

HINTS FROM A CHAMPION SWIMMER.

(Harper's Young People.)

When a duckling waddles out of the egg into a puddle, it knows how to swim about as well as its mother, and a young frog just freed from his pollywog tail can sit on the bottom of the pond with his eyes open, and be as much at home as the oldest croaker in the swamp. But a boy is not so lucky. When he first gets into deep water, his instinct is to splutter and cough and yell, to scramble out if he can, and if not, to go to the bottom.

Probably most of the boys who read this have long since overcome the habit of sinking to the bottom, and a good many, no doubt, are able to make even the most expert frogs green with envy. But all will be glad to listen to a little good advice from Gus Sundstrom, the champion long-distance swimmer of America, and the man chosen to teach the muscular members of the New York Athletic Club to swim as they ought to swim. Mr. Sundstrom gives his lessons in the big bathing tank at the club-house, and spends most of his time in a bathingsuit.

In nine cases out of ten, Mr. Sundstrom says, a boy who wants to make a first-class and scientific swimmer should begin by forgetting what he already knows, so as to learn over again in the right way. The first thing to master is the

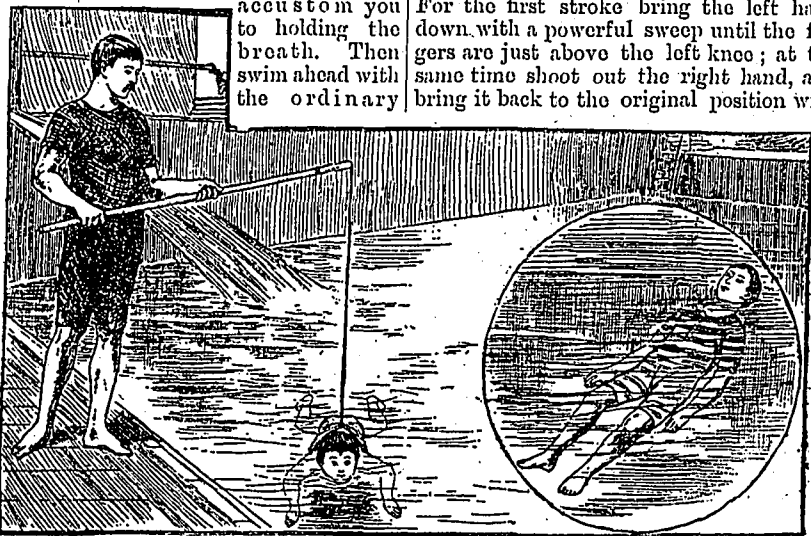
BREAST STROKE.

That is the stroke which frogs use, and always have used, and it seems to be the natural way of swimming. Imitate a frog as closely as you can, and you will need no better teacher. But a frog's legs and feet form one straight line, and his fingers are fastened together so as to form a very fine paddle. Hold your fingers close together when you strike out, so as to imitate the webbed feet of a duck; and when you draw up your legs for a fresh kick, be careful to straighten out your feet, so as to avoid the resistance of the water against your insteps. In kicking out, strike the soles of your feet against the water, as though you were pushing yourself up in bed. Spread your legs far apart as you kick, and then, when they are fully extended, comes an important point in swimming. Do not jerk them up for another kick, as ignorant swimmers do, but draw them tight together, as though your legs were a pair of shears with which you wanted to cut the water. By thus closing your legs on the water you will add almost as much to your speed as by the first kick.

Kick out as your arms are being extended for a stroke, and draw up your legs while making the stroke. That is the moment at which to get your breath, as the water is then smooth in front of you, and less apt to get into your mouth. It is well to accustom yourself to breathe only at every third stroke, as it will help you very much in rough water. It is important to draw the breath in quickly, and so breathing through the mouth, which ought not to be practised in other exercises, is good in swimming.

FLOATING.

When you have learned to swim on the breast correctly and strongly, learn to float. Begin by taking in a deep breath, and then draw up your knees and place your hands upon them, squatting in the water. At first you will sink, but by-and-by you will float in that position, with the eyes just above the level of the water. That will accustom you to holding the breath. Then swim ahead with the ordinary



Imitating a Frog.

Swimming on the Back.



