

THE  
SUNDAY

# Chronicle

NORTH JERSEY'S ONLY WEEKLY PICTORIAL MAGAZINE



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## Exactng Care In Reading

For years it was assumed that the slow reader was the sure reader, that rapid readers were careless or superficial—or both. Actually, studies have proved the opposite. The mind of the rapid reader is far more alert and eager than that of the slow reader. The fast reader tends to think as fast as he reads.

On the other hand it has been found that the slow reader is inclined to labor over each word, mouth them audibly or silently to himself. Often he finds it necessary to look back every line or so to make sure he understands what he has read. His mental energy is absorbed wrestling with words rather than with the thought they are intended to convey.

Of course, rapid reading is no end in itself. Why read at all unless you remember what you have read? But the ability to read quickly and with complete comprehension has very little relation to one's intellectual capacity. It is an acquired facility much like driving a car or learning to speak French. Slow hesitant reading is simply the result of poor training. Statistics show that many children read faster and better than their parents. And though some eminent professors are rapid readers, some equally eminent cannot read as fast as their freshmen students.

Many rapid reading clinics, including the Columbia Program, utilize a special device which features a pacing bar. By adjusting the speed at which the bar descends the printed page you are forced to read at an ever increasing speed.

Now to discover your present reading speed. When you finish reading this sentence you will have read 600 words. Check your time. Divide this into 600 to get your word per minute rate.

The average American reads only as fast as an eighth grader; that is, less than 200 words per minute. A few people may be able to get by at this low rate, but for anyone who depends upon reading to any extent—students, businessmen, professional people, those interested in civic affairs, book lovers, or even the average citizen who wants only to keep abreast with the world about him—this rate is hopelessly inadequate.

For example, it would take the average unskilled reader eight hundred hours (over twenty full work weeks!) to read thoroughly any sizeable Sunday paper, which may easily run to four hundred pages and a million words of text. It is perfectly true that no one wants to read every word of the Sunday paper, or every best seller, or every memorandum or form letter that crosses the desk or comes through the mail—but the sheer bulk of such material is indicative of the “reading problem” of our time. Unless you know how to tackle it you are at a serious disadvantage. You find yourself so overwhelmed by the flood or routine and largely unimportant material, you neglect what you really want to read, or really should read, simply because you never have the time.

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## Half The Cost Gallon Gas

If anyone thinks that the ancient and eternal law of diminishing returns doesn't apply in certain important instances to taxation, he should consider the ever-rising tax on gasoline.

Some months ago the Pennsylvania gas tax was boosted to 7 cents. And in the first month the new tax was in effect consumption dropped 33 per cent below the gallonage figure of the previous month and 25 per cent below the figure for the equivalent month last year.

An official of one of our leading oil companies now estimates that a loss nationwide of \$330 million a year in gas taxes is almost a certainty. In his words, "Motorists are beginning to rebel against constantly increasing gasoline taxes and they are looking more and more toward compact cars for more miles-per-gallon." Other motorists, no doubt, are cutting down on their driving.

The average gas tax, state and federal, is now 10 cents a gallon. This amounts to half the cost of a gallon of gas without the tax. That 50 per cent sales tax is far greater than

If states want to keep their gasoline tax revenues up, they'd better quit hiking the rate. The same thing goes for the those imposed on extreme luxuries. federal government.

## ON THE COVER

LONG-TIME FRIENDS were the late Gary Cooper and veteran character actor Walter Brennan. Early in their respective careers, the two often visited Hollywood casting offices together. Brennan will narrate "The Tall American — Gary Cooper" on Tuesday, March 26 (7:30-8:30 P.M.) on NBC-TV. Donald Hyatt is producing the television portrait with script by Richard Hanser and original music by Robert Russell Bennett.

THE CHRONICLE

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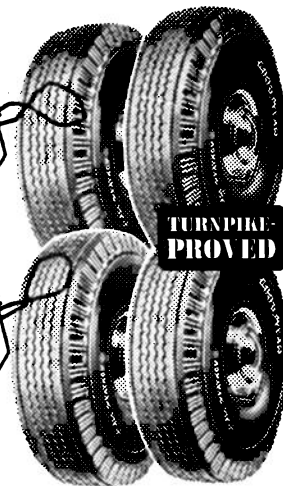
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**HOW IT BEGAN**

Credit for starting Labor Day belongs to a man named Peter J. McGuire, a co-founder of the American Federation of Labor. It was McGuire who, on May 8, 1882, while attending a meeting of the Central Labor Union in New York, proposed a celebration to honor "those who from rude nature have delved and carved all the grandeur we behold."

McGuire argued that although there were patriotic and military holidays, there was none "representative of the industrial spirit, the greatest vital force of the nation." He proposed the first Monday in September for Labor Day, "as midway between the Fourth of July and Thanksgiving, and would fill a gap in the chronology of legal holidays."

