

had never heard of the art of war, and thought only persons of very little reasoning power could be capable of such enormities. They did not know the meaning of a lie, for they argued that the use of speech was given us to make us understand one another and to receive information of facts; so, if anyone said a thing that was not true, these ends were defeated. They knew nothing of the use of money, and when anyone of them was short of supplies his neighbours contributed whatever was needed. —Retold from Swift's "Gulliver's Travels."

SWIMMING. The first thing to remember in learning to swim is that the average human body, when there is air in the lungs, is slightly lighter than fresh water and considerably lighter than salt water. Nearly everyone can "float" motionless in a horizontal position with face above the surface, if the body is properly balanced. And even when the body is upright, a slight effort is sufficient to keep the head well clear of the water.

The Proper Way to Begin

The first thing to do, therefore, is to go into calm water well up to your shoulders and slowly raise your feet off the bottom, making at the same time short downward motions with your hands. The hands should be held back close to the body, with palm and fingers extended on the down stroke, but drooping under on the up stroke. Bear in mind that it is only necessary to keep the mouth and nose above the surface, and make the hand motions as deliberate and free from muscular strain as possible. Next, experiment with a treading motion of the feet, thrusting down each foot in turn with sole flat, and drawing it back with toes downward.

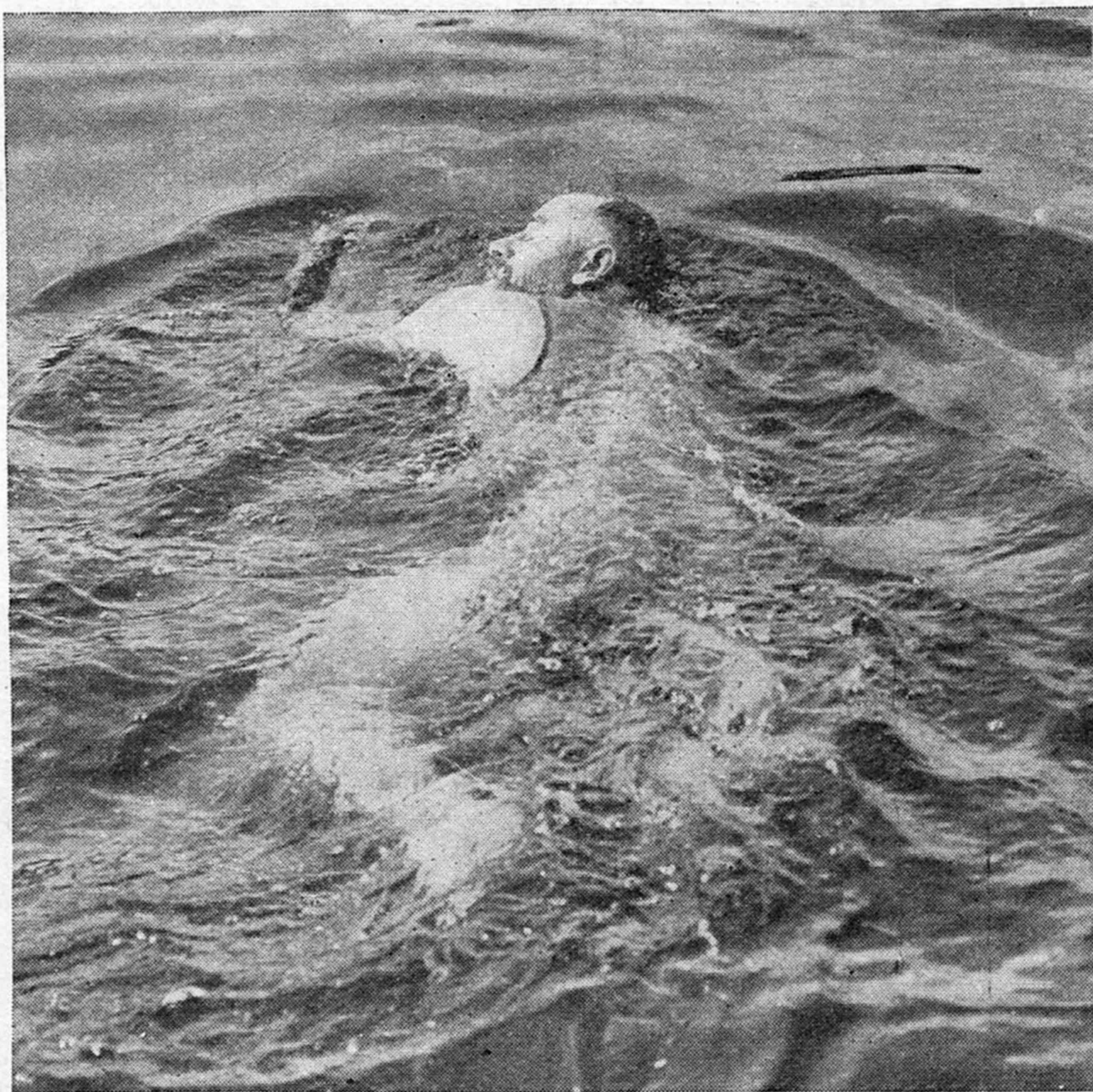
Once you are able to keep afloat in this manner for a few seconds, you are ready to begin learning the simpler swimming strokes. It is essential to practise these strokes properly from the beginning. Above all things, train yourself to take your strokes steadily and smoothly, and learn to relax in the water. The tendency of all beginners is to keep their muscles rigid, stiffening the body, as well as the arms and legs, and that is why they tire after a few strokes.

The Breast Stroke. This is the simplest of all strokes. The hands are brought together, palms down, in front of the chest and pushed out straight ahead to the full length of the arms; then the palms are turned outward and the arms swept back horizontally. The stroke is finished by bringing the hands together under the chest again. Mean-

while the knees are drawn up under the body, and the legs kick out backward and wide apart. The kick of the legs should be timed to come as the arms are being thrust forward.

The Side Stroke. This stroke is valuable as a preparation for the faster racing strokes. The body is turned on one side, and the arms, instead of working together, alternate in their movements. As the lower arm sweeps downward and backward, the other arm reaches forward, skimming the surface of the water, and then moves downward and backward in

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In September 1911 T. W. Burgess swam from Dover to Calais in 23 hours, 40 minutes, after fifteen unsuccessful attempts.

its turn. The legs are drawn up and thrust out to much the same position as if you were taking a long step, and then are brought together again with a scissors motion.

Variation of the Side Stroke

A variation of this stroke which gives greater speed is performed by reaching far over the head with the uppermost arm, and at the same time allowing the face to sink beneath the surface. The face emerges again as the lower arm is thrust forward.

You should breathe in on the forward thrust and out on the power stroke, while the face is under water. As far as possible all breathing should be done through the mouth, as this not only permits more rapid action but minimizes the danger of inhaling water into the lungs.

The Trudgen. This stroke is performed while lying flat upon the water, as near the surface as possible. The arms are used