

The Swimmin' Hole on the Farm

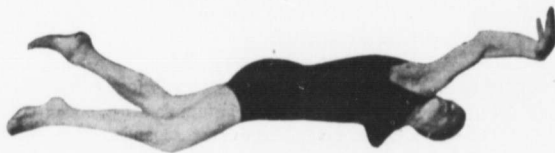
BY G. H. CORSAN.

PEOPLE who work hard all day should have a reasonable amount of fun and relaxation. The non recognition of this has driven thousands of farmers' sons and daughters to the city.

If a stream run through your farm, be it ever so small, keep it clear and free from refuse of every kind, then select in it a favorable spot, and enlarge it so that it can be used for the purpose of swimming. A good swim after a hard day's work in the hay field is more refreshing than a sleep. But do not confine the privilege to the men and boys; encourage the women and girls to engage in the sport. They who have their farms bordering on a swift flowing river are fortunate, for there is no better fun than to run up the grassy bank for a distance, then to dive in and swim down with the current. To the average person unacquainted with the art, the vast possibilities of swimming and diving are not even thought of. For instance from a low spring board sixteen different dives, or head first entries into the

water can be performed, and in a full exhibition I demonstrate thirty methods of swimming.

One of the great drawbacks to swimmers, is the oft-attempted broad stroke-on-the-breast, as an elementary stroke. Instead of this I would advise the beginner to secure a pair of water wings, place them about the middle of the abdomen, then work the arms in a manner similar to that of a person paddling a canoe with a double-bladed paddle. The arms should work alternately, while the feet thrash the water like the strike of a fish's tail. The illustration shows the crawl stroke with the swimmer's head in the water, but this position as a rule is adopted for racing purposes only, and it is not at all necessary that the beginner immerse his head. Also note that the body is in a horizontal position, for this is very essential to fast, easy swimming. By lowering the head and filling the lungs with air, the feet will rise, and thus the body will be driven through the smallest possible displacement of water. The crawl stroke orig-



CRAWL STROKE.

The left arm, which is out of sight, is supposed to be pushing the water back, while the right arm is reaching forward to be dipped into the water. Notice that the legs are never bent at the thigh, but at the knees only. Also note the position of the ankles, the feet always pointed like a ballet dancer's. Breathe in through the mouth, snap the feet together.