

RED CROSS SWIMMING TIPS

Water is one of the great hazards to life. Every year, children and adults drown in the coastal waters and in the hundreds of lakes throughout the province.

Don't be next to lose your life. Be sure, too, that your children realize the danger of water, and that they are as well protected as possible.

Here are water-safety tips supplied by the Canadian Red Cross:

1. If you can't swim, take lessons. If you swim a little, learn how to swim better.
2. Always swim with a "buddy" who can help if you get into trouble.
3. Respect the water and know your limitations.
4. Wait an hour after eating before swimming. Do not swim while overheated or overtired.
5. Swim in a safe place and in the presence of lifeguards. Stay away from the area immediately in front of the diving board and do not swim near piers and pilings.
6. Be sure rescue equipment such as buoys, boats, and reaching poles are readily available at all swimming areas.
7. In case of trouble, assume a face-up floating position, keep your hands under water, slowly move your feet up and down, and move your hands in a gentle circular motion.
8. Whenever a storm approaches, get out of the water—it is a conductor of lightning.
9. For long distances, always swim with a "buddy" parallel to the shore or with a companion in an accompanying boat.

TWO SPECIAL EVENTS

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or the YMCA.

Have you seen the new model railroad in Stanley Park? Children are just an excuse for parents to ride it. The now famous Aquarium is continually showing bigger and better sea specimens. All over Vancouver, flowers and gardens are moving into the peak of summer beauty. There are delightful trips to take by transit bus and by Pacific Stage Line buses to points all over the Lower Mainland.

Get out and enjoy Vancouver's summer.

Coming Events

Kitsilano Showboat:

July 4—"American Night", arranged by Ted Cawker.

July 6—South Cambie Community Concert Party.

July 8—Sunset Community Concert Party.

July 10—Radio C-Fun Night.

Vancouver International Festival events:

July 4 & 6—"Stars of the Paris Opera Ballet".

July 5 & 7—"Damnation of Faust".

July 9, 10 & 11—"Merchant of Venice" (in French).

July 6 & 8—Raymond Trouard, pianist.



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"WHAT A GLORIOUS VARIETY OF COLOURS! I UNDERSTAND YOU CHAPS SEE ONLY RED ONES..."

TWO SPECIAL EVENTS

It's summer time in Vancouver and the city is teeming with regular opportunities for entertainment and with special events.

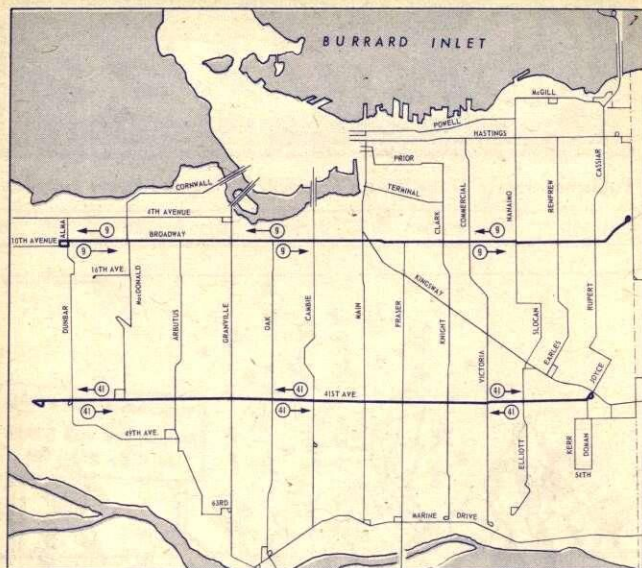
Two very special sports events are scheduled for this coming week.

Yugoslavia Red Stars meet Vancouver All-stars in soccer at Empire Stadium on July 5 at 2:30 p.m. Extra buses will be placed on Hastings Street to take fans to and from the game.

The 1964 Canadian Gymnastic Championships and Olympic Trials will be held July 10 and 11 at Memorial Gym, UBC. Top Canadian and U.S. gymnasts will compete. Tickets through the UBC Memorial Gym office

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TWO CROSS-TOWN ROUTES



When towns are big enough to have public transportation, routes almost invariably radiate from the business centre like spokes of a wheel. Not until towns grow into cities do cross-town routes usually become necessary. Vancouver got its first cross-town service on September 21, 1951, with inauguration of 41 FORTY-FIRST. This was followed on February 27, 1953 by 9 BROADWAY which began as a bus service across Broadway from Alma Road to Commercial Drive. On May 8, 1953, 9 BROADWAY was changed to trolley coach service. Both grew out of sections of other routes which were combined to provide direct across-the-city transportation without transferring.

41 FORTY-FIRST links

Joyce Street at Kingsway with Camosun where it loops via Crown and Marine Drive to return for a distance of $7\frac{1}{4}$ miles each way. This line serves important residential and shopping areas, also the Kerrisdale Arena, the Jewish Community Centre and several large schools.

9 BROADWAY leaves Boundary Road loop west-bound, and travels along Broadway to Alma where it loops around a block to return. It travels $7\frac{1}{2}$ miles each way, serving important residential areas and the growing commercial and light-industrial areas which are expanding continuously along its route. Important buildings on or close to Broadway include the Vancouver General Hospital, City Hall and the Technical School.

Low-cost escorted vacation packages

Pacific Tour and Travel Bureau, a division of Pacific Stage Lines, offers a wide range of delightful vacation trips. These are conducted tours, and the low-cost fares cover all transportation, accommodation and incidental expenses, leaving only meals to be paid for.

Conducted tours are available to almost anywhere in North America by de luxe bus, including trips to popular areas in Western Canada.

Here is a sample holiday package:

July 10 — a four-day de luxe tour via the famous Fraser Canyon, through lake country to the grandeur of Rogers Pass, then to the tremendous Rocky Mountains.

Stay one night in Banff, with a Gray Line Sightseeing tour which includes a ride

up the famous Sulphur Mountain Gondola Lift. Return via beautiful Lake Louise to the Okanagan and the Hope-Princeton Highway to Vancouver.

Rates for this delightful tour range from \$70.25 to \$74.25. Call MU 1-6381.

One-day trips

MOUNT BAKER PARK. Leave bus depot at 8 a.m. Sunday, July 5, for a trip to breathtaking Mt. Baker. Back home about 7 p.m. Adults \$5, children \$2.50. Lunch can be purchased in the ski lodge.

FIDALGO ISLAND. Leave bus depot at 8:30 a.m. Saturday, July 11. Travel via Bellingham, the scenic Chuckanut Drive, then to Anacortes. From Mount Erie on Fidalgo Island, there is a magnificent view of the lovely San Juan Islands. Back home about 6:15 p.m. Adults \$6.75, children \$3.40. Telephone MU 1-6381.

Swimming lessons

There is no reason why practically every child in Vancouver should not be at least a competent swimmer. Lessons are available in many places, some free and some at nominal cost.

Hastings Community Centre is one of the organizations offering lessons. First session, for children 3 to 18 years, began June 29 and runs to July 18. Second session is from July 20 to August 8. There is a special class for handicapped children. Information from AL 5-2606.

The "Vancouver Sun's" free swimming classes are open to all children. Fill in and mail the coupon in the newspaper.

A bus driver entered a small church at the beginning of the service and sat in the very first row. After the sermon the preacher went to the man and asked him why he sat in the first row all alone.

"Well," replied the driver, "I just sat up here to see what you did to make everyone move to the back."

The old saying that men don't make passes at girls who wear glasses is no longer true. It depends on the frames.