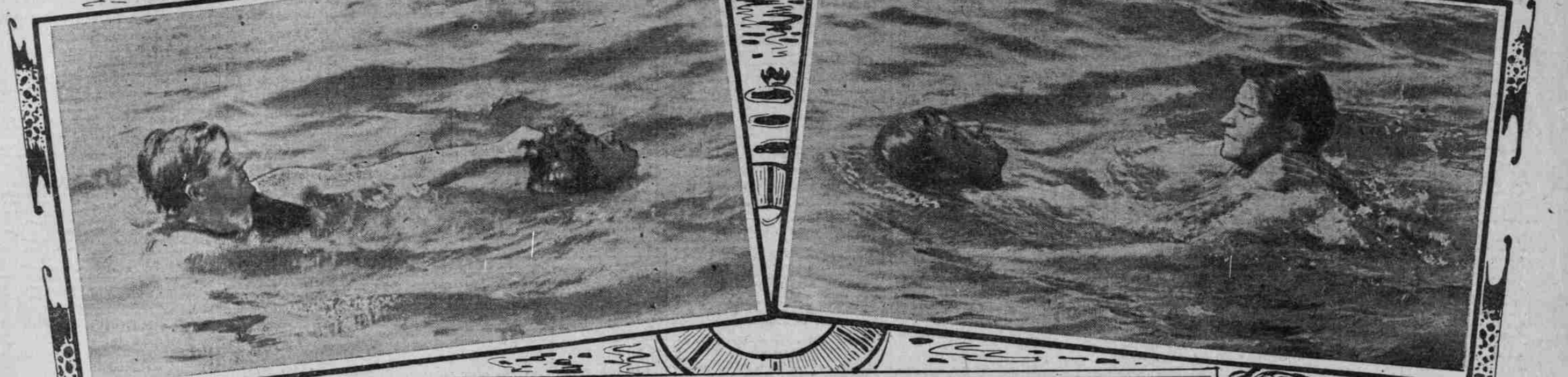


LEARNING HOW TO SWIM

Portland Boys Taking Lessons in Classes From a Master in the Valuable Art.

Special Instruction for Resuscitation of Persons Drawn From the Water Unconscious.



DR. MYERS RESCUING A PERSON FROM DROWNING

Did you ever stop to consider how many people are drowned each year, even here in the Willamette, who could have been saved by knowing the first principles of swimming? And if you have considered the number drowned near Portland in your home river and then paused another moment to think of the hundreds and thousands of rivers and creeks, lakes and ponds dotting the world's surface, you will be struck by the fact that the number of drownings that must occur there just as they occur here each year to the river gods, and is trying to cheat them of their victims by organizing classes of young boys, not only to teach them to swim, but to teach them to rescue and help each other in the water. Mr. Myers does not restrict his lessons to members of the Y. M. C. A., but welcomes all boys that are interested in his work. He has been teaching boys how to swim all winter in the big tank in the Y. M. C. A. building. Now he is taking these boys and all others he can find, two or three afternoons a week, to some safe and convenient spot by the river and is giving swimming lessons to those who cannot swim and lessons in how to rescue a drowning person to those who can. In connection with this work Mr. Myers has arranged short talks at the first few lessons. That is the reason that it took him all summer to get the correct leg stroke. That was because he started wrong in the beginning. And he is trying to start his boys right, so that they will not have to labor as he did. The motions seem so simple, so easy to learn. And some boys, unusually fearless, do learn at the first lesson. But the others, however, have to struggle along in the water until they learn to have confidence both in themselves and in the sustaining power of the water. That is the hardest lesson to learn. The rest is comparatively easy. Many of us have been repeatedly assured that if we threw ourselves on the water and were afraid, we could not sink. And many of us, in shallow water where there was no danger, have thrown ourselves on the water and sunk like lead. That is the worst of it. We were afraid even in the two or three feet of water. Anyway, we sank. And after we learned to float we wondered why. Probably it was because we let our feet, the heaviest part of our body, rise above the surface and in our fright forgot to fill our lungs with air, and so down we went.

In learning to swim one must learn always to swim under water, not on the surface, and to breathe naturally and evenly. All of the body exposed is a dead weight. Accordingly, leave only the head above the water and keep the hands about six inches from the surface. The hand strike is very simple. Bring the palms together at the breast, extend arms, turn palms outward in easy position, shove back and down, inscribing circle, and bring palms together again, at original position. The only care in learning this stroke is to learn not to turn the palms out too far when one goes to shove back. They must not be held straight up and down in the water, but slanting a little from the thumbs outward. If they are turned back too far the effect of the stroke is lost.

The Unconscious Stroke.

