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- and stemming turns much easier than on the smoother marble crust.
- Point (of ski)*. See "Ski".
- Powder Snow*. The snow which is common in winter on northern slopes which have not been exposed to thaw, sun or wind.
- Pressure Jump*. A jump so constructed that the platform is at the very edge of the steeper ground below. The ski jumper is consequently shot out much further into the air and lands with a much greater shock or pressure than if the platform is built back some distance from the point where the gradient of the jumping hill steepens.
- Rigid Bindings*. See "Bindings".
- Ripplemark*. A form of snow produced by wind and which owes its name to the "ripplemark" markings on the surface.
- Sats*. The preparation which the jumper makes before the jump. Consists in crouching low preparatory to straightening out as the jumper leaves the platform.
- S. C. G. B.* Ski Club of Great Britain.
- Sealskins*. Long strips of sealskins attached to the ski to prevent back sliding.
- Side Stepping*. A method of climbing by lifting the ski and keeping them horizontal.
- Skavla*. A form of windcrust very unpopular with ski-runners.
- Ski*. The following are the names of the various parts of the ski. The *Point* which explains itself. The *groove* which runs along the middle of the running surface and which helps straightrunning; the *arch* which is the portion of the ski under the binding, and the *upturn*, sometimes loosely called the "point" which begins where the ski turns up towards the point and ends at the point. The term "point" should only be used for the actual tip of the ski.
- Snow Ploughing*. A form of reducing speed which consists in holding the ski at an angle, points together, heels wide apart, the point of the "V" thus formed pointing straight downhill.
- Snow Slide*. A small avalanche which would not in itself be dangerous, but owes its danger to the nature of the ground. Powerful enough to carry a ski-runner down, and therefore over a cliff or into a crevasse, but not of sufficient volume and weight to bury him if the slope peters out onto easy gentle ground.
- Spring Bindings*. See "Bindings".
- Spring Powder*. Powder snow affected by the sun but not so much as to "stick" or to show traces of crust.
- Stemming*. Reducing the speed by holding one ski at an angle to the other, snow ploughing (q. v.) is a double stem.
- Stemming Turn*. There are various types of stemming turn.
- I. The pure stemming turn in which both ski are kept on the snow throughout.
 - II. Lifted stemming turn in which the inside ski is lifted instead of skidded round.
 - III. Double lifted stemming turn in which first the outer and then the inner ski is lifted.
- The stemming turn is chiefly useful on hard snow, though the double lifted stemming turn (also known as the Step-Christiania) can be used on steep slopes of deep heavy snow.
- Stick Riding*. Putting both sticks together and using them as a brake, a method condemned by the modern school on all but steep narrow paths.
- "*Telegrams*". A slang term for "Telemarks" with a very wide radius curve.
- Telemark*. A turn chiefly used in soft snow. The leading ski is well advanced and the leading knee bent.
- Telemark Crust*. A hard solid crust superficially softened by the sun to a sufficient depth to permit Telemarks. Common in spring and also on the glaciers in summer.
- Telemark Position*. A position useful for fast running on steep slopes as the centre of gravity is very low.
- Trap Crust*. Breakable crust which bears the ski at one point and lets them through at another, the worst possible running surface.
- Uphill Turn*. A turn from a traverse towards the slope. In other words a stop turn which brings the skier to a standstill. See "Downhill turn".
- Wind slab*. A very dangerous form of avalanche due to the formation of a slab by wind action which does not properly adhere to the underlying surface.

CHANTUNET RUMAUNTSCH

IN S-CHÜRS MOMAINTS

Cur chi 's placha sün ti' orma la tristezza
sco tschiera, sula, s-chüra,
lur', uman, at pon güdar cun lur bellezza
plü be l'art e la natüra.

Intra in lur taimpels e lur glüm divina
vendsch' il pais da quaista terra,
impl' il cour darcheu cun forza genuina,
e ti' orma dvainta clera.

Tuornast tü davo darcheu pro 'l muond, riflettan
tas ögliadas lur bellezza,
e tü poust güdar a povers cours chi spettan
sün spendranza da tristezza.

Jon Guidon
in Il röser sulvadi.