

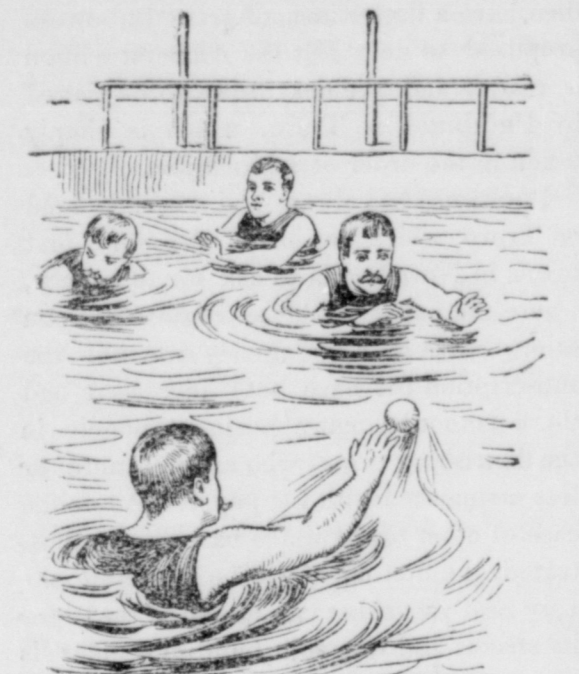
HOW TO LEARN TO SWIM.

THE OLD HEROIC METHOD ISN'T A GOOD ONE.

The Loop Method Recommended by Dr. Savage—Water Polo Out of Doors—Swimming Strokes—How to Rescue and Reuscitate Drowning Persons.

New York, April 29.—As every man or woman ought to know how to swim and it isn't always easy or convenient to learn in adult life, it follows, as the night the day, that it's a good plan to begin swimming lessons with the boys and girls, and to begin right.

"What is the right way?" I asked Dr. Savage, the expert on physical training.



WATER POLO—RUSHING THE BALL.

"If you had a boy or girl to teach swimming, how would you go to work to do it?"

"The best means of teaching swimming," said Dr. Savage, "is to put a harness or belt about the body of the pupil under the arms, attach to it a strap sufficiently long to be just taught at the level of the water, have a little pulley at the end of the strap running free upon a wire stretched across the tank. This gives the pupil the necessary confidence that he isn't going to drown, and yet it the proper tension is provided, it doesn't prevent him from working. It's better to have the loop and a portion of the strap of rubber to allow for stretching. The pulley follows him back and forth about the tank and"

"Yes, but Doctor, it isn't everybody who has a tank. How would you work it out of doors?"

"Oh, in that case I would attach a similar loop to a short stout pole, and go out upon a float or in a heavy boat and encourage the pupil to swim round and round it, gradually easing away the tension upon the loop as he became proficient, or tightening it as he floundered—just like playing a big fish, you know. Or, if I lived near a river, and the bank was sufficiently steep, I could walk along by the side of the river, while the pupil in his harness swam alongside. As soon as possible I could dispense with the harness altogether and go into the water with the child. The old-fashioned way of supporting the young swimmer with the hand under the chin is



JOHNNY LEARNING TO SWIM.

not so good, because the support, thus placed at one extremity of the body, is not as available, the feet tend to sink and the pupil clutches instinctively his instructor's arm."

"Probably you do not approve the old, heroic method of throwing the pleading, crying lad at once into deep water?"

"Certainly not. There is, to begin with, a very considerable danger of drowning. Even if no such result terminates the experiment, the pupil is apt to get such a terror of deep water that he will never willingly go into it again. Of course, though, some boys would learn to swim that way and many have. The plan would probably succeed best in the case of some of these New York street boys who have never been accustomed to anything but abuse from their birth up and who can stand anything and then wait to pay off upon the next fellow. But I wouldn't let a child of mine be so treated."

The swimming loop to which Dr. Savage referred is in use in most of the New York gymnasiums, but the out-door modifications of it which he suggests are capable of a more extended usefulness. It isn't every athletic club, even, which can afford a great swimming tank like those of the New York or Manhattan club with shallow water at one end for dipping and deep water at the other for plunging. But there's plenty of deep and shallow water out of doors.

