# LIFE SAVING IS EXPLAINED

## Y. M. C. A. Swimming Instuctor tells of Difference in Strokes for Saving Lives.

(By A. Edwin Pryke, General Secretary of the Y. M. C. A.)

It is an entirely incorrect supposition to assume that a speed swimmer can enter the water and easily save the life of a person who is in difficulty. Not a few double drownings occur yearly at summer resorts as a result of speeding person out of the water. With ordinary swimmers, double drownings have resulted thousands of times trying to save the life of others.

Life saving is an entirely different matter from speed swimming. It is an entirely antithetical stroke to the speed stroke. Speed swimmers must concentrate on the back and front crawl strokes and not swim the other strokes. They are specialists in speed. The ordinary swimmer on the other hand who cannot attain speed and that means the great majority of us, can readily acquire the art of life saving. The basic movements of the legs are required for life saving. These must be done perfectly as any defect in the frog or scissors kick will result in failure. Do not try to tow a non-swimmer in the water before you have learned the perfect frog kick and a perfect scissors kick.

The frog kick: Learn it on your back and be quite able to swim a long distance with all the clothes on giving no assistance with your arms but holding both hands out of water all the time.

The scissors kick: Learn to do a scissors kick using the under arm or while holding the upper hand out of the water, corresponding to the inability of the swimmer to use them as an aid in swimming. In the side underarm stroke, the hand and in the back stroke tow, both hands would be clutching the struggling person who is being resuced. In the back stroke tow, which is the easiest of all methods, the swimmer has a double hold from the rear and swims with the legs only. If the frog kick is a half frog, half scissors kick, towing cannot be accomplished. It is harder to tow a non-swimmer than a swimmer with both hands out of the water on back or to swim with one hand out of the water on the side stroke but I advise getting skillful by easy and gradual stages and recommend that the novice of life saving, practice towing, in the beginning men of light specific gravity, who can float easily, and then trying those who have heavy specific gravity. Life saving requires powerful lungs and heart more than muscle, after the tricks of movement have been acquired.

One of the things a life saver must learn in the frog kick is to strike the water rearwards with the sole of the foot, not downward, nor sideways, with the top of the feet nor again, as some do, with the tips of the toes. On the other hand in the scissors kick the chief blow is with the top of the underfoot strokes the while at the same time the upper foot snaps toward the under foot. The action of the upper leg is like a fish tail action and a crawl or flutter speed kick.

A very powerful defensive method for the life saver to approach a drowning person so as to prevent seizure is to approach feet first with the feet drawn up ready to be placed against the aggressive non swimmer who is shoved off in case of seizure. Of course the best way to approach a drowning person is from behind but some persons who are struggling very dangerously are not sinking and they can shout for help and turn around and seize the one who comes to save them. They cannot swim but at the same time they are frenzied with fear and are exceedingly dangerous.

Life guards who talk about knocking a drowning person unconscious are unfamiliar with correct methods of life saving. If they have skill enough to punch a struggling woman or man on the point of the jaw they should have ability enough to use better methods. For myself I always avoid frightening the struggling person as much as possible. I duck and secure a rear hold so as to immediately keep them only at the top but to force the top of the head down and the chin up.

A drowning person when seized from behind will insist upon bending his body and drawing his face under water where of course he would smother to death. Always realize fully, no matter who is drowning, that you have hold of a lunatic for in 98 cases out of every hundred the person who has been partially strangled in the water is temporarily insane.

I have seen many people many times trying their best to drown their friends when seized with panic.

When I secure a person from behind having a firm hold on him with both arms and that person tries to bend I kick him with my knee at the end of the spine in order to straighten him out. I use only one knee, as I recover from my frog kick. If that method is not effective enough I talk to him. This is hard to do in water as one must breathe every stroke; that is breathe out with the kick and in on the recovery, thus one would breathe in as the kick on the end of the spine is given.

