

## HOW TO RESCUE A DROWNING PERSON

Some Simple Rules That May  
Save Lives of Drowning  
People and Rescuers.

Many thousands of people at the sea are being irresistibly attracted to enjoy the pleasures of bathing there-in, some, alas! sadly ignorant of the art of swimming.

A few hints to those who can swim and who will find themselves bathing with or near indifferent swimmers and non-swimmers will be of opportunity, and may prove of service.

Some of the methods suggested may be put into practice by those who have not had a training in the orthodox methods of life-saving. For instance, if a feeble swimmer finds that he cannot touch the bottom, he may lose his nerve, his breathing is thereby disturbed; and he becomes a subject for assistance; this may be given by getting beside and a little behind him, putting the right thumb in his left armpit, or vice versa, and pushing him gently along, at the same time giving him an encouraging word to persevere.

If, however, he should be exhausted, the best plan will be to get behind him, seize his arms near the elbow, and tow him to safety, using the back stroke.

**Towing the Unconscious.**

If a person is quite unconscious in the water, his head should be supported between the hands above the surface, the back stroke being the feet of the person supported have a tendency to hang down, especially if they are clothed and have boots on.

Another method of carrying an unconscious person of particular use to those who can swim well upon the side, is to put the upper arm across the chest of the drowning person, with the hand in the opposite armpit, and holding him closely to your own body, to swim with the lower arm and the legs in the usual manner. In this way a subject can be carried at quite a good pace.

**When Helping a Struggling Swimmer.** Conscious persons, especially if struggling, should be approached from behind. If clothed, get a good grip

of their sleeves at the elbow, but if they are in bathing dress, the thumbs round on to their shoulders, and bring their arms up square. This will effectively prevent their seizing you. Should you be seized by the wrists in either case swim by the back stroke. Whilst attempting to assist a person in distress, straighten your arms at once, and "back away" with your feet, so as to prevent them catching hold of you with their legs; then carry the hands forcibly, first downward, and then round in quarter circles, to the surface, and they will be forced to release you as your action will twist their thumbs open.

If seized round the neck or body, kick your legs backward and upward, place the palm of your hand on their chin, and your fingers over their mouth, catching their nose between your first and second fingers, push and hold their head back under water; if this is not sufficient to make them release you, bring your knee up and place it against their body and push them forcibly away from you.

Frequent reference has been made to the best method may be briefly described. The principal propelling force is derived from a kick outward, using the front or top of the foot and the front of the shin; the feet are wide apart, and should be brought smartly together, the insides of the feet giving further propulsion. Each foot thus works in a series of "V" shapes. The bending of the legs backward should be a gentle movement, and their extension and closing forceful.

The limbs should not be moved up and down from the hip joint, and a tendency for the hips to drop so as to make the swimmer assume a sitting position must be overcome. Ladies and girls as a rule swim better in this style than do boys and men.

**Practicing Life-Saving.**

No practical life-saving can be taught by the methods of life-saving. When held by another person, the balance of both is affected, and the efforts necessary to regain the balance tend to make both better "watermen." Duplications, course, ensue, especially when practicing the methods of releasing one's self, but are soon regarded as being "all in the game."

**"TAY PAY" WRITES ON**

Continued From Page Thirteen.

defeat—to life or to death. It is all because human personality still tells, and so it will be to the end of time.

**The Count de Bylandt.**

AND thus it is that when you find yourself at a dinner table next to some of the most interesting man or woman, especially to one who has been at the centre of affairs, the simplest words they say produce a more profound and more enduring impression upon you than a whole library. This is what happened to me on that particular evening when I found myself next to Count de Bylandt. I have always been an ardent student of the whole Napoleon legend, and immediately recollecting that Louis Napoleon, the brother of the great emperor, and the husband of Eugénie, seemed one everlasting vortex of opulent and dazzling entertainment, and that when a great French exposition came, Louis Napoleon could boast like the great emperor, that his actors played before a nature and fortune for the throne, never did a country seem to reach a higher plane of prosperity, happiness, and tranquility than under his rule. I remember still the awe with which I heard a journalist of distinction declare that he had once met Louis Napoleon, and how he spoke as the man of men who had proved his divine natural right to reign.

**Shattering the Illusion.**

NEVER mind that, at the same time, or rather toward the end of the reign, authors and journalists began to thunder against Louis Napoleon, that Victor Hugo remained on his rocky home at Guernsey rather than bow the knee to the tyrant that Republican politicians still spoke with a shudder of the pool of blood in which the empire had taken its rise at the coup d'état of December 1851; these were voices whose tiny protests were drowned in the universal chorus of applause from the united voice of Europe. Louis Napoleon was the great and romantic, the daring and the successful adventurer, who had proved the power of his strong arm to govern a country. The debacle came in 1870, as everybody knows, but a few people realize, it was like the sudden fall of some mighty pillar that had lifted its daring head to the stars and seemed everlasting, and indestructible. (Of the great illusions of the time, no illusion was shattered amid so much and such universal amazement and surprise.

**Foremost Figure of Europe.**

IT IS difficult to get this generation to realize what a part Louis Napoleon played in the world of the sixties and early seventies. The extraordinary vicissitudes of his creed, winding up even disaster, the imperial crown of France, were sufficient to make him out as one of the instances of the everlasting melodrama of real life. He was what you like, an adventurer, highwayman, perjurer, tyrant, but he was the hero of a great romance. The crown may have come to the head of a Dick Turpin, but Dick Turpin is always the darling of mankind, and so we looked upon Napoleon. But you have to add to all this, that for nearly twenty years he occupied a position in some respects, almost as commanding as that of his mighty uncle. He was the foremost figure of Europe. On his slightest word seemed to depend the gigantic issues of peace or war, whether the map of Europe should be cut up into this new shape or that, whether this year should end in tranquility or in world-shaking convulsion.

