DREAM OF 25 YEARS—Taming of Cabbage Tree Creek Fulfilled:

Mayor Kelly's "dream of 25 years" (as he calls it) is being fulfilled. "Cabbage Tree Creek has been straightened so it is not expected to overflow again, and work on Corrimal and Church Street drains will begin" . . . said Ald. Kelly last night.

"Every council for many years has been trying to get this work done," he continued.

"We can do no more at Cabbage Tree Creek now except level out excavated earth.

"We have to wait for the Department of Main Roads to put bigger pipes under the road before we can connect the channel to them," Ald. Kelly went on.

"They will be spending about the same as we have spent, £6,000, but there should be no more flooding even before they do their part.

"The creek was as narrow as 3 feet before the snake's tail bend was straightened but it is now 60 feet wide and straight."

(Floodwaters as deep as 3 feet on the Highway over Cabbage Tree Creek have delayed or stopped traffic for hours many times) . . .

—Illawarra Mercury, 17 June, 1953.

BILL BEACH'S TRAINING PROGRAMME:

(A letter from the champion sculler of the world to the editor of the "Illustrated Sydney News," published 20 November 1888. Evidently in Bill Beach's book, ale and champagne were soft drinks).

Brownsville, October 21st, 1888.

Dear Sir,

I think the following will answer all your questions.

The most important thing in training is regularity—doing everything each day at the same hour. For a man with a strong constitution I should recommend the following:

Get up at 7 o'clock, walk two miles or three, and then have breakfast at 8 o'clock, which should consist of a good grilled steak or chop, cooked nicely to the taste, washed down with a good cup of tea; then rest for one hour, and then walk for five miles, which will take you an hour and a half; then go to the boat-shed, half an hour rest, then row over the course you intend to race on. If three and a quarter miles long, it will be a good hour's work. Always come in warm and take a shower-bath; get well rubbed down, with towels first and then plenty of hand rubbing. When nicely cool have a half pint of good ale; if very much exhausted, a pint of good champagne; have dinner at one o'clock—good roast beef or mutton, boiled fowl, plenty of vegetables, light puddings or custards; have tea or ale to suit taste, then rest till four o'clock. Row over the course again, at threequarter speed; come in, have another shower as in the morning, rest again till 6 o'clock, and then tea. Nice grilled steak or chop cooked to taste; eat plenty water-cress, or lettuce or celery. Be sure always to eat stale bread or toast every meal; rest for half an hour after tea, and then walk 7 miles; go to bed at 9 o'clock. As a rule it takes a man five to six weeks to train properly. Never drink intoxicants, only when you feel some pain in the side or back; then take some gin hot going to bed.

Hoping these few remarks will be of great use to you in training items.

I remain, Yours truly,
W. Beach.