



CRAWL STROKE.

On account of a freak of the camera, the length of the arm is exaggerated, but this clearly shows the position of the wrist in gripping the water. Place the hand in the water gently, and then use the force in pushing back the water. The left hand has just left water with a kick which swings the arm forward, and saves the work of lifting it forward. Breathe out here through the nose when under water.

inated in Australia, and is one of the healthiest forms of exercise known. As a means of strengthening the lungs, and straightening the shoulders and spine it has few equals.

It is essential also if one is to reap the greatest possible benefit from this exercise, that he pay attention to the time he takes his accustomed plunge, and to the temperature of the water he is entering. Swim always before rather than after meals, and never bathe in water that is cold, as it has a decidedly weakening effect. Water that is comfortably warm is the best, for then one can stay in long enough to accomplish something really profitable.

Many of the drownings that are attributed to cramps, are simply caused through the inability of the swimmer

to breathe properly when in the water, and this important phase of the art of swimming, can be learned only by careful and consistent practice. Should a non-swimmer be suddenly thrown into the water, or should he wade beyond his depth, dog-paddle to safety instead of throwing the hands out of the water, and making no attempt whatever to keep afloat. This can be done, and has to my positive knowledge saved the lives of many persons who had never before learned to swim. The common practice of bathers, when in trouble, to shout all the air out of the lungs, and to struggle wildly is a dangerous one, and many accidents could be averted if those who get into difficulties would just keep cool and at least make the endeavor to swim. The wisest plan though is to learn to swim now, then



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The hands push the water back and should not go too deep. The feet snap together. Note position of thumb and little finger of the hand that is in the water; thumb is always down, and little finger up; keep the hand similar to the blade of an oar always. Breathe out here through the nose. Let the beginner use only the arms at first, supported by wings.