

HOW TO LEARN TO SWIM.

THE OLD HEROIC METHOD ISN'T A GOOD ONE.

The Loop Method Recommended by Dr. Savage—Water Polo Out of Doors—Swimming Strokes—How to Rescue and Resuscitate Drowning Persons.

New York, April 29.—As every man or woman ought to know how to swim and it isn't always easy or convenient to learn in adult life, it follows, as the night the day, that it's a good plan to begin swimming lessons with the boys and girls, and to begin right.

"What is the right way?" I asked Dr. Savage, the expert on physical training.



WATER POLO—RUSHING THE BALL.

"If you had a boy or girl to teach swimming, how would you go to work to do it?"

"The best means of teaching swimming," said Dr. Savage, "is to put a harness or belt about the body of the pupil under the arms, attach it to a strap sufficiently long to be just taught at the level of the water, have a little pulley at the end of the strap running free upon a wire stretched across the tank. This gives the pupil the necessary confidence that he isn't going to drown, and yet it the proper tension is provided, it doesn't prevent him from working. It's better to have the loop and a portion of the strap of rubber to allow for stretching. The pulley follows him back and forth about the tank and—"

"Yes, but Doctor, it isn't everybody who has a tank. How would you work it out of doors?"

"Oh, in that case I would attach a similar loop to a short stout pole, and go out upon a float or in a heavy boat and encourage the pupil to swim round and round it, gradually easing away the tension upon the loop as he became proficient, or tightening it as he floundered—just like playing a river, you know. Or, if I lived near a big fish, and the bank was sufficiently steep, I could walk along by the side of the river, while the pupil in his harness swam alongside. As soon as possible I could dispense with the harness altogether and go into the water with the child. The old-fashioned way of supporting the young swimmer with the hand under the chin is



JOHNNY LEARNING TO SWIM.

not so good, because the support, thus placed at one extremity of the body, is not available, the feet tend to sink and the pupil clutches instinctively his instructor's arm."

"Probably you do not approve the old, heroic method of throwing the pleading, crying lad at once into deep water?"

"Certainly not. There is, to begin with, a very considerable danger of drowning. Even if no such result terminate the experiment, the pupil is apt to get such a terror of deep water that he will never willingly go into it again. Of course, though, some boys would learn to swim that way and many have. The plan would probably succeed best in the case of some of these New York street boys who have never been accustomed to anything but abuse from their birth up and who can stand anything and then wait to pay off upon the next fellow. But I wouldn't let a child of mine be so treated."

The swimming loop to which Dr. Savage referred is in use in most of the New York gymnasia, but the out-door modifications of it which he suggests are capable of a more extended usefulness. It isn't every athletic club, even, which can afford a great swimming tank like those of the New York or Manhattan club with shallow water at one end for dipping and deep water at the other for plunging. But there's plenty of deep and shallow water out of doors.

The increased attention paid to water sports by gymnasia is an encouraging thing, because the example is sure to be followed. Nothing is more certain than that water polo, a novelty of a few months in the tanks of the big athletic clubs, will be taken out of doors this summer and played in the open

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The Bluese capital is having lots of journalism fostered under its sensitive nose. Just the other day, two society papers, a temperance journal, several sectarian publications, a dozen or more school magazines, besides five dailies! Was there ever a city so thoroughly supplied with reading? Some of the papers are good, others are not so good, and one or two are decidedly bad. We have learned to look upon journalism as the greatest of the world's democracies, and the profession in which the man who carries his capital in his hat is more than an equal of him who stows it away in his trousers' pocket. It is a mistaken idea that anybody can make a success of a newspaper. A man cannot be a pitch-forked into journalism. The real newspaper man is created not manufactured. A bright Southern wit once said "the brightness of journalism lurks in the blood and brains; the spell of its enchantment lasts with life itself. A profession demanding peculiar qualifications, and calling into exercise a line of talent exclusively its own. No matter how rich or how clever a man's ancestry may have been; no matter how brilliantly a school teacher may have failed to teach; no matter how charmingly profuse a lawyer may write society gossip and sporting articles unless he is endowed with that omnipresent essential "a nose for news" he cannot issue a paper that will satisfy the cravings of a hungry public.

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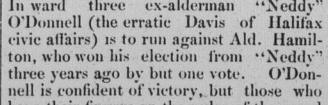
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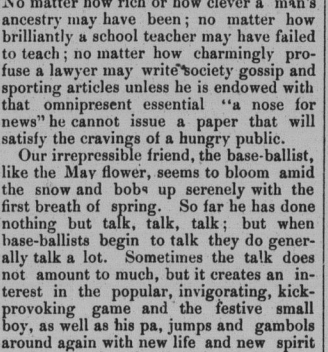


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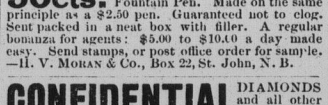
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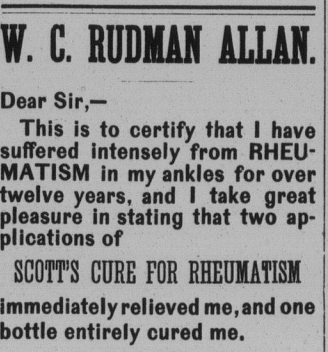


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CANNED SALMON, Lobsters, Oysters, Corn, Tomatoes, Peas, Beans, Peaches. 1400 Cases. In lots of 25 Cases, at manufacturers' prices. JOSEPH FINLEY, 65, 67, and 69 Dock St.

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C. E. BURNHAM & SON, FURNITURE WAREHOUSES, ST. JOHN, N. B. A Boon to Health! AND A HOUSEHOLD SAFEGUARD. "PEARL" WATER FILTER. WHY persist in drinking unfiltered water, polluted with animal and decaying vegetable matter, and in large towns with factory refuse, sewers and impurities from adjacent dwellings, thus breeding typhoid, malarial fevers, bowel diseases, cholera, and a whole train of kindred evils, when you can purchase a "PEARL" WATER FILTER FOR \$1.00. If your faucet has not a thread upon it, we can supply at small cost an adjustable thread, which is always handy. Price of Filter, \$1.00. Adjustable Thread Connection, 35c. Get one, and ensure pure water. MANUFACTURED BY T. McAVITY & SONS, - - - SAINT JOHN, N.B.

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