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CONFIDENCE UNDER WATER.

To Acquire That Should Be the First
Lesson in Swimming.

A person who is timid about the
water can overcome the greatest
part of the difficulty of learning to
swim by the proper use of a wash
basin.

The obstacle that nervous persons
meet in the water is not the
conscious fear of drowning, but an
involuntary nervous shock that
causes them to gasp for air even
before their faces are under water.
It is this gasping for breath that
drowns people.

They cannot control the gasping,
and consequently they often snap
for breath when their mouths are
under water. As the buoyancy of
a human body is easily disturbed,
a few pints or quarts of water swallowed
in these involuntary gasping
acts serve to sink a person who otherwise
would float long enough for
help to arrive.

Now, if a person afflicted with
this involuntary fear of getting under
water will thrust the whole face
gently into an ordinary basin full
of water every day and stay there as
long as possible it will be only a
short time before the gasping
sensation begins to disappear.

Then the bathtub should be used,
so that the bather, lying full length,
can immerse the entire head. At
first this will bring back all the old
frightening sensations of suffocation,
but the attacks will be of short
duration, and within a few days it
will be found that the total immersion
can be maintained for almost a
full minute without discomfort of
any kind.

Once a person has learned how
perfectly comfortable one can be
under water the first great step has
been taken toward learning to swim.

Many otherwise good swimmers
have never really acquired this
calmness under water. The result
is that when such a swimmer is
caught in an undertow or a swirling
current his confidence leaves him as
soon as he feels himself dragged
under the surface. Instead of diving
or remaining motionless and so preserving
his breath he gasps involuntarily
and naturally swallows water,
and the choking sensation at once
forces him to exhale what breath he
has left and gasp again.

Confidence under water should be
the first lesson in swimming.

Milking the Cow.

"The sight of one of his good
cows standing under a tree down
the lane at milking time would
throw the modern dairyman into a
fever," writes Charles White in
Harper's Weekly. "The harmless,
necessary cow of these enlightened
times stands in her highly hygienic
stall, which is floored with concrete
and frequently scrubbed. The cow
herself is curried and brushed every
day. Where is the hayrack? Gone;

gone with the milkmaid, the soda
and the auk into the obsolete past.
One listens in vain around the barn
for the old slogan, 'Out over thar,
gol ding ye!' with the accompanying
lump of the knee against old
boss's ribs. All that has gone out
too, Cruelty is costly. Kindness
pays. In these days of conservation
the man who mistreats animals is
picking his boss' pocket."

Not a Gazety.

They were a quaint old couple,
and it was evident they had never
seen many circuses. All the wild
things in cages interested them
intensely, but the woman kept hurrying
her husband along.

"Hurry up, John," she would
say; "we don't want to miss the
hippopotamus. We may never get a
chance to see another of 'em."

Seeing the hippopotamus was the
main object of the expedition
evidently. And at last they came to
the tank cage where the great,
sleepy, piglike animal sprawled.
The old woman looked at him a full
minute, and her face relaxed into
the bitterness of disappointed hope.

CURIOUS PRIVILEGES.

**Some Advantages Ambassadors Have
Over Mere Ministers