

Easy to Learn How to Swim and to be a Modern Mermaid

Girls are Born Amphibians as Well as Boys and Should Fulfill Destiny.

First of Such Articles Giving Careful Directions—Sea Exercises to Develop Figure.

This is the season when the sign of the two fingers uplifted is potent to allure. The old swimming hole beneath the willows, the long benches of lakes and ocean, every pool or puddle deep enough to splash in all are exerting a peculiar spell upon folks these summer days. Consciously or unconsciously, everybody wants to go swimming.

The average boy obeys this amphibian instinct, but the average girl does not. There is really no reason why she shouldn't, but habit and custom are usually such that she doesn't. Even when she does go "bathing," she generally merely splashes without swimming a stroke. To counteract the non-swimming habit and teach the girls of joy that lies in following the sign of the two fingers uplifted, "The Standard" here presents the first of a series of articles on swimming for women and girls, prepared by an expert in the art.



THE MODERN MERMAID.

Article I.

The number of women and girls who can swim, and of those who desire to learn how to swim has happily greatly increased during the last few years, with a result that the percentage of fatal accidents to women bathers has sensibly decreased. It is also quite reasonable to suppose that considerable physical benefit has been derived by a large number of women and girls who have learned this delightful summer pastime.

Swimming is fortunately one of those amusements or exercises which can be self-taught, or at all events learned with slight assistance. It is the purpose of the present article to give some practical hints upon both swimming and diving, which will enable anyone who follows them carefully and accurately to learn one of the most useful accomplishments which any man or woman can acquire.

First, however, let it be said that you should never attempt to learn to swim (more especially in the open sea) without ascertaining from a medical man that you have no physical disability. This advice cannot be too strongly insisted upon. The greater number of fatal accidents which arise from fainting in the water, etc., are attributable to neglect of this wise precaution.

Swimming is not only a delightful

and useful art, but has an additional recommendation in that it is "good for the figure." It is not too much to say that few good swimmers have bad or poorly developed figures. And, as swimming brings into play more muscles of the body than any other single sport or form of exercise, the swimmer need never fear, as with golf, cycling or other sports, that she will develop one portion of her frame at the expense of the other. A few minutes spent in noting the figures of girls and women who are good swimmers will amply prove the truth of what we have asserted.

There are a number of methods by which one can swim. The chief are the breast stroke, the side stroke, the over-arm side stroke, and the trud-geon stroke. The two first are the most common, the others chiefly used in racing.

Correct breathing is an essential to success as a swimmer. Few women can breathe correctly, or at least fully. To learn how to breathe, stand erect with head thrown slightly back, heels closely together, arms hanging loosely but straight down the sides, or resting lightly but firmly on hips. Now inflate the lungs as deeply and fully as possible, and, after retaining the air in them whilst mentally counting 10, gradually and steadily deflate the lungs by allowing the air to pass through the nose. This should be practiced ten or a dozen times to commence with, and later on be increased to 20 or 30.

An attempt should then be made after a few days practice to combine the breathing with the arm movements of the breast stroke. A deep breath being taken, and the exhaling accomplished as the arms come to the sides. After a moment's pause another breath should be taken as a fresh stroke is made. As a rule one inhales through the nostrils and exhales through the mouth, but when swimming in rough water it is frequently necessary to do both through the nose.

Tomorrow's article will take up the art of swimming proper, discussing the different strokes in detail.

(To be continued.)

PEARY PLEASED WITH EUROPE

North Pole Discoverer Says His Only Complaint of Trip Abroad Was its Brevity—Many Medals.

New York, June 21.—Commander Robert E. Peary returned Friday on the Cunard liner Mauretania from his tour through Europe, bringing with him seven gold medals and the silver model of a ship presented to him by the Royal Scottish Geographical Society. The model stands two feet high and weighs 100 ounces. It is a copy of a three-masted vessel under full sail, such as was in use in the latter part of the sixteenth century.