Arm Exercise.

breast stroke, and, while well under way, suddenly give a reverse stroke with the hands. This will throw you upon your back, and by working the hands with a corkscrew motion you will keep afloat. If you are alone, you may swallow a good deal of water in learning unless you keep your mouth shut; if you have any one to support you, it is very simple. Do not try to raise the head and keep the ears out of the water, as you cannot float in that position. Lie perfectly flat and straight, and in a natural position, as though stretched upon your back in bed. In swimming upon the back the legs do most of the work. Kick out with them as in the breast stroke, and paddle with your hands at the same time to keep afloat. When you become expert you can learn to swim very rapidly on the back by stretching your hands straight out above the head, lifting your arms from the water to do so, and then bringing them down to your sides with a long, powerful sweep through the water.

DIVING.

You will perhaps learn more about diving by watching a good diver than by many lines of printed instruction. Do not try to dive from a height at once, but begin about a foot from the surface of the water. Keep the feet together, and stretch the arms straight out before you, with the hands together and the palms downward. The hands should always strike the water first, to save the face from striking against any dangerous object in the water. When you first start, have some one hold your ankles. Then fall simply forward, without any jump, and let the friend who holds your ankles give them a slight toss, so as to send you down head-first and prevent you from striking upon the stomach. Draw a big breath while you are in the air. Close the eyes as you dive, but open them as soon as your head is under water. Accustom yourself early to being under water with your eyes open. It is very necessary, and will not hurt the eyes. You will soon learn the knack of diving, and accustom yourself gradually to different heights. Use your outstretched hands as a rudder. Keep them pointed downward as long as you wish to go down, and let them start upward when you want to rise.

SIDE STROKE.

First, for the side stroke underhand. You lie in the water upon the left side, half of your head being under the water, and your face turned round toward the right shoulder. The left hand shoots out above the head, under water all the time; while the right arm is extended along the body. For the first stroke bring the left hand down with a powerful sweep until the fingers are just above the left knee; at the same time shoot out the right hand, and bring it back to the original position with

a shorter sweep. The arms are thus made to work alternately, and while the right arm is being pushed ahead, the legs kick out, catching the water on the insteps. This stroke, which permits of very fast swimming, should be practised on either side.

The best stroke known for long and rapid swimming is the overhand side stroke. The position is the same as in the underhand, and the principle is the same, with one exception. While swimming on the left side, instead of pushing the right hand ahead under water, and making but a short stroke with it, it is lifted out of the water and thrown far ahead, not touching the water again until it is fully stretched out. It is then brought down to the body with a long and very powerful sweep.

FANCY SWIMMING.

Any one who has mastered the strokes already spoken of is a thorough swimmer, and for practical purposes needs nothing more. With the ability to dive from a height, float, and swim strongly, he can always take care of himself.

"Fetching," that is, going a long distance under water, is good practice, and a few words about it may be of interest. Take a regular dive, without any upward jump, but sharp into the water head-first, and with a good start forward. Allow your body to go down about three feet under water, and then swim straight ahead with the breast stroke. Do not make the movements too quickly, because, instead of making you go farther, it will cause you to lose your breath much more rapidly, and diminish the length of your "fetch." Keep your eyes open, and use your hands as a rudder to keep you from rising or from sinking too far. After a few trials you will know instinctively how to keep at the right depth, and then your expertness will depend upon your ability to hold your breath.

MISSION WORK.

BY MRS. S. ROSALIE HILL.

"There is much need of home mission work," said a lady to us the other day. "Do you know, I think Dr. Edward Judson is doing even a grander work than his honored father. Of course, there is a larger need in our large cities, with their steady influx of foreign population, than there was in his father's day, and it is a wise thing not to overlook our own country's needs."

"It reminds me of what a city minister was telling me not long since," said Mrs. Amidown. "A young lady in my congregation desired to go to Asia Minor as missionary, but as she was an only child her father objected. The father was not a Christian; so, of course, could not as readily sympathize with her. I saw that she was losing nearly all interest in church work, and I feared, unless aroused, would lose much of her enjoyment. One day I said to her: 'Laura, did you not know that you can do just as effective missionary work at home as abroad?'"

"How could I?" and she looked at me wonderingly.

