

## Big Swimming Meet on This Evening at Y. M. C. A. Tank

Many Stars Will Be Entered in Events—220 Yard Championship and 50 Yard Race for Girls Expected to Be Real Features—Service Relay Will Bring Out Good Exhibition—Langer, Kruger, Kelii and Lane Will Appear in Events

With the preliminaries over for the big swimming program, all interest is pointed to the big meet at the Y. M. C. A. this evening at 8 o'clock. A large sale of seats is reported and it is expected that the association will be packed.

There will be a number of feature events to be staged and the 220-yard open and the 50-yards for girls, promise to attract the most interest. Every event will have a number of classy entries and the races will be hard to pick this evening.

In the 100-yard novice, the first event of the evening, the race should be close with Harvey of the Outrigger having an edge on the others by a narrow margin. Cassidy is expected to be right up near the winner at the finish.

### Lane to Win

The 50-yard championship will bring out a number of stars and this race should be swum in close to record time. Lane, Kelii and Ah Kin Yee should finish in the order named, although Thurston may be counted upon to be up with the others at the finish.

In the 220-yard race for boys, Matsuguma looks like a winner. He has the necessary form and plenty of endurance. Cook of the Outrigger club

should come in second with everything equal.

The 100-yard service race ought to be a real thriller. With four stars entered it is a difficult matter to pick the winner, and it would not be at all surprising to see them come in bunched. Murphy, Pingry, O'Brien and Walker have been making good time and they may finish in this order, although condition will mean much in the finish.

Dudley Pratt looks like a winner in the plunge for distance, and it should be a hard fight for second place, with Bob Fuller having a good chance for the place.

### Real Race in 50

The 50-yard championship race ought to be a real battle from beginning to end, and Gerd Hjorth may be a slight favorite over Kathleen Law and Josephine Hopkins. Miss Law injured her shoulder the other day, but appears to be in good condition now. Miss Hjorth's form ought to give her a victory in the shorter race with Miss Law and Miss Hopkins, second and third. Edith Kenn, the little 15-year-old mermaid of Palama, is sure to gain on the turns, but is hardly expected to win one of the first three places.

Harold Kruger appears to be the choice in the 150-yard backstroke with Clarence Lane second. This ought to be a good race, as Lane has been improving wonderfully of late. Buster Carter has a good chance to land third, although Kelii has been improving of late. Fuller, Hjorth and Thurston ought to take the three places in order in the diving.

In the 50-yard race for boys, Matsuguma looks like a winner, and although Minville has been showing plenty of speed, the Palama boy should win out. Cook ought to secure a third in this event.

The 220-yard championship will be the real feature race of the evening and with Ludy Langer in excellent condition should win from the others. Harold Kruger is expected to put up a hard fight in this race, and should gain on the turns over Kelii. This difference ought to give "Stubby" second place.

The service relay is expected to be a real race from start to finish, and ought to be one of the best cards of the evening. The De Russy contingent have a slight edge in this race, but if Bailey can hold his own with O'Brien, Murphy and Dodge, the Alert crew should start something.

## What Healthy Nerves Mean to You

A strong, vigorous nervous system means health, strength and ability to endure hardship and also to enjoy the full pleasures of life.

The man with healthy nerves accomplishes greater tasks with less fatigue. He has a clear eye, an active brain and a sound body. He is enabled to think better and work faster. He has energy. With healthy nerves he can overcome the hardest competition, be successful and gain wealth.

The woman with healthy nerves is never listless, weak or hopeless; she is not irritable, she never suffers from hysteria, she has a reserved surplus of endurance. Healthy nerves will prevent the sleepless mother, although worn with care and nursing, from a "break down" caused by her double or treble duty.

All men and women who suffer from these forms of nervousness —