This stroke learned, and nearly every one knows it, the leg stroke must be studied. This is a regular frog kick. Stretch the legs out to the fullest length, toes together, pointing outward, and as nearly flat as possible; draw back, knees inward, turn soles of feet out flat and kick down with a good kick, then draw feet together, feet pointed downward again. The feet go back as the arms go forward and one swims a little as he lies flat out. Then make arm stroke; double up, strike out again, and one has learned to swim—perhaps. A good way to learn this stroke and the two strokes together is to lie flat on a long, narrow piano stool. This, however, is twice as hard as in

RESCUING ONE WHO IS EXCITED

the water, as one must do without the sustaining power of the water. Many people believe in the old-fashioned way of teaching boys to swim—that is in throwing them in the water. Mr. Myers does not agree with them, however. He says the hardest pupils he has ever had have been those that have been thrown in the water and so frightened that it is almost impossible for them to acquire self-confidence once more. But he does believe that if a person who is learning to swim goes to the bottom and has a fright, the best thing possible is to induce them to go back into the water once and to go on with the lesson. If he or she will think only of the last experience and of the fright given, and in a day or two will not go near the water again. It is the same in athletics. If a frightened person grabs onto a hold, the body and will not let go, shove his face back with one hand and with the knee give a blow in the abdomen. This will nearly always release the hold and give a free hand to use in grabbing him as he releases. If he has one around the neck give an uppercut blow on the chin or shove back face. If he has one by the wrists, the weakest part of the grip will be in the thumb. By bringing the hands in and out the other's grip will be loosened. Mr. Myers will have the boys practice all his methods on one another.

His first class was held last Thursday afternoon and they will be held two or three times a week as long as the summer lasts. As yet they are unorganized. Mr. Myers picks up the boys as he can find them and has not yet selected a regular bathing place. Later in the summer he hopes to organize regular classes and get up swimming races and matches and various water games, with perhaps a cup or two for prizes if his plans mature. Mr. Myers was a boy himself not so many years ago and is more than enthusiastic over his work. Doubtless he enjoys it as much as the boys and they are having grand sport as well as learning many valuable lessons.

Resuscitation.

For the first lesson given Saturday evening at the Y. M. C. A. gymnasium between 5 and 6 P. M., Dr. H. H. Bristow volunteered his services in teaching the boys how to resuscitate a half-drowned person who is taken from the water apparently dead. The average person cannot remain under water more than 10 minutes and live, said Dr. Bristow, but some cases have been known where persons have been resuscitated after being in the water a half hour. Others die in two or three minutes, but their death is often the result of heart failure or other physical weaknesses. In beginning his remarks Dr. Bristow said that he wanted to rid his hearer of the erroneous idea that a half-drowned person's lungs are full of water. When one is going under fill his mouth with water, be strangled and gags and the water stops in his windpipe. When he relaxes so that the water can run in he is dead. Consequently there is no use in trying to clear a man's lungs of water. Clear his

TOWING ONE WHO IS UNCONSCIOUS AND NOT EXCITED.

throat and mouth out at once with a cloth or rag wrapped about your finger, as there is apt to be mud or slime in the victim's mouth and throat. Also let the water run from the mouth. Then be careful to pull the tongue out so that the person may be able to breathe. Dr. Bristow advises sticking a pin against the center and propping the pin against the teeth, as it is very important to keep his passages for breathing open. The next step is to get the patient warm. Hot baths or blankets are best, but, of course, in most instances these are not procurable. Therefore the best thing to do is to beat and rub the body or whip with the boy's shirt or clothes. Don't be too gentle. Hard blows may

save the patient's life. Never give up a patient whose body is warm or shows signs of returning warmth. A story is told of an instance that happened where a policeman refused to let some rescuers move a man taken from the water into a house where there was a hot bath obtainable. The man's body was yet warm, but the policeman insisted that the man

Specific Help.

While it is important to warm the body and clear the throat, it is just as important to produce artificial respiration when the breathing has stopped. Normally we breathe about 15 times a minute. So in producing artificial respiration don't be in a hurry. Dr. Bristow advised the boys, forcing the breath in and out of the lungs 10 to 15 times a minute is about the right number of times, and does not hurry the worker. There are four methods of producing the artificial respiration that Dr. Bristow advises. The first is by raising and lowering the arms—not just pumping the arms up and down, but by raising the arms so that they raise the chest. The second method is to put the patient on his back and, straddling him, raise and lower his chest systematically. This takes a great deal of strength, but is perhaps the best method. The third method is to vigorously massage the heart. The fourth is to pull the tongue in and out regularly. The main thing to remember is not to give up at once and to be regular in the movements. Dr. Bristow, like Mr. Myers, had the boys practice on each other.

There will be other talks on the subject, but as Dr. Bristow hopes to leave soon for his vacation other physicians have volunteered. This lesson is of unusual interest just at this season of the year, and all boys that are interested in the subject should take advantage of it. It is through Mr. Myers that they were gotten up. Who can say in the years to come that countless persons may owe their lives to the classes he is organizing and directing today, not only in swimming, but in learning to save the drowning and those in whom life is apparently extinct.

PLAYERS WATCH THE SCORER

They Keep Their Eyes Fixed Upon the Hit and Error Columns

The ordinary fan does not care near so much for the tabulated score when he reads the account of a game in the paper as he is anxious to note whether this or that favorite received due mention for his work. Of mighty little interest, though, to the player is the story of the game. His eye goes to the box score, and if it does not meet with his approval straightway he lies him to the score with blood in his eyes and "whys" fairly flowing from his mouth.