Sometimes, however, you have to deal with someone who is far stronger than yourself and with the additional strength caused by fear it is necessary to use still more science. In this event I let go of one hold and take a rear hold that looks just like a strangle hold, but is not. Instead of pressing my arm across the person's throat and shutting off the breath I place my arm against the point of his chin with my hand on the far shoulder. This gives me enough leverage power to force him back in the water and keep the mouth high out of the water. In doing this I am swimming on my side, using three limbs for my swimming, that is, both legs and one arm while holding the drowning person with my other arm around the chin. Don't forget that it must be the upper arm otherwise the result will be a failure. You will be surprised to discover how easy it is to straighten the person determined on drowning himself out flat on his back by using the leverage power in the weakest part of the spine—the neck.

Never allow a person who is being towed backward to assume the vertical or oblique position, use power and keep them on the horizontal.

Don't spring into the water thoughtlessly but look around first and see if there is not some rope, pole, or oar, or a plank that you can throw to the person who is calling for help but remember also that a life preserver whether it is just thrown in or fastened on the end of a rope is not always effective. I have always advised keeping a shepherds crook on each end of every swimming pool with a strict warning that they are not to be used except for life saving. Using these I have noted that old men and women have often been able to save lives. The crook should be blunt at the point and large enough to encircle the body and it should be strong.

A person who is in trouble in the water will in a few minutes be sure to do almost everything possible to destroy his own life, or will holler all the breath out fo his lungs will struggle ridiculously which also drives all the air out of his lungs, bend and twist turning the mouth under the water instead of lying flat on his back and shoving his mouth up to the highest point, or the top of the head should be turned down, and lift his hands high out of the water which is the most effective method of thrusting himself under; when he is being rescued will do his best to drown his rescuer also by impeding all his efforts; will generally shut his eyes and shut out all reason.

Anyone who wants to be a life saver should know the following program thoroughly:

Sculling.
Broad stroke on back.
Side under arm stroke.
Towing by back and side strokes.
Both methods of water polo.
All the release methods from the death grasps, first on land and then in the water.
The Shafer method of resuscitation.
Swimming long distances.
Teach others and organize classes as well as the back and front crawl strokes.

Really, the best way to save life is to have the necessity for saving life done away with. Everyone should be his own saver and this can be done only by having shallow swimming pools in every public school, in every community center, in streams and creeks and rivers so that everyone can learn swimming as they learn their first lessons at school when they are young.

On several occasions I have known of persons of drowning in front of onlookers who were frightened and too ignorant to attempt a rescue.

There is no reason why everyone in La Grande, who can swim, but what should know the different methods of life saving for one cannot tell just when he will be called upon to render aid and rescue some person from drowning. These methods are easily learned and with a little practice one can be just as much at home in attempting a rescue as in swimming. Realizing fully that there are a number of people in the city who would like to learn the methods of life saving, the Y. M. C. A. officials stand ready to teach anyone in the city whether they be members or not, in these life saving methods. Call the Y. M. C. A. office and make your appointment for definite instructions.

# BOOZE BUSINESS IS SLOWING UP

PORTLAND, July 6.—Reviewing the past fiscal year of Commissioner Haynes' administration as federal prohibition commissioner, Director Joseph A. Linville invites public attention to the fact that only 2,627,233 gallons of whiskey were withdrawn as compared with 9,696,122 gallons the previous year, and 16,491,303 gallons of alcohol and other distilled spirits withdrawn as compared with 24,856,388 gallons withdrawn the previous year; that 1,216 cases were reported by general prohibition agents, taxes amounting to $17,102,224.24 were recommended, and fines and penalties amounting to $2,159,410.39 were imposed. Three and one-half million dollars worth of bonds were placed in suit, or proceedings begun. Reductions in rentals and disposition of seized property in the amount of $208,832.50 were effected, and an additional saving of $156,900 otherwise effected. Under the narcotic laws 2,195 violations were exposed, resulting in 1,109 convictions and $64,083 in fines and penalties.