"Over in those alleys, not many blocks from the church, is, I sometimes think, a more degrading heathenism than we find by crossing the ocean. Some way I do not feel safe to have things so, for such benightedness breeds anarchy, which may cause a disastrous upheaval at any time. We need to let in the purifying light of the gospel to cleanse. Yet first they need a great deal of patient teaching in thriftiness to get them in a proper condition to feel the need of church-going, or to be able to make even a decent appearance."

"I am interested enough to do it if I only knew what to do," replied Laura.

"I will go with you at first, as it would not be safe, perhaps, for you to go alone; afterward you will no doubt be able to find some one else to engage in this work with you. Your own good sense and ready tact, I am quite sure, will guide you in what to do."

"Laura Graham's sympathies were thoroughly enlisted during our first visit, and her noble womanly soul arose equal to the occasion, and for three months she was a tireless worker. Then she came to me and said: 'Most of my people have grown thrifty enough so that they can make themselves presentable for worship, and some have a desire to go. Where shall I tell them to go?'"

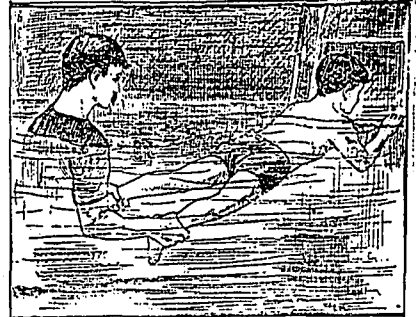
"Our church has been preparing for

this need, and we have a room in the chapel which will soon be completed, warm, bright and cheerful. I did not think it best at first to have them at our regular services, for they might not wish to go; but I think as soon as ever they become accustomed to religious service that will be the place for them."

"I have some efficient help, now," said Laura, 'in Katie Flynn. She came to me not long since and said: 'They want to learn our way of cookin' over in the next alley, an' if you would be afther goin' about wid me and givin' the poor craythurs a bit of advice, an' doin' a bit av prayin' I could learn 'em to cook, indade I could. The prayin' miss, does a wonderful sight av good for me. Even the bit av a room with the one windy, seemed respectable like after havin' a prayer in it, an' I respected meself, too.'"

"Well, the two alleys reached out to other alleys, and our choir room grew full. Souls were born into the kingdom; and there were many accessions to the church. Our church-members took a sensible and Christlike view of things by making these lowly brothers and sisters feel that they were children of one Father, so that many of them rose in the social scale to become respected citizens."

"Miss Graham labored most assiduously



Leg Exercise.

for some years, and now that she has assumed new relationships and has a happy home of her own, she still does quite an amount of mission work. Who shall say that it was not as acceptable in the sight of the Master as that of those who visited foreign lands."—Standard.

A TRAP FOR BOYS.

At a meeting in Philadelphia, during the week of prayer, one of the speakers related this incident; A lad was approached by one of those dispensers of that which deprives men of their property and destroys both body and soul, who solicited him to come to his place of destruction and take a glass of lemonade. The boy hesitated, but on being assured that he would get nothing but a glass of sweet lemonade, he was induced to go in. Sure enough he was offered and partook of what had been promised him, and nothing more. This was repeated several times, till at length, the trap having been set, it was now time to spring it. Accordingly, the rum-seller began his work by dropping into the glass of lemonade one drop of strong liquor, increasing it so as thus imperceptibly to form in the lad a taste for it. As the boy never paid for his drinks, one of the old customers of the place asked the landlord why he so favored the boy. He replied by pointing and saying, "Do you see that fine mansion upon the hill yonder? That belongs to the boy's father, and will probably soon belong to him, and then in turn it may belong to me."

BOYS AND TOBACCO.

In an experimental observation of thirty-eight boys of all classes of society, and of average health, who have been using tobacco for periods ranging from two months to two years, twenty-seven showed severe injury to the constitution and insufficient growth; thirty-two showed the existence of irregularity of the heart's action, disordered stomachs, cough, and a craving for alcohol; thirteen had intermittency of the pulse; and one had consumption. After they had abandoned the use of tobacco, within six months one-half were free from all their former symptoms, and the remainder had recovered by the end of the year.