

LEARNING TO SWIM.

Champion Gus Sundstrom Tells How He Makes Fishes Out of Boys in a Big Water Tank.

CONFIDENCE A FIRST REQUISITE.

A Description of the Breast Stroke, Which, Once Learned, Makes All the Rest Come Easily.

DIVING AND FLOATING AND TREADING.

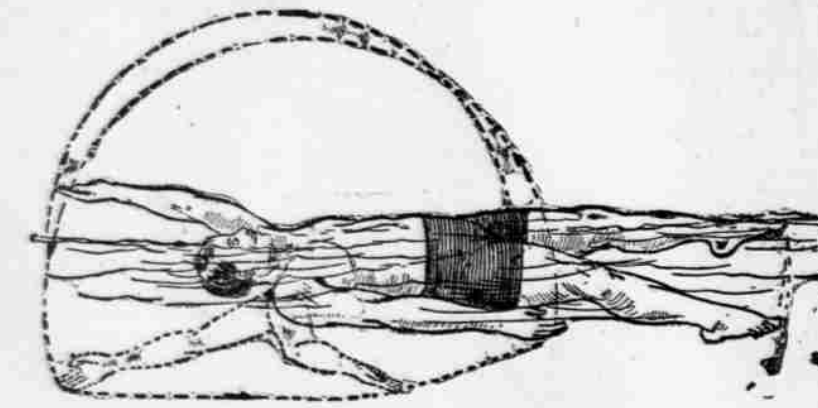
No Rules Can Be Laid Down Definitively for the Rescue of Drowning Persons.

(WRITERS FOR THE DISPATCH.)

Nine men out of ten who taught themselves to swim do not swim correctly. To swim correctly does not mean to keep afloat for a long time or even to cover a long distance in reasonably fast time. It means the art of making every muscle do its perfect work, of getting the best results with the use of the least strength.

In the New York Athletic Club two mornings of every week I instruct the spas of the members in the art of swimming in the big tank where the water varies from five to nine feet in depth.

In this tank there is a staircase extending from the floor above to the bottom of the tank. When the lad is ready I have him take hold of the upper stair and slowly let his body down until his feet touch bottom. When he finds that he can stand up without being drowned and at the same time keep hold of some object on dry land so that he can lift himself up out of the water he begins to have confidence in himself. This con-



SWIMMING ON THE BACK--DOUBLE BACK STROKE.

Confidence is the first quality a swimmer should possess; without it he will never learn more than the principles of the art.

PUTTING THE HEAD UNDER WATER. After he has found that he is not in danger I have him wet his head with one of his hands, and if he is not too timid I try to persuade him to hold his nose with his fingers and duck his head under water. Next I place his left hand on the second step below the water, while his right still holds fast to the upper step. Then as he holds his chin on the level of the water by the left arm I take his feet in my hands and go through the motions of a perfect kick, such as is used in the breast stroke. I do this 20 or 30 times.

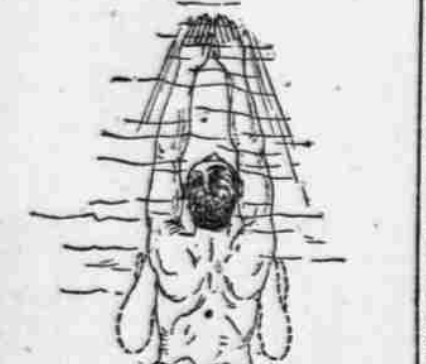
The second exercise consists in taking the boy into the middle of the tank and placing him directly before me. Then I take his hands to mine and put them in the proper form for a stroke, with the hands outstretched, palms downward, the fingers close together and the two thumbs touching each other. While his hands are in that position I stretch them out and go through the motions of a perfect stroke. Generally one lesson upon this exercise is enough.

In the third exercise I put the belt about the boy's waist and attach it to the pole and swing him out into the water. He already knows the proper movements of the legs and arms, but he has never practiced them together. While he is suspended in the water I teach him to put into practice the two exercises he has already learned. Three lessons are generally sufficient for this part of my system.

