

you will be prepared for difficulties when they do arise. If shallow water is convenient learn to keep afloat there first, then venture to the deeper places; if you have only a deep pond at your disposal use the water wings, and you will be surprised to see how

quickly you improve. Learn to be a swimmer somehow or somewhere, for it is not only one of the most enjoyable forms of sport to be found, but it is an accomplishment that no one can afford to be without.



THE CRAWL ON THE BACK.

Alternate overarm on back. Right arm recovering out of water, left arm pushing the water back. The legs give a short scissors kick with each arm stroke. Hook the wrists and reach the hands far back on entering the water. Do not slap the hands in, but dip in and then put on the pace.