"Why didn't he get a hit?" "Why did he get an error?" "Anybody could see that he stole that base."

He hushes and rehashes plays which the scorer's tired brain refuses to bring at all to light, and then he goes off snarling and swearing revenge if object apology is not made and promises of better treatment for the future.

The ballplayer is the most unreasonable being on earth, and the umpire and scorer furnish him with objects whereon to turn loose the vials of his wrath.

Harry Lumley, who is walloping the ball hard with Brooklyn and who played such a star field for Seattle and led the P. C. L. in batting, is a persistent kicker. He does not take a liking for each other when they come to bat at a critical moment. A team which can meet the ball when needed will get away with a close margin every time.

After this next week with Seattle the Giants journey to the southland for two sessions with San Francisco and Los Angeles, respectively. Then it is home again and Oakland and Fresno till September.

UMPIRE HAS HIS TROUBLES.

Indicator Handler Often Forced to Flee for His Life From Fans.

St. Louis Globe-Democrat.

Umpiring a baseball game is a different matter from refereeing a football match. Either official is usually an ex-player, but while the decisions of the collegians are received by the spectators and participants with gentle submission and seldom any remonstrance, those of a professional umpire often cause a riot. Indeed, the vocation embraces more momentary power, but less appreciation, than any other.

As for glory, one must only see an umpire snatched out the back gate with his shoulders humped up and his hat pulled down under the pursuit of jeers and mis-

TEMPER HARD TO CONTROL.

The players, on the other hand, have hardly any more control of their feelings and it being impossible to vent one's anger on a neighbor, the whole deluge of profanity and violence breaks upon the umpire, therefore, comes up with threats to peace, by rule and regulation, everybody.

Understand, among the players the umpire is a bear. His authority is established and backed up by the league. When a player, therefore, comes up with threatening fists or ominous bat, or with a saucy tongue, he pays for the luxury of his outburst by fine or a couple of weeks' suspension.

Sometimes he may forget himself so far as to strike the umpire, and then there is a pretty fracas. If, like Tim Hurst, the official is a "scrapper" himself, and "afraid of no ball player that ever lived," a mixup follows, with all the worst of it for the player.

It is an invading force when 6000 "rooters" are invading the field with bats, pistols, and open knives, and with cries of "Lynch him!" "Kill him!" seem in a good way to carry out their threats. This is what happened to Hurst, who confesses that when the crowd got after him in St. Louis several years ago he learned for the first time what it was to be scared.

"When I made the decision in the sixth inning," he says, "I saw that the mob was so hot that if they ever broke the police could not hold 'em; so I made up my mind to keep in a sprinting position, with my eyes on the clubhouse door."

"It came to the ninth inning, with the home team in need of two runs to win. Some feller came to bat and drove a terrific grounder that struck about two inches outside of third base. It was foul as foul could be, but I knew the crowd would never stand for it. I yelled 'foul,' and waited a second. Then the bleachers and grandstand let out a yell and began coming for me. Talk about San Juan Hill!"

"Some of the players tried to save me, but they were swept away. I took mine as fast as I could for the clubhouse, with 20,000 of them yelling 'Lynch him!' I had got within ten feet of the door and was saying to myself 'If I got inside I could

KING'S CUP IN NEW YORK.

Magnificent Trophy Received by Yacht Club—First Race Planned.

NEW YORK, July 21.—The King's cup, the blue ribbon of the year's yachting trophies, presented by King Edward VII to the New York Yacht Club, to be raced for annually by American yachts, open to the enrolled fleets of all American clubs, arrived at the New York Yacht Club yesterday from England. The cup, which is of solid gold and valued at over a thousand guineas, is the handsomest trophy that has ever been offered for international competition. It is finely chased with symbolic figures, encircled with a shield bearing its inscription and purpose. It stands fully 40 inches high, exclusive of its base, and measures about 25 inches in diameter.

The cup was received on behalf of the club by Secretary Cormack. Its ownership will be determined in a race off Newport on August 1, in conjunction with the New York Yacht Club regatta.

There promises to be an entry of fully 25 yachts in the race. The largest of these will be the old cup-defender Vigilant, now converted into a yawl and owned by William E. Iselin.

FITZSIMMONS IS AFTER BERGER.

NEW YORK, July 21.—(Special.)—Bob Fitzsimmons is anxious to try conclusions in the roped arena with Sam Berger, who made such an excellent showing in his battle with Jack O'Brien several days ago.

Fitzsimmons is ready to meet Berger at any time in a finish or limited round battle.

NEW YORK, July 21.—(Special.)—Bob Fitzsimmons is anxious to try conclusions in the roped arena with Sam Berger, who made such an excellent showing in his battle with Jack O'Brien several days ago. Fitzsimmons is ready to meet Berger at any time in a finish or limited round battle.

Some of the players tried to save me, but they were swept away. I took mine as fast as I could for the clubhouse, with 20,000 of them yelling 'Lynch him!' I had got within ten feet of the door and was saying to myself 'If I got inside I could