The labor union approved the general idea; the first Labor Day was celebrated on Tuesday, September 5, 1882. Ten thousand workmen marched down the streets of New York.

In 1883 another celebration was held, and by 1884 the union had agreed on the first Monday in September as the unchanging date.

Cities and towns gave Labor Day its first official recognition, and then the idea spread to State Legislatures. The first State to introduce such legislation was New York, but Oregon was the first to approve a bill — February 21, 1887. Soon other states followed suit.

It was in 1894 that Congress, without debate, got around to making Labor Day a legal holiday in the District of Columbia and the Territories. As a matter of fact, Congress can do no more than that — it's up to the individual states to establish holidays. There is no such thing as a national holiday.

As it is, some states don't observe Lincoln's birthday, Columbus Day, Election Day, or Memorial Day — but all the continental United States observe Labor Day. Last to approve was Wyoming, in 1923.

Over in Europe, May 1 is the traditional day to honor labor. And, unlike the United States, in Europe only laborers celebrate; here, everyone participates.

Religion and Labor Day have been associated since 1905, when some churches began observing Labor Sunday.

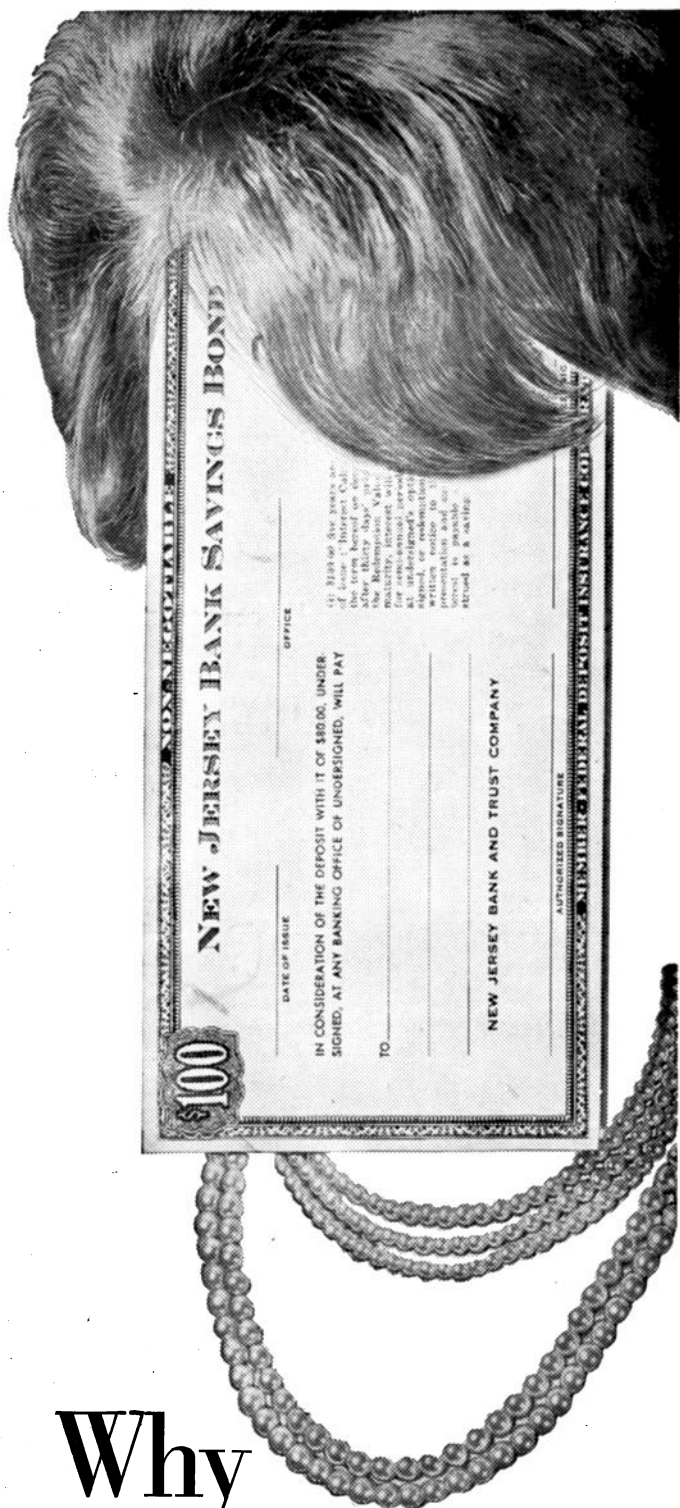
It was in 1910 that the American Federation of Labor adopted a resolution establishing Labor Sunday as the day before Labor Day, and requesting that all churches "devote some part of the day to a presentation of the labor question."

