had feared that the game would prove too exciting for him. It was a neat problem in Anglo-American relations. Should the cricketer be polite or honest He

part of everyone in how to save petrol.

For the cricketers it was more like being invited to a party than preparation for the serious business of a game, and the warning

DIES IN FIRE

SHELIAC, N.B. (CP)—Fire late Monday night claimed the life of Alexander Melanson, 48, of nearby Robichaud Office. Melanson was sleeping alone in his home when flames fed by 10 cords of dry wood stacked in the cellar destroyed the structure.

17 Hungarian Soccer Players On Way To Canada

TORONTO (CP)—Seventeen Hungarian soccer stars are on their way to Canada, a Hungarian-Canadian just returned from Vienna said Tuesday.

John Kiss, a former Hungarian soccer player who returned to his homeland to scout for players, said he has arranged for the players to emigrate to Canada in three parties.

The first party of six left Vienna last Friday and sails from Hamburg for Halifax. The second

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Boxing Club Tests Fullmer's Power

GROSSINGER, N.Y. (AP)—The International Boxing Club had Gene Fullmer's punching power tested by an engineer Tuesday as he trained for his Jan. 2 middle-weight title fight with defending champion Sugar Ray Robinson.

The tests showed Fullmer's right hand punch to the heavy bag travelled at the speed of 30.4 miles per hour and carried a force of 1,250 pounds.

The left jab travelled 17 miles per hour and had a force of 1,035 pounds. Both tests were made with six-ounce gloves. In one test of the right hand using an eight-ounce glove the speed was 22 mph. The force was 1,115 pounds. The same tests will be made of Robinson today at Greenwood Lake, N.Y.

To Give More Consideration To Interlocking Schedule

TORONTO (CP)—The Big Four football union said Tuesday it will give further consideration to a proposed interlocking schedule with the Ontario Rugby Football Union.

Following a meeting between officials of the two eastern leagues, Big Four president Jim McCaffrey of Ottawa said a schedule is to be prepared by representatives of both leagues for consideration at the Big Four's annual meeting Jan. 18 at Winnipeg.

McCaffrey said today's meeting generally favored the idea of an interlocking schedule, which would return the ORFU, Canada's oldest football league, to Grey Cup competition.

The ORFU, once a considerable power in Grey Cup competition, began to fade from the picture about 1948 when Big Four and Western Interprovincial Football Union teams started paying high salaries to top American players.

It continued in Grey Cup competition playing in semi-final games against the Big Four or Western Champions—until 1955, when at the request of the Canadian Rugby Union, Canadian football's national governing body, it agreed not to challenge.

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