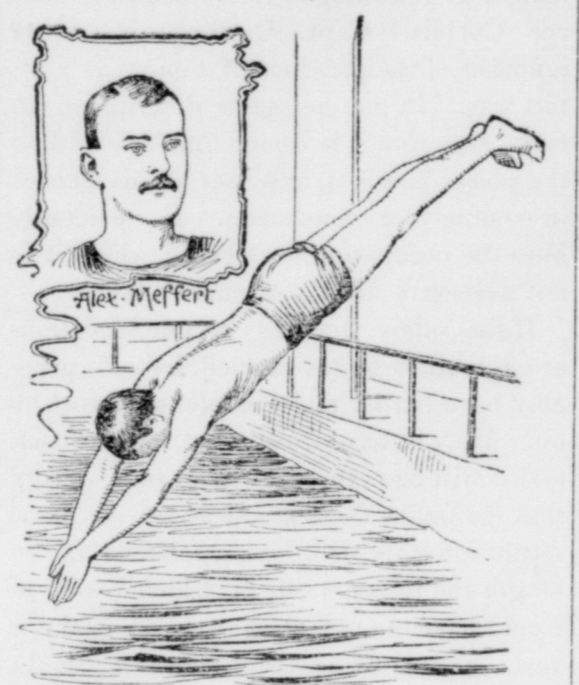
The increased attention paid to water sports by gymnasts is an encouraging thing, because the example is sure to be followed. Nothing is more certain than that water polo, a novelty of a few months in the tanks of the big athletic clubs, will be taken out of doors this summer and played in the open

air in proper swimming waters. No equipment is required except a ball which will float upon the water. With it, any party of youngsters, by "choosing sides," can make as much fun for themselves and the spectators as cracks like clever De Casanova, Marwig, Davis, Crane, Knoedler, Collins and Clark, of the New York A. C., in their costly building.

The finest amateur swimmers in the two great clubs here are Alexander Melfert, of the Manhattans, and W. C. Johnson, of the New York A. C. Their prowess is eclipsed by professional swimmers like Gus Sundstrom and Robert McGee, but they are remarkably clever examples of the New York athlete who excels for the pure love of it, and for the greater glory of his club.

Considered purely as an exercise, swimming is highly praised by the experts. It gives a varied exercise, calling into play many muscles not ordinarily used, but it is its effect upon the lungs and muscles of the rear of the neck which most commends it. The exertion of breathing while immersed in the heavier fluid is excellent for reasonably healthy lungs, affecting them like mountain climbing, while the necessity of holding the head well up induces an exact carriage. Wry-necked expert swimmers are not often seen. They are, as a rule, splendid, deep-chested fellows with erect heads and fine carriage. This applies to women, too. No more magnificent specimen of physical development in her sex was ever seen than Agnes Beckwith, the English swimmer who was with Barnum, a few years ago and whose statuesque pose before the plunge set many dudeloms crazy with delight. A woman who swims much is apt to have a figure which causes envy in others of her sex.

The old paddle stroke sometimes used in swimming—the boys call it "dog fashion"—is never employed by fast swimmers except possibly for a few strokes to rest some tired muscle. The square breast stroke, which is what most people first learn is not a very fast one either, though for long distances it is the easiest. Most of the tide-water racers use the English stroke, in which one side of the body, usually the