The Bible has a great deal of up-to-date advice for both the laborer and the employer, according to Dr. Oswald Hoffmann, whose radio messages on The Lutheran Hour are heard in 100 different lands by an estimated 30 million people.

As evidence, Dr. Hoffmann cites the famous parable in the Gospel according to Matthew.

"In this Gospel," Dr. Hoffmann says, "Jesus tells of a landowner who hires laborers for his vineyard one morning. He agrees to pay them the usual wage, and then sets them to work.

"Later, at three intervals, the landowner hires more laborers — three hours later, at noon, and an hour before sunset.



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# BOWLING INSTRUCTIONS

By **DON CARTER**

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Whether you're a green young "bouncer" or an old pro with more "twists" than the books tell about, you can probably better your bowling — and get more fun out of the game — by reviewing some of the fundamentals of good bowling form.

The most revolutionary aspect of my style — and the most misunderstood — is my technique of keeping the right arm bent throughout the swing. By keeping the elbow locked and the shoulder free, I create a rigid pendulum that swings the ball in the simplest possible way.

Another basic principle is to use exactly the same delivery on every occasion. My bowling glove helps in this respect. All my experience has been concentrated on the perfection of one thing — a simplified pendulum delivery of the ball.

Here, briefly, are the basic points of this delivery:

**The Grip.** The importance of obtaining a proper grip cannot be over-emphasized. While wearing a bowling glove simplifies matters and almost guarantees a correct grip, the following may prove helpful:

First, insert the thumb into the thumb hole. It should fit comfortably but not too snugly. Now the second and third fingers are placed in the holes. The ball is gripped firmly between the first and second joints of these two fingers. (Many bowling proprietors now insist that bowlers slip on a bowling glove before being measured for a new ball or before redrilling an old ball. The glove, whether subsequently worn or not, assures proper spacing of the holes.)

**Timing.** This is one area in which many bowlers could make substantial improvement. Often, a bowler will rush—or go extra slowly—because he knows others are watching. Actually, holding the ball too long tends to tire you, while failure to wait long enough before moving means that you are moving before you are adequately prepared. Try holding the ball just long enough for your mind to concentrate on the spot you want to hit—then make your approach.

**The Stance.** Stand a foot or two behind the row of dots in back of the foul line and select a target. This may be the pins, a board along which you plan to roll the ball or a marker on the lane. The stance is upright but relaxed with the ball held slightly above the waist. The left foot is ahead of the other and pointing directly forward.

**The address.** The object of the address is to start the ball swinging on an imaginary plane that is perpendicular to the floor and directly above the board that leads to your target. Lift the ball to just below eye level and, when it reaches its maximum height, shift it to the right. As the ball is lowered, lean forward slightly, rolling your weight to the left foot.

**The Approach.** Three-steppers are rarely seen today in professional play, most experts taking either four or five steps. The steps must be in a perfectly straight line. It is at the start of the first, as the right foot reaches out, that you simultaneously push the ball away in a smooth and coordinated move.

Just as you begin the second step, release the ball from your left hand, starting it on its backswing. By keeping your right arm bent, you maintain better control over the swing. The ball goes to the top of its backswing with the third step, but the backswing should never go above the shoulder.

On the last step, the weight shifts from right foot to left, which should slide to a step in front of the foul line on the same board on which it rested in the stance.

**The Release.** The left foot has stopped about four inches behind the foul line. When the ball is released, (the thumb comes out first), give a slight "lift" to the ball with the fingers. This automatically turns the wrist slightly and gives the ball a moderate hook. The glove facilitates a cleaner release because it has kept the ball in such a position that the thumb withdraws from the thumb hole without the usual rubbing effects.

**Follow-Through.** Though many novices are unimpressed with the importance of the follow-through, the fact is that a constant one helps you avoid arm wobble as you release the ball. Before he releases the ball, a bowler's arm often starts heading in the direction it will go after the ball is released. Keeping this direction constant, therefore, gives the bowler greater control.

**The Strike.** The best spot to hit the pins for a strike is between the 1 and 3 pins. Release the ball on the floor board so that the spin will hook it slightly to the left and enter the 1-3 pocket.

**Equipment.** Having your own ball and shoes will pay dividends. Each pair of shoes has a slightly different amount of "slide" built into it. Bowling balls differ, too; you'll have better scores if you accustom yourself to a single ball. Top-notch male bowlers all use a 16-pound ball. Most professional women use a 15-pounder.

The newest idea in equipment is a glove with a properly shaped foam-rubber pad sewn into the palm. By assuring better contact between the wearer's hand and the ball, the glove assures a proper grip, improving control and reducing strain on fingers and thumb.

A simple pad held to the palm with elastic strap is not sufficient, since it is important that the pad never be allowed to shift position on the hand.

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