Now I have my pupil try all three of the former exercises alone. First he stands up. Then stoops, after drawing in a great breath, the bigger the better, draw his hands close to his chest and strikes out for himself. If he loses his head the worst that can befall him is a ducking for he can easily touch bottom with his feet. After a few trials he finds he can swim a half dozen yards or more. Now he is ready for deep water, but if he should be a little timid about venturing out beyond his depth I give him a life buoy.

THE BREAST STROKE.

The chief stroke in swimming is the breast stroke. In making this the swimmer places his hands in the position I described above, with his elbows extended slightly and his forearms close to his chest. After inhaling his chest he springs forward, striking out at the same time. After his arms are extended and the thumbs again touch each other he brings his arms back, describing obliquely the arc of a circle, and when his arms form a straight line with his shoulders the stroke is ended and they are drawn rapidly back to their original position. During this time the legs must do their part. As he strikes out they are drawn together so that the knees are



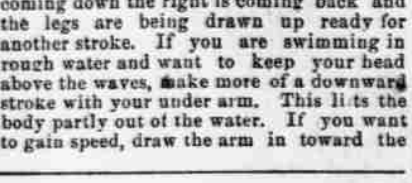
Breast Stroke, Seen From Above.

spread apart as wide as possible to allow the inner edges of the feet to come together. In the kick which follows, the legs move as nearly in the same manner as the arms as their configuration will allow, and when the arms are extended to their utmost, the legs are also straight out, with the feet in close contact with each other. The legs are drawn back while the arms are straightening out to the shoulder line. The movement of the legs is of the greatest importance. The feet should push the water with the sole and squarer, and when the legs are

fully extended, the big toe should be stretched on a straight line with the leg. Both the arms and legs should be used at the same time. While the arms are striking out the legs should be pushed down. As the arms come back on the recover, the legs are drawn back into place in the next stroke. All the speed gained from the kick does not come from pushing the water with the feet. Far more is derived from bringing the legs quickly together very near the end of the kick, at the point when they are stretched farthest apart. In this movement you get the greatest possible speed. The management of the breath is another important item. Always breathe when you are beginning the recover with your arms, so that the body can have the greatest buoyancy at the time it needs it most. When the breast stroke has been completely mastered the swimmer will not find it difficult to acquire the other strokes, because, although these strokes differ largely one from the other, the principles of the art are contained in the breast stroke.

THE SUNDBROM STROKE.

The overhand side-stroke, as I use it, is of my own invention and is generally known among the professionals as the Sundstrom stroke. I always use it in my long distance races and find it the fastest stroke I have ever seen. I will describe it as it is used when the swimmer lies on his right side. The head is turned sharply to the left and the right eye and ear are almost constantly under water. The left arm works continuously 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 back the right is coming back and the legs are being drawn up ready for another stroke. If you are swimming in rough water and want to keep your head above the surface, the best way is to tread water 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



Turtle Stroke, Seen From Above.

these are learned, try the "wind-mill" motion just as I have described it. FLOATING IS EASY. 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 wish 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.

Diving should be learned as soon as one has mastered 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 the water. Gradually raise the body in practicing 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 until you are partly under water. I have known a number of boys who have lost their eyes by opening them before they struck the water. A chip on the surface is apt to strike the eye and inflict serious injury.

There are many ways of diving, but the straight-forward plunge is the simplest and most useful. When you dive in shallow water it is best to squat and make a plunge, striking the surface flat and glide out into deep water. That is the way all races are started. An expert swimmer can underdress while under water. Three years ago when I swam 15 miles in 4 hours and 5 minutes I began to swim in a bath, and I never knew how I would get until I was in the water. Coolness is the first quality you need under those circumstances. It is also the second and likewise the third. There are several general rules, however, that should always be followed wherever practicable. They are as follows:

1. Don't let the drowning person clasp you around your neck, body or arms.
2. Swing around, dive down or even swim away to avoid such a clasp, for in nine chances out of ten it means your death as well as his.
3. If possible grasp him by his coat collar.