Silent, enigmatic, with the face of a sphinx he haunted and obsessed the imagination of all Europe. Sometimes he seemed to be the friend and some-

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DAVID HENDERSON, Belle Isle Station, King's County, N. B., Sept. 11, 1904.

## NOW GOOD DIGESTION WAIT ON APPETITE AND HEALTH ON BOTH

When there is imperfect digestion and faulty assimilation of food, health and its attendant feeling of well being are absent. A very large majority of the ills with which man is afflicted are traceable to bad digestion or poor assimilation of food and the nearer we get to perfect digestion and the complete absorption of the nutritive part of our food the nearer we are to full health.

The question how best to assist the working of the alimentary system has long been a problem of science and recent experiments made at the Dublin School of Physiology have thrown valuable light on the subject. Professor Thompson's crucial tests proved that when Bovril is added to ordinary diet the body absorbs extra nourishment to the extent of from ten to twenty times the amount of Bovril taken. C-12

what struck me most, a tiny, beautiful white handkerchief, in the crossed hands.

**"My Uncle His Father."**

YOU will see what a great store of memories the Count de Bylandt raised in my mind, at once tumultuous with these thoughts, when he told me that he also had seen the Emperor on the same day and in the same circumstances. As I was recalling the whole solemn scene, I found myself asking another and a daring question. "Who was his father?" asked I. Another and even more stunning blow between the eyes came in the answer: "My uncle." I heard the story before I had read it innumerable times in the radical journals, especially in the *Lanterne*, the terrible paper in which Henry Rochefort mined and sapped and finally helped to pull down the empire and the emperor, but I had paid little heed to it. Already I had learned to discount the portraits of political opponents that figured in political oratory and political journalism, but here, said quietly at a dinner table, and by a man in evident good faith and without any bias, here was confirmation of an awful story which I was not to believe. And then the ambassador proceeded to say that he had never been convinced of this until he had seen Napoleon, and then the likeness between father and son was un-

Dr. Roy C. Andrews, curator of the American Museum of Natural History, has lately returned from an expedition to Japan and Korea. In the latter country he traversed unexplored territory, one of the features of which was a great forest of larches and birches, through which the party travelled for three weeks.

Spain is to follow the example of other continental countries and become the owner of its railways. As Spanish railways have been notorious for delays and poor management, travellers will hope that the change promises improvement in service.

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GRAND RAPIDS	6.20
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ST. PAUL, via rail	28.40
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Going dates, Sept. 12, 13, 14. Returning Sept. 30, 1912.	

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BAY CITY	4.35
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ST. PAUL OR MINNEAPOLIS	28.40
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GRAND TRUNK RAILWAY.  
SARNIA TUNNEL TO SUSPENSION BRIDGE AND TORONTO.  
Arrived from the East—4:52 a.m., 10:56 a.m., 11:12 a.m., 11:28 a.m., 4:30 p.m., 8:30 p.m., 10:20 p.m.  
Arrive from the West—12:14 a.m., 3:43 a.m., 8:50 a.m., 11:55 a.m., 1:10 p.m., 4:10 p.m., 6:25 p.m.  
Depart for the East—12:19 a.m., 5:48 a.m., 7:30 a.m., 9:00 a.m., 12:05 p.m., 4:25 p.m., 6:35 p.m.  
Depart for the West—3:57 a.m., 7:40 a.m., 11:18 a.m., 11:35 a.m., 1:40 p.m., 8:20 p.m.  
LONDON AND WINDSOR  
Arrive—10:22 a.m., 4:00 p.m., 6:50 p.m., 11:05 p.m.  
Depart—6:55 a.m., 11:43 a.m., 2:05 p.m., 8:10 p.m.  
ST. CATHERINE BRANCH  
Arrive—11:15 a.m., 1:39 p.m., 6:45 p.m., 11:25 p.m.  
Depart—6:00 a.m., 10:26 a.m., 12:30 p.m., 2:45 p.m., 4:55 p.m.  
LONDON, HURON AND BRUCE  
Arrive—10:00 a.m., 6:10 p.m.  
Depart—8:30 a.m., 4:40 p.m.  
Trains marked \* run daily. Those not marked, daily, except Sunday.  
CANADIAN PACIFIC RAILWAY.  
Arrive from the East—11:18 a.m., 6:20 p.m., 8:15 p.m., 10:55 p.m.  
Arrive from the West—4:59 a.m., 11:20 a.m., 12:18 p.m., 5:22 p.m., 8:48 p.m.  
Depart for the East—4:28 a.m., 7:10 a.m., 11:28 a.m., 12:25 p.m., 5:35 p.m.  
Depart for the West—4:30 a.m., 11:35 a.m., 6:35 p.m., 8:23 p.m., 11:00 p.m.  
Trains marked \* run daily. Those not marked, daily, except Sunday.  
MICHIGAN CENTRAL RAILWAY.  
Arrive—7:04 a.m., 11:10 a.m., 4:55 p.m., 8:40 p.m.  
Depart—7:20 a.m., 2:20 p.m., 5:20 p.m., 10:11 p.m.  
PERE MARQUETTE RAILWAY.  
Arrive—5:45 a.m., 12:20, 1:40, 4:35, 9:30 p.m.  
Depart—5:50, 7:10, 9:45 a.m., 2:80, 4:41, 7:00 p.m.  
\* To and from Walkerville. All trains to and from Port Stanley, except trains marked with star, to St. Thomas only. All trains weekdays only.  
Knicker—Our forefathers didn't know beans.  
Bocker—They didn't have to; they had beef.