

## I. MOTIONLESS FLOATING.

In order to learn to float properly it is best to practise in deep water; the depth increases the density and floating power, but if once learnt floating is easy in water only a foot deep.

In beginning practice one should take a long breath, so as to completely fill the lungs, and thereby add to the power of displacement; then turn on the back, spread the legs wide apart, hands and arms extended in a line with and beyond the body, with the palms turned upward, throw as much weight beyond the head as possible, and lie perfectly still and for a time quite rigid. One may sink for an instant, but if the breath is held the lips will come above the surface of the water, when easy breathing may be indulged in. In this position the face, chest and toes should appear above the surface, but should it be found that the feet have a tendency to sink, more weight should be thrown above the head by turning the palms and head well back, by which means the feet are raised.

The supreme difficulty in floating is to overcome the perverse tendency of the legs to sink, and if after frequent trials they are found still to sink, get someone to hold them up, or else place them on the step or behind the rail of the bath, thus assisted, learn to balance the body on the surface. As soon as the body appears to float, release the feet from the step or rail; this must be done in such a manner as not to cause them to drop on the water, because a downward grade will be imparted, which will be hard to counteract until the true balance be found.

Remember that frequent practice is required, and so long as there is weight beyond the head, in order to balance the feet, one may lie on the surface without any muscular effort. Of course, it is much easier to float in salt water on account of its greater density.

A knowledge of floating is very useful to those attempting to save life, and its acquirement vastly increases the confidence of a swimmer when in the water. There are occasions when, beset with danger and difficulty, such knowledge becomes extremely useful in saving life, and it is then that the value of self-confidence in the water is fully appreciated. Every person who can swim should learn to float.

RECOMMENDATIONS FOR FORMING CLASSES OF INSTRUCTION  
OF EITHER SEX.

The best way to form a class is, first to make one's-self acquainted with all the details of instruction contained in the Society's Handbook. That this may be efficiently accomplished, the assistance of four friends should be obtained, who are willing to learn and aid the society in the promotion of its aims and objects. Each of them should take the position of instructor in turn, whilst the other four go carefully and deliberately through the drills at the word of command.