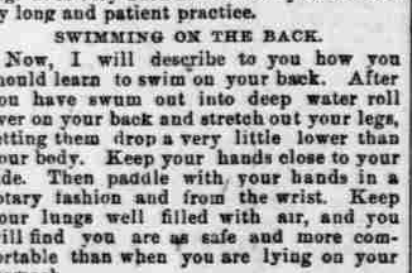
SAVING LIVES.

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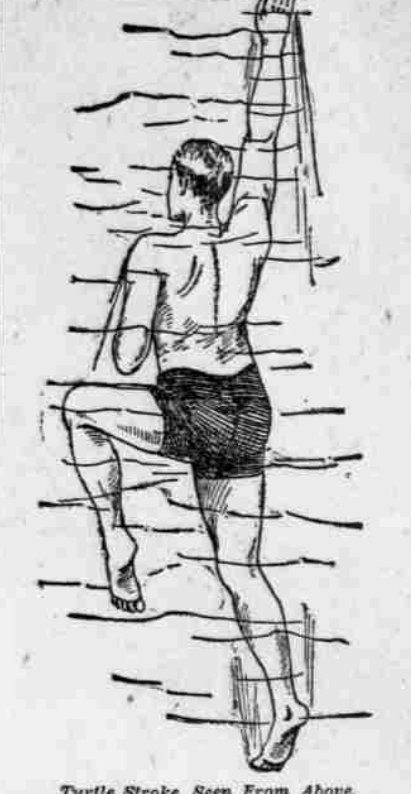
Overhand Stroke, Seen From Above.

through the water as a fish is propelled by its tail. These are all the important breast and side strokes, and if the swimmer has mastered them he knows all that he need know of this style of swimming unless he wants to become an expert. One of the most difficult and the same time most interesting fancy strokes I use is the corkscrow. This is the way I do it: I plunge into the water with my face below the surface, the top of my head and the calves of my legs alone showing. Then I put one arm stiff and close against my body and thrust the other straight out ahead. The legs are kept rigid and close together. I get the motion by paddling with my feet from the ankle joint, using first one foot and then the other. By a twist of the ankle I not only go ahead but force my body to turn. I go forward just as an anchor goes into a block of wood, straight ahead and at the same time revolving. It is very hard and can only be learned by long and patient practice.

COMBINATION dress patterns--were \$20 and \$25, now \$12.50 each. TESSA HUGGS & HACKETT.

LATE NEWS IN BRIEF.

—Nine men received the death sentence at Paris, Tex., yesterday. —The Independents of the Sixth Illinois district nominated Andrew Ashton for Congress. —A dispatch received from Montevideo says that the financial situation there is becoming worse. —Pat Mellone, a miner at the Eureka mine, Black River, Wis., was killed by a windmill yesterday. —General Goshorn has been practically decided upon as the Director General of the World's Fair. —The Supreme Lodge, Knights of Pythias, has concluded their sixteenth biennial session at Milwaukee. —Dan Coughlin, one of the Cronin murderers, is breaking down, and it is expected that he will make a full confession. —The Duchess of Sparta, wife of the Crown Prince of Greece and sister of Emperor William, was given birth to a son. —The street railway war at Spokane Falls, between the city and county authorities, has broken out again with renewed vigor. —Trouble in Toledo yesterday between union and non-union longshoremen resulted in two non-union men being severely injured. —Four young men were lost in the woods near Temple, Ind., and two of the party walked off a bluff 50 feet high and were instantly killed. —The weekly crop report shows a few drawbacks, but not enough to have any effect upon the growing crops throughout the West. —The Cincinnati, Hamilton and Dayton Night Handlers, who have been on strike for some time, refused to accept the proposition of the company. —Lieutenant Mackay and his scouts, while in battle with the Kio gang in the Sierra Anchas Mountains, killed Wah Lan Tah, other Indians making their escape. —The official census of Minneapolis is given at 180,174, a reduction of 10,317 from that given by Supervisor Davenport. Arrests for conspiracy and the census will be made. —King Oscar, of Sweden, has signified his intention to attend the annual German naval maneuvers at Kiel, which will be understood to have been invited by the Emperor. —A Chicago society lady is caught in an opinion den and offered the policeman \$2,000 worth of diamonds to release her. Contrary to the Chicago rule the policeman did not accept the bribe. —The Standard Oil Company has agreed to take 22,000,000 cubic feet of natural gas daily at Buffalo, from the Provincial Natural Gas and Trust Company, which will lay pipes to Buffalo from its ten wells in Welland county. —The Philadelphia Car Service Association has been formed, and will operate between Philadelphia and Baltimore and Ohio Railroads. It will go into effect on September 1. The purpose of the association is to secure a prompt return of freight cars, that the company owning them may keep them in constant service. —We have no dull season, because the public are recognizing the fact that they get strictly first-class diamonds, watches, jewelry, silverware, clocks, bronzes and all goods carried in a first-class jewelry establishment at prices lower than elsewhere, at M. G. Cohen's, 533 Smithfield street.



