Training is essential and any healthy, good conditioned lad should do it confortably.

Remember Landy could do it in under four minutes, so while I do not think we have any Landys here, we should have many who could do it in seven and a half minutes.

A gold medal will be awarded to each of the four men selected to do the mile run and it is certain to be a centre of great interest and will also obtain a great deal of publicity.

Palm Island has done well on the football field, in basket ball and in boxing, so another chance to put Palm Island favourably in the news should not be missed.

It is not a race but a steady pace is all that is required.

Come along Palm Island:

Matter Of Taste:

"I want to marry your daughter, sir."
"Have you seen my wife?"
"Yes, but I prefer your daughter."

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Do You Know This:

An American airline company each year brings out calendars printed in reverse lettering, designed specially for barber-shops so that castomers looking in the mirror, can read them