Numerous changes in reorganization took place. Enforcement work has been vested in state directors and a mobile force of general agents under eighteen divisional chiefs directed from Washington created; a special group was designated to prepare all criminal informations, indictments, injunctions, libels and search warrants, and concentration of claim work resulted in specialized clerks and expedition of work. One set of reports and accounts are new required for distillery and bonded warehouses instead of three as heretofore.

With a view to reducing the number of permits, all applicants to operate as wholesale druggists are doubly checked, and reports of state inspectors are verified by reinspection by division pharmacists. Manufacturers and wholesale dealers are required to give a monthly accountability of all drugs received, manufactured and sold. Forgery-proof, non-transferable permits form effectually prevent fraudulent withdrawals.

To expedite prosecutions, all cases are reported monthly to the central office, then to the department of justice for supervision and preparation for speedy trial.

The service utilizes submarine chasers, speedy motor boats and airplanes.

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**TOMORROW**



"Union Pacific System Oregon - Washington Railroad & Navigation company notice to former employees. All men who have left the service of this company in protest against the decision of the U. S. railroad labor board, must return to duty or register for their regular shifts not later than 3 o'clock p. m., Saturday, July 8th, 1922, in order to regain their pension and seniority rights."

J. P. O'BRIEN,
General Manager.



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5-room house, a large barn, 4 lots, close in on Court street, fruit trees, lawn, electric lights in house and barn, sanitary toilet, but no bath. Price $2,000.00. A reasonable cash payment, balance easy terms.

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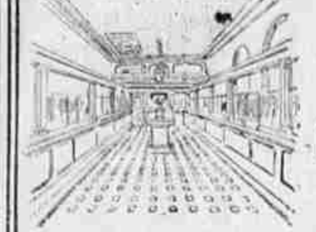

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Trunk's Prescription for Rheumatism and Gout sells for $1.75. This Prescription DOES NOT ruin the stomach, it DOES NOT depress the heart. Eat all the meat and good food you wish while taking Trunk's Prescription. IT DOES NOT contain any Mercury, Salicylate of Soda, Oil of Wintergreen or narcotics of any kind, but it absolutely and positively overcomes any kind of Rheumatism or Gout on earth. WHAT MORE DO YOU WANT? There is nothing just as good, and it is impossible to get something better. It is also an excellent Liver Medicine. For sale at the L. & L. Drug Co., La Grande, Oregon.—Adv.—July 1-6-11-18

## LEHMAN SPRINGS OPEN TO THE PUBLIC.

Music this summer by McElroy' Orchestra. A few empty cabins left, make reservations early. Big boxing and wrestling match the 4th of July. Phone or write to Lehman Springs for reservations.

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| Car inspectors | 63 cents per hour |
| Painters, freight cars | 63 cents per hour |
| Helpers, all crafts | 47 cents per hour |

These men are wanted to take the place of men who are striking against the decision of the United States Railroad Labor Board, and their status, and the **FULL PROTECTION GUARANTEED**, are explained by Mr. Ben W. Hooper, Chairman, in his statement of July 1:

"In this case the conflict is not between the employer and the oppressed employes. The people of this country, through an act of congress, signed by President Wilson, established a tribunal to decide such disputes over wages and working conditions, which are submitted to it in a proper manner. It is the decision of this tribunal against which the shop crafts are striking.

"Regardless of any question of the right of the men to strike, the men who take the strikers' places are merely accepting the wages and working conditions prescribed by a government tribunal and are performing a public service. They are not accepting the wages and working conditions which an employer is trying to impose. FOR THIS REASON PUBLIC SENTIMENT AND FULL GOVERNMENT POWER WILL PROTECT THE MEN WHO REMAIN IN THEIR POSITIONS AND THE NEW MEN WHO MAY COME IN."

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Hazelwood Ice Cream Co.
La Gran Marca Cigar Co.
Lang and Co. Candies.
Hoefler's
Lachel, King and Cake Soaps Co.
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Mt. Hood Soap Co.
Mutual Creamery Co.
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