Turtle Stroke, Seen From Above.

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The Low Dive.

swim, and hold him out at arm's length, swimming meantime with the other arm and legs. 4. You should always be behind the person you want to rescue, and if possible get him on his back, as well as yourself, particularly if you have a long swim to make. 5. If the drowning person is unconscious try to hoist him on the lower part of your stomach, where his head will be above water, and hold him there with your legs, leaving your arms free for swimming. I have rescued persons who caught me by the arms and struggled with me. I broke their hold by kicking them sharply in the pit of the stomach with my knee and wrenching myself loose at the same moment. GUS SWINNEY, Champion Swimmer of America. COMBINATION dress patterns--were \$20 and \$25, now \$12.50 each. TESSA HUGGS & HACKETT.

LADIES.

See to Your Fur.

Before leaving for the seashore or mountains, would it not be wise to take a sly peep at your seal garments? They possibly need repairing, changing or renovating after being packed away so long. If they do, now is the best time to have it done. We can do our work much better and cheaper than later in the season.

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MONSTER STAGE, 450 FEET LONG.

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500 Artists, 300 Performers, 400 Dancers.

1,200 People in the Performances.

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Fanny Swope, b m; G W Leavitt, Boston, Mass.

Col. Kipp, blk s; W C Trimble, Philadelphia, Pa.

Lakewood Prince, bay s; Chautauque Lake Stock Farm, Lakewood, N. Y.

Viola Clay, bay m; J B McConnor, Salina, Ohio.

Lizzie S, dk ch; W H Mannville, Warren, Pa.

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Kluxie, g g; Aaron Hill, Phoenixville, Pa.

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\$500, \$250, \$150, \$100.

No. 2. \$1,000 for 2:25 Class--Pacing.

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Monroe Brigster, b s; E McCall, Pittsburg, Pa.

Bessemer, b m; H McKinney, Bradbrook, Pa.

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Forest Wilkes, bay s; John Splan, Cleveland, Ohio.

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Saisy V, b m; C & R A Stratton, Evansburg, Pa.

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Jimmie Patterson, br g; A H Tyson, Chester, Pa.

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Frank Dorch, g g; E F Geers, Spring Hill, Tenn.

Harry Hontas, s s; Chas Devlin, Pittsburg, Pa.

Billy B, b g; John C Collins, Pittsburg, Pa.

Minnie Bell, br m; Samp Wilson.

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St. Elmo, b g; Orion Stable, Baltimore, Md.

Alone, b m; James Elliott, Philadelphia, Pa.

Maggie b, blk m; A B DeHart, Philadelphia, Pa.

Maud Muller, ch m; A B DeHart, Philadelphia, Pa.

Edward, b g; E G Slatery, Albany, N. Y.

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Sleepy Dan, ch g; H G Lawrence, Baltimore, Md.

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Argyle, g g; J O Tallman, Bridgeport, Conn.

Monkey Roll, b g; Wm A Collins, Brooklyn, N. Y.

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Jewett, blk g; J M Pettit, Philadelphia, Pa.

PITTSBURG DRIVING PARK, HOMEWOOD.

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EVERY DAY A DERBY DAY. Don't Fail to See the 2:25 Pace, 20 Entries, 16 or 17 Starters; or the Grand Special, Harry Wilkes to Beat His Record. Driven by John E. Turner.