

## Skin Divers Take Note...

Sport divers can get some valuable tips from the U. S. Navy Diving Manual that will make pursuit of their sport more safe and secure. Recently revised, the manual presents information on the general principles of diving.

It covers such subjects as underwater physics and physiology; basic diving procedure; decompression tables; hazards (including a general description of appearance, behavior, and localities where hazardous marine life is most likely to be found); and general safety precautions (first aid instructions, mouth-to-mouth resuscitation, and several methods of artificial respiration).

There is also timely information about....

### **SURFACE-SUPPLIED DIVING:**

Standard diving equipment  
Air supply  
Communications  
Boats and floats  
Diving procedures

### **SELF-CONTAINED DIVING:**

Techniques (personal and buddy system)  
Equipment  
Open-, closed-, and semi-closed-circuit scuba  
Emergency procedures

Copies of the manual may be purchased on order from the Superintendent of Documents, Government Printing Office, Washington, D. C. 20402. Cost per copy is \$3.25 postpaid (anywhere in the U. S., Fleet Post Offices included), by check or money order.

Those interested in diving are encouraged to familiarize themselves with the contents of this manual. Compliance with the safety measures set forth in the manual can prevent a tragic diving accident.

Battleship visits inland city...USS Mississippi, which reached Natchez, Miss., on 20 May 1909 (300 miles upstream from the mouth of the Mississippi River).

## SPORTS BEAT

*By Mike McCall*

Whether it was overcoming pre-game butterflies, playing on an unfamiliar court or just plain getting a firm footing, HENN hoopsters proved their night during the ship's recent Hong Kong visit by knocking off Hong Kong's first rated team, 38-36.

It was the second defeat for the locally sponsored Motors team by a Navy five visiting the Far East port. "Big HENN's" triumph left the local squad standing rather astonished when the final buzzer sounded wondering how a team who had not been able to beat their fourth and second rated teams, could return a night later and beat the best.

In a double-header the HENN squad was defeated by Hong Kong's fourth rated Lou Hong Chong Bank, 58-46. In the second night-cap Independent Basketball Club of Hong Kong, second rated in the Free Port, downed the green shirts of BENNINGTON, 39-35. Top scorers among HENN sharpshooters in the twin-bill were Gilbert with 12, and Pruett garnering 11 in the first game, while Newland and Pruett shared honors in the night-cap with 12 points each.

The final game found BENNINGTON utilizing its height during the closing minutes to pull out in front by 10 points. When the local team pulled out of a zone defense into a man-to-man, coach Pruett promptly instituted the familiar pick and roll with a high pass to the tall man rolling off for an easy under the basket shot.

Coach Pruett praised the Hong Kong teams on their superb passing, excellent shooting and down court speed. "All three teams were good and, in the game against the local All-Stars we just settle down and played slow deliberate ball. A ball-hawking defense was a real determining factor too," said the coach, cause you just didn't let those guys have an open shot. If you did, it was almost a sure basket."

Most of "Big HENN's" trouble in the first two games was the fact that many were not familiar with International Rules and the difficulty of interpreting Chinese referees sometimes left them standing trying to determine the call while the opponent chased down court for a basket.

Major difference in International Rules, and the way basketball is played at home, is a 30 second time limit in shooting the ball after it is put in play and, all fouls are two shots when in the act of shooting while other fouls give the ball to the defensive team. "These two differences in rules seemed to hamper us in the first two games," said Pruett. "In the final game however, when a referee blew his whistle, we just automatically went back on defense, and it really paid off."

The Marines proved that their emphasis on physical fitness pays off when their commanding officer, Captain J.S. Senik, took top honors in the Officer's Physical Fitness Contest. His triumph gave the Marines overall honors among both enlisted and officers aboard "Big HENN."

Another Marine, 2/Lt. K. E. Junkins, Mardet I-O, scored a close third by placing in four events for 16 points, two being the Detachment's C-O.

Capturing runner - up position was Lt.(jg) H. Schiffman of HS-8 who garnered 17 points in the closely contested morning event with 12 officers competing.

Capt. Senik scored his final tally of 18 points by finishing first in sit-ups, second in pull-ups and the 300 yard shuttle run, third in push-ups and fifth in the standing broad jump and jump and reach. WELL DONE MARDETH!