

Common Sense For Safety Urged In Swimming Rules

When enjoying healthful water sports, always observe a code of safe conduct.

Never swim more than 50 yards from shore unless accompanied by a boat. Bathing at night is dangerous except at a carefully guarded and brilliantly lighted place.

If you find yourself too far from shore and tired, conserve your strength by turning over quietly on your back and paddling easily with hands and feet, getting rested until you can work your way to shore. Don't excitedly try to swim for shore; you may become exhausted and not get there. Call for help after you have your breath, if you then need it.

IF SKIZED with cramps in the lower leg, lie as quickly as possible on the back, seize the big toe and pull toward you until it hurts.

If cramp returns, squeeze the knotted muscle with the fingers quickly, as though trying to force thumb and fingers through the muscle.

Paddle easily to the nearest support, massage well, "kneading" the muscle, and rest the part with hot applications if possible. Such cramps are not serious and by bearing some discomfort and swimming easily the victim should be able to climb out and rest. If cramp is violent, immediately call for help. Such cramps are usually caused by too long or unaccustomed exercise. Practice moderation.

Stomach cramps are caused by going in the water too soon after eating. If one is felt coming on, call loudly for help instantly, get as big a breath as possible, and start to the nearest support. Such cramps can be avoided. Always wait at least two hours after eating; even a candy bar or any kind of drink may cause stomach cramps.

Boon water sports by being careful. Ask your Red Cross Chapter about Water Safety, Rescue and Resuscitation methods.

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Centennial Exhibition Train Due On Erie R. R.



100 YEARS of railroading will be depicted in the Erie Railroad's Centennial Exhibition Train coming to Rochester on Monday, July 23. Above the century-old "William Mason" locomotive and train, shown running alongside the newest model diesel engine, will be included in the exhibition train.

An eighteen-car Centennial Exhibition Train — containing displays and equipment of 100 years ago and today — will be put on view by the Erie Railroad in Rochester on Monday, July 23 from 5 to 10 p.m.

Open to the public, the Exhibition Train will include an actual 1851 locomotive with its baggage-car and coach, a Museum Car; display diesel locomotive unit; examples of modern passenger and freight equipment — and "Daniel Webster" seated on a flat car.

As part of the railroad's 100th Anniversary observance, the Exhibition Train is scheduled to visit more than 100 Erie communities between Chicago and New York. It will be "on the road" for two months.

A CENTURY AGO the Erie completed its original line between Pleasant and Dunkirk, N. Y., to become the first rail connection between the Atlantic Ocean and the Great Lakes. It then measured 448 miles, the longest railroad in the country.

One of the distinguished passengers on the inaugural trip was Daniel Webster, then Secretary of State, who rode to a rocking chair bolted to a flat car because he "wanted to enjoy the beautiful scenery through which the railroad passes."

In effect, "Webster" will once more ride on his famous flat car behind the colorful 100-year-old "William Mason" engine an actual locomotive of a century ago. With this museum piece will be its bright yellow baggage car and coach showing what rail travel was like in 1851.

Along with the Army's "Experimental Heavy" — the latest 73-ton tank to roll off the assembly lines — will be two wounded veterans of the Korea fighting. The huge tank will be mounted on a flat car to show the Erie's extra size clearance as the "High, Wide and Handsome Route."

Household Employers Advised on Security

Housewives should ask their maids or other regularly employed household help for their social security account numbers as soon as hired. This advice comes from K. C. Haxtun, manager of the Rochester social security office, which serves Monroe and Livingston counties.

"Wages reported without social security numbers or with incorrect numbers usually result in loss of wage credits for the employee. Moreover, failure to include the maid's social security number on the wage report may call for follow-up contacts which may be bothersome to her employer," Mr. Haxtun pointed out.

To avoid this he suggests that the housewife make a permanent record of her maid's social security account number, copying both the name and number directly from her worker's social security card.

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Empire Staters Join Pilgrimages

New York — Combining visits to world-famous Shrines, with a three-day cruise on the Saguenay and St. Lawrence Rivers, many Empire Staters are joining the weekly Pilgrimage to the Shrine of Ste. Anne de Beaupre in Canada. It was announced here.

New York residents will travel by auto, bus, train and plane to Montreal each week to join the popular vacation pilgrimages. Reservations and inquiries are being received by American Express-Catholic Travel League at 649 Fifth Avenue and 63 Broadway, New York City and by all travel agents. Members of each group will spend a full-day at the Shrine of Ste. Anne de Beaupre.

The pilgrimage under the personal leadership of specially appointed Spiritual Directors originated in Montreal, July 21, July 30, August 5, August 11, August 20, August 26, September 1 and September 10.

The highlights of each pilgrimage are the visits to the 300-year-old Shrine of Ste. Anne de Beaupre, 22 miles from quaint Quebec, and ancient Montreal's Shrine of St. Joseph's Oratory and Shrine of Brother Andre. At both Shrines the members will participate in special devotions which are conducted by the Spiritual Director.

Through-out July, transportation will be provided for all the children attending the Religious Vacation School.

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Wide Area Embraced By Ithaca Vacation School

Ithaca — Opening with an enrollment of 84 children and having an expected registration of more than 100, the Religious Vacation School operated by Immaculate Conception parish here represents every part of the parish, city and country.

Twenty-seven places in the rural section and five city public schools are included in the enrollments.

The Rev. Dr. William J. Byrne, pastor, in the parish bulletin said: "I am sure that our mission-minded people will be pleased to learn the number of districts that have been reached in this ever-widening effort to bring religious instruction to our children."

NUMBER OF children enrolled from various points in the parish follows: Rural Section, Bethel Grove, 3; Besemer, 2; Berkshire P.O., 1; Bostwick Corners, 1; Caroline, 2; Caroline Center, 1; Coddington Road, Danby Village, 4; Danby Road, 3; Englefield Center, 6; Etna, 1; Krum's Corners, 1; Lake Road, 1; Michigan Hollow, 3; Millard Hill Road, 1; Newfield Village, 21; Old Spencer Road, 3; Pony Hollow, 4.

Sheffield Road, 4; Slaterville Springs, 1; South Danby, 3; Speedsville Road, 2; Spencer Road, 6; Trumbull's Corners, 2; Warren Road, 1; White Church, 3; Wilkesville P.O., 3.

City Public Schools, Belle Sherman, 1; Central, 11; East Hill, 2; Fall Creek, 11; H St. John, 8.

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Founders of Vocation Unit Receives Award

Jamaica, N. Y. — (NC) — The first annual Catholic Career Conference award was presented to the Rev. Andrew Anabro, C.P., conference founder, at a Communion breakfast of the vocational council organization here.

Three hundred members and friends of the conference and representatives of the diocesan Legion of Mary units attended the breakfast, at which the Rev. Patrick J. Peyton, C.S.C., director of the International Family Rosary Crusade, was speaker.

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