

manner in which the feet push or "kick" the water to give speed, in the speed with which the legs are brought into line again pointing behind, and in the cleverness with which the whole motion is carried on from spring to kick, from kick to recover, and from recover to spring. Get these different attitudes of the body distinctly in your mind. Keep the order of their succession well in memory. Oil the whole machinery with easy, slow, steady, and frictionless motion. Keep your head cool. Take time. One thing more, and you can swim. That one thing more is—the management of your breath. Always breathe when you are beginning to draw back the arms, so that the body may be most buoyant when it most needs buoyancy.

THE OVERHAND SIDE STROKE.

The head is turned sharply to the left, and the right ear and eye are almost constantly under water. The left arm works continually in the manner of a windmill—being half the time out of the water and over the head. The right arm makes a movement somewhat similar to the one it performs during the breast stroke, only it stops at the hip and not at the shoulder, and on the recover it pulls the water back directly under the right hip and not by the side of the body. When the left arm is coming back the legs are kicking out. When the left hand is fully extended the legs are outstretched and the right arm is straightened out back on a line with the chin. When the left arm is coming down the right is coming back and the legs are being drawn up ready for another stroke.

Overhand Strokes

If you are swimming in rough water and want to keep your head above the waves, make more of a downward stroke with your under arm. This lifts the body partly out of the water. If you want to gain speed, draw the arm in toward the pit of the stomach, or even a little higher than that, and you will find that you can put more force into your stroke.

The only difference between this overhand and the ordinary underhand side stroke is, that in the former the over arm reaches out of the water. The overhand stroke answers all the purposes of the underhand stroke, and is far superior to it in the matter of speed.

THE TURTLE STROKE.

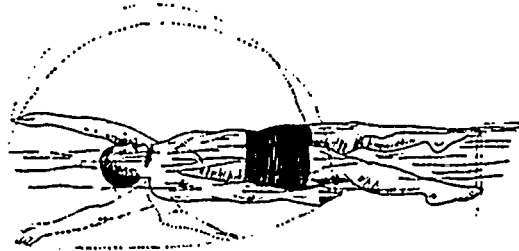
The fastest of all strokes for a short distance is the turtle stroke. It cannot be used to advantage, however, longer than one hundred yards, as it is extremely tiring. The swimmer throws his arms alternately right and left out of the water and ahead of him, pulling them in with all the muscle he has at his disposal. As the right arm is coming in the left leg is kicking out; at the same time the left arm is going out and the right leg coming up for another kick. The swimmer pushes the water towards his body with his arms, and in kicking brings his legs in toward the centre of his body after the kick is nearly ended. This latter movement sends him through the water as a fish is propelled by its tail.

SWIMMING ON THE BACK.

Now I will describe to you how you should learn to swim on your back. After you have swam out into deep

water roll over on your back and stretch out your legs, letting them drop a very little lower than your body. Keep your hands close to your side. Then paddle with your hands in a rotary fashion and from the wrist. Keep your lungs well filled with air, and then you will find you are as safe and more comfortable than when you are lying on your stomach.

After you have learned how to do this try the double kick. This is precisely like the breast stroke, only your position is reversed. As your legs come together your hands go forward over your head.



FLOATING.

Now for floating. The best way to learn to float is to catch each foot by the toes with each hand, lie on the back and swing the feet outward, throwing the head well back. Always be careful before doing this to fill the lungs with air. While you are floating breathe quickly and do not exhaust the lungs, for when they are empty the body immediately sinks. After this has been tried a number of times let the feet go and stretch out the legs, extending the arms above the head so that your face, toes, and fingers are visible above the surface. There are many ways of floating. You can put your arms by your side or fold them over your chest or behind your head. If you want to make progress while floating put your arms by your side and paddle with your feet, as described in the overhand back stroke.

In treading water hold your hands above the surface and step up and down first with one and then with the other foot, taking care to point the toes downward when raising the foot, and, by bending the ankle, step down flat-footed, so that in raising the foot the body is not dragged down, and, in stepping down, the body is raised up.

HOW TO DIVE.



Turtle Stroke

Diving should be learned as soon as one has acquired the use of the breast stroke, but there are many swimmers who are self-taught who have never learned this valuable accomplishment. The best way to learn it is by squatting on the edge of the water with the elbows resting on the knees and the hands drawn up as they are in preparing for the breast stroke. Then plunge in the water, taking care not to open the eyes until the head and part of the body at least are under water. Gradually raise the body in practising until you are able to stand upright with the arms extended in front of the face, and leaping upward strike the water with the hands. As I said before, close your eyes while you are in air, and do not open them