The Commander, who was accompanied by his wife and son and daughter, appeared to be in the best of health and spirits when he landed on the pier from the Mauretania. He said that the trip abroad had been a most enjoyable one and the greatest hospitality had been extended to him in every city he visited. When asked about Dr. Cook the explorer laughed and replied that all he had heard about him was what the American newspapers contained.

With regard to the Francke suit, Commander Peary said that the only effect of the Francke that returned to this country were brought here by Francke.

"I never had anything belonging to either of those men, and the whole question was brushed out a year ago. The whole thing was done for me by the Commander when he was in Berlin," the Commander went on to say, "and I have never heard any more about the suit since I left Berlin."

On his trip abroad which commenced on April 23, Commander Peary said that he had lectured in London, Berlin, Rome, Vienna, Budapest, Cardiff, Bristol, and Manchester. He delivered two lectures in London and Berlin and one in each of the other cities.

Met Teddy.

"I met Mr. Roosevelt in London and Berlin," said the Commander, "and had a pleasant conversation with him. He was received everywhere with tremendous enthusiasm. I had a conversation with King George V. on the expedition and discovered that he was well informed on all questions connected with the attempts to reach the poles."

"Do you contemplate leading an expedition yourself to the south pole?" he was asked.

"No," replied Commander Peary, "I tried hard last year to get up an American expedition to the antarctic, but could not raise sufficient funds, and the scheme fell through."

"Do you think that Capt. Scott has a good chance of reaching the south pole?"

"Yes, he stands a first-rate chance because there now is a blazed trail to within 100 miles of the pole, made by Capt. Scott and Sir Ernest Shackleton. You see it has a great advantage over a north pole, as in the antarctic region winter quarters can be fixed either on the land ice or on fixed ice, which never drifts. That means a gain of 50 per cent. of the leader of an expedition. It is just like a capital route to deliver a report with a pilot, and another captain having to find his own way in without one. Capt. Scott starts out well equipped and with everything in his favor. I see no reason why he should not succeed in reaching the south pole."

Was Hurried.

Commander Peary went on to say that the only objection he had to his trip was that it was a little rushed. He gave twelve lectures to the various geographical societies in Europe, and five lectures on a business basis. He was invited to deliver six other lectures, but had to decline on account of lack of time. Mrs. Peary and the children accompanied him to the principal European cities. He did not see King Edward's funeral, he said, as he was in Budapest at the time, where he attended the memorial service for the dead King.

The commander added that the reception to Theodore Roosevelt in London was a most notable one and the sad circumstances, but if King Edward had not died it was to have been on a much more gigantic scale, as the Londoners were all greatly interested in seeing the president of the United States, of whom they had read and heard so much. Mr. Roosevelt was in splendid health when he saw him in London, said the commander. "He called a day ahead of me," said the explorer, "but I guess we left him somewhere astern in the fog yesterday."

"What are your plans?" he was asked.

"I am going to spend a few days in New York, and then go to Bowdoin College for commencement. After that I will go to Eagle Island for a two months' rest."

Capt. Robert Bartlett arrived by the same liner, and said that he was landed as an American citizen. He became entitled to his full citizenship papers on June 7. The captain added that there was a good prospect of his leading an expedition to the south pole from this country next year. His idea was to enter by the Wedde Sea opposite to McMurdo Sound, where Capt. Scott was going in.

"I have the promise of some substantial contributions," said Capt. Bartlett, "and have reason to hope that the necessary funds will be subscribed. I had the time of my life on this trip, especially in Italy. The Italians take a great interest in Arctic work. The King and the mayor of Rome, with whom we dined, were well informed on the subject."

Directly after his luggage was cleared the captain went off to Boston to take Paul Rainey and Harry Whitney on a hunting trip.

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There are few diseases that cause more acute suffering than Kidney Trouble, and Mr. F. A. Thomas, of Sudbury Ont., is one of those who know it. He writes: "For over three years I suffered from kidney disease. First I thought I had sprained my back, for suddenly the pain would catch the small of my back and it would be impossible for me to straighten myself up for several minutes. A dull ache across the kidneys was always present, my urine was thick and cloudy, and cat, my urine was thick and cloudy, and passing it caused a burning, scalding pain. Tried medicines, but they failed. I was advised to try Dr. Morse's Indian Root Pills, as they had cured my wife years before. A few boxes effected a complete cure. I now enjoy the blessings of good health, which is due to this remedy."

