

40 years of age and over, 1 yard allowed for each 2 years above 40; Departmental relay of 4-men-teams, each man to run $\frac{1}{4}$ of a mile, any number of teams allowed to be entered from each department possessing a deputy-head; tug-of-war between departments, 7 in a team; novices' 220 yards, open to anybody who has never won a prize at any athletic meeting, anybody coming under this category and winning a prize earlier in the day at the C. S. meet will be barred from competing in this race; obstacle race; and combination race.

Further details will be published later. It might be added now that one undesirable feature of the sports of last year will be removed, viz., the necessity of standing. Suitable sitting accommodation will be provided for all.

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How to Bowl.



The following hints on "how to bowl" may seem superfluous after the above to offer to civil servants. They are from a recent issue of the "Curler and Bowler":

Some bowlers cause great amusement to both the onlookers and members of their own team by the various ways in which they deliver the "wood."

From the corkscrew method to creeping halfway up the green like a Red Indian, they are certainly not elegant, and their movements are better described as antics.

Even the costume of bowlers often

leaves something to be desired; a wide-brimmed hat and the oddest of clothes seems to be the most usual costume.

A bowling club can easily send out match teams dressed in blue coats and white trousers, but they cannot alter a member's way of bowling; so what I want is to describe my method to those who have recently commenced playing the game, in hopes they will be able to play a good game sooner, and more certainly, if only by learning one system in place of the six their half-dozen friends will try to teach them.

Firstly, then, stand upright, with both feet together on the mat, having the bowl in the palm of the right hand in front of you, supported with the left. Judge the length from the jack and the width of the green to be taken, and then deliver the bowl; (2) by drawing back the right arm (extending it to its full length) to just behind the body; (3) swing the hand and body forward, placing the left leg two feet to the front, all together in the same motion, stooping till the wood is delivered just in front of the body and, say, three inches from the ground; (4) recover the upright position by pressing the left hand on the left knee and rising.

A little practice will enable anyone to do this easily in two or three minutes.

The objects of the different positions are as follows:—

1. A better sight can be taken and the width of green judged in this position.

2. The full length of the arm gives a better and much more powerful swing.

3. The left leg is placed in front about two feet, but either to the right or left because it is this movement that gives the width of green the "wood" is to take.