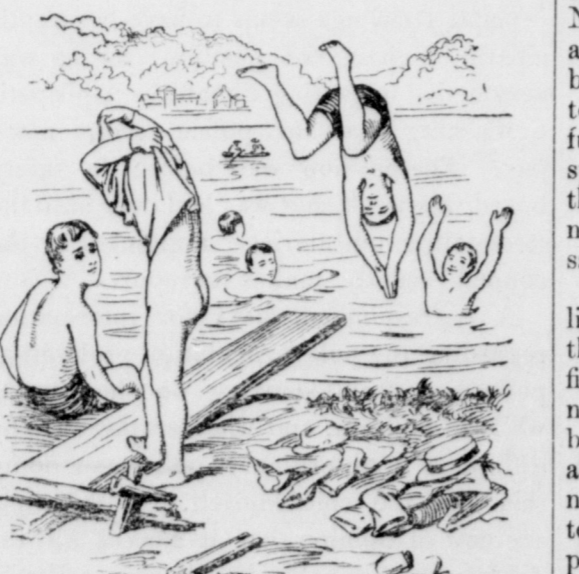


MELFERT TAKING A HEADER.

right, alternating with the left for shorter periods, is kept well in advance, one arm ever reaching out towards the goal, the other underneath never showing above the water. The body seems to meet with less resistance when it thus cuts the water edgewise, as it were. When a swimmer has mastered this stroke and can dive forward, backward or sideways, he is ready for water polo, swimming races, diving for small stones or for saving lives if he is strong enough.

And that reminds me—since warm weather is coming on and since, upon an average, a boy a day will be drowned until snow flies in ordinary bathing, to say nothing of yachting accidents and tumbles overboard—that a good way to rescue a person who is drowning is to swim behind him, clasp him about the body under the arms, turn upon the back and swim towards shore in that attitude. Another way is to clasp his head from behind before assuming the same position. The reason for turning upon the back is that the rescuer's buoyancy is much greater in that position, as only his nose need then be out of the water. The drowning person, being approached from behind, is less able to clutch at his rescuer and impede his work.

To resuscitate a person who has been nearly drowned and is unconscious the body is laid upon the face, with the head well down, and to allow the water to run well out of the month and nose. The respiration may then need to be artificially restored. This requires hard work by two persons. Then—the body lying now on its back—grasp the hands and turn them forward and up until they are in a line with the body over the head. Then pull them forcibly in that direction, as if stretching them. This pulling will cause the lower



A RIVERSIDE FROLIC.

ribs to start and a small quantity of air will be drawn in. Place the arms again at the side and press the air out, then repeat the stretching process. Continue the stretching and the pressure alternately until breathing is resumed.

The assistant who holds the feet of the subject is meanwhile busy, chafing, slapping and rubbing them to restore the circulation. To be effective this treatment must sometimes be long continued. Cases are known where natural respiration has been restored after half an hour's work upon the subject. It is a good plan not to give up a doubtful case until all doubt has vanished. DAVID WECHSLER.

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RIGHT TO THE POINT.

"MAC" DISCUSSES MANY THINGS OF INTEREST IN HALIFAX.

The Monied Folk are Indulging in New Residences—Civic Elections on the Tap—The Newspapers and the Base Ballists—Enough of Both of Them.

HALIFAX, April 30.—Building has taken a healthy spurt already this spring. Many pretty wooden residences are in course of construction in some one or another of the hundred handsome suburbs nature endowed us with. Several private houses on which work has been in progress through the winter months are now ready for occupancy, and many merchants and professional men who have been contented to live at the hotels and in the business portions of the city are now moving into their new residences. Alderman Lyons and real estate agent, John Naylor, have elegant houses built side by side on Tower road. They are of old English style of architecture, expensively finished in carved wooden work, and glazed with stained glass. Wm. J. Butler who came in for the lion's share of his father's—the Hon. James Butler's—massive fortune, is having erected for himself on South Park street a very handsome residence, which in point of beauty of architecture and costliness of finish, will be the best in Halifax. Building is also brisk in other sections. It is remarkable in a city where there are so many wealthy people that nearly all the residences are built of wood. Freestone and brick are as cheap here as in St. John, but somehow or other we have no Senator Boyd, or Simeon Jones to increase the wealth of our city architecture with costly residences.