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LOVE HALTS THE WHEELS

Death of Women Labor in Detroit Due to Large Number of Marriages—Serious Industrial Outlook.

An interesting article appeared in the Detroit News Tribune last week calling attention to the influence of Cupid on the labor market in that city. Ever since the beginning of the summer months Detroit has been suffering from a famine of girls. Every sort of factory that employs female labor has been crying out for more help, every sort of inducement offered by manufacturers to get girls to enter employment. Some of them will pay girls good wages even while they are serving an apprenticeship, let them have an eight-hour day, provide them with rest rooms, dining rooms, libraries and music. The housekeeper who wants a maid blames the factory for the girl shortage, the factory blames the departmental store, the store pleads not guilty and says that the summer resorts with their big wages and handsome tips draw the girls.

A Thousand June Brides.

The Tribune, after investigating the matter, has come to the conclusion that the shortage of girls is due primarily to the number of them getting married. Here are some figures obtained last Wednesday:

June brides to date 431
Same time last year 1,000
Number anticipated 1,000
For June last year 769

From time immemorial June has been the marrying month, for though it is in the spring that the young man's fancy lightly turns to thoughts of love, it is in June as a rule that he is pinned down to the serious business of matrimony. It seems to be the rule that the girls who work in factories waste the minimum of time in engagements. An acquaintance begun in the spring is quite likely to ripen into marriage in a couple of months.

Prosperity to Blame.

If June is the favorite month for marriages it is not thus explained, let it remain a mystery. There is no doubt about it being the favorite month. Why it should break the records of former Junes in Detroit and in all other large Canadian and American cities is easy to understand. Generally speaking, times were never so

DEFENCE OF KING MADE BY DEAN

English Clergyman Delivers Remarkable Sermon Touching Two Accusations Used Against George V.

London, June 21.—The Dean of Norwich on Sunday made a remarkable address in a church near Norwich, in which he referred to King George as "a man to my personal knowledge of intense self-sacrifice and of high character." He then mentioned "two accusations, brought, as I think, by that part of society which is no society at all, firstly, that the King is sometimes accused of inebrity. You may take me on undoubted authority that it is a libel. So far as his close friends have noticed him, he has never been intemperate throughout his life. On the contrary, he is a man who ever, from the point of view of health, has to be abstemious. He does not desire to be anything else."

"The accusation is still more unworthy, that prior to his marriage to the present Queen he had what is called a secret or morganatic marriage with children by it. That is absolutely root and branch, an untruth. The King is a man, who, with a wife of like disposition as himself, has been wont during his leisure to sit in his garden with his young children around him just the same as any of us might."

The King and Queen visited the vault in St. George's Chapel, Windsor Castle, where the body of King Edward is interred.

RUSSIAN SUSPECT IN CHARLTON CASE FREED

Como, Italy, June 21.—Constable Ispatoff, the Russian who had been detained in connection with the mysterious murder of Mrs. Porter Charlton, whose body was found packed in a trunk fished out of Lake Como, has been discharged.

Apparently the police found nothing tangible on which to hold him longer.

The City of St. John Invites Tenders for the following Works, viz:—

- Excavation, backfill and cartage for sewer in Bridge street.
 - Excavation, backfill and cartage for sewer in rear of Old Westmain Road.
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 - Excavation, backfill and cartage for water main in Germain street.
 - Paving in Germain street between Princess and Queen streets.
- All of which is to be done according to plans and specifications to be seen in the office of the City Engineer, room No. 6, City Hall, where forms of tender can be obtained.
- A cash deposit must accompany each bid, the amount being as stated in each specification.
- The City does not bind itself to accept the lowest or any tender.
- All tenders must be addressed to the Common Clerk, room No. 3, City Hall, St. John, N. B., who will receive bids until noon of Tuesday the 28th day of June last.
- St. John, N. B., June 14, 1910.
- J. M. MURDOCH,
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