Before Progress makes its bow to a hungry people this week, our civic elections will be over. The interest this year is very little. Mayor Macpherson goes back to the red cushioned arm chair in the council chamber without opposition. In ward one there will be a three-cornered contest. Thos. C. Allen, the well-known stationer, John Naylor, the real estate agent, and John McCraw, a builder, are the candidates. Mr. Naylor ran the ward unsuccessfully on two occasions. He is an immensely popular man, and perhaps one of the best posted citizens, but his hold on ward one, where his interests are remarkably divergent, isn't perhaps, strong enough to insure his return. In ward two Hedley V. Wier, an energetic and enthusiastic young business man, who by his single handed efforts has climbed into the good opinions of the people generally, is opposing Alex. Hesselein of the Halifax hotel. Mr. Hesselein has represented the ward for several terms in a quiet, unproductive way. In ward three ex-alderman "Neddy" O'Donnell (the erratic Davis of Halifax civic affairs) is to run against Ald. Hamilton, who won his election from "Neddy" three years ago by but one vote. O'Donnell is confident of victory, but those who have their fingers on the pulse of the ward say that Hamilton's majority will be, to use a political term, "magnificent." In the other city wards the retiring aldermen will be returned by acclamation.

Several radical pieces of legislations are looked for from the civic powers that be within the next week or ten days. The liquor dealers are clamoring for a new license act, those who have to hire cabs occasionally, or frequently, are clamoring for a revision of the cab tariff and everybody is clamoring to have Lockman and Water streets paved according to the act of parliament passed a year ago. It is all around a case of clamor; but whether the clamoring will result in anything tangible is a question that common mortals can't answer.

The Bluese capital is having lots of journalism fostered under its sensitive nose now-a-days. Just think of it, two society papers, a temperance journal, several secretarial publications, a dozen or more school magazines, besides five dailies! Was there ever a city so thoroughly supplied with reading? Some of the papers are good, others are not so good, and one or two are decidedly bad. We have learned to look upon journalism as the greatest of the world's democracies, and the profession in which the man who carries his capital in his hat is more than an equal of him who stows it away in his trousers' pocket. It is a mistaken idea that anybody can make a success of a newspaper. A man cannot be pitch-forked into journalism. The real newspaper man is created, not manufactured. A bright Southern wit once said "the brightness of journalism lurks in the blood and brains; the spell of its enchantment lasts with life itself." It is a profession demanding peculiar qualifications, and calling into exercise a line of talent exclusively its own. No matter how rich or how clever a man's ancestry may have been; no matter how brilliantly a school teacher may have failed to teach; no matter how charmingly profuse a lawyer may write society gossip and sporting articles unless he is endowed with that omnipresent essential "a nose for news" he cannot issue a paper that will satisfy the cravings of a hungry public.

Our irrepresible friend, the base-ballist, like the May flower, seems to bloom amid the snow and bobs up serenely with the first breath of spring. So far he has done nothing but talk, talk, talk; but when base-ballists begin to talk they do generally talk a lot. Sometimes the talk does not amount to much, but it creates an interest in the popular, invigorating, kick-provoking game and the festive small boy, as well as his pa, jumps and gambols around again with new life and new spirit at the mere thought of seeing their favorites on the diamond once more. Halifax will have two or three good local teams this year. There will be two teams sure. The Socials have already begun to organize, and that little hustler amongst ball-players, James M. Power (or as his friends call him, "Shortey" Power), says he has the best nine in the world already, thoroughly organized. He intends to call his team the Mutuals, and as far as I can glean it will number amongst its players the old reliable backstop Jack White, the irrepresible left field and all around bat Jack O'Brien. Larry Murrans of the Standards will cover first base, and probably Jim Manning and "Dock" Hamm of the Atlantas, and Jolly-

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more and Ross of the Standards will be on the diamond when the first game is called. The Socials will have Robie Davison, Jim Doyle, Howard Smith, Jack Graham, Fitzgerald, Mont and Smith and one or two from the 1889 amateur league. So we can expect good ball in Halifax this coming season. The Mutuals with Shortey Power and Jack White as a battery and the Socials with Davison and Doyle at the points ought to make things interesting, and either club will be sufficiently strong to play the class of visiting teams we had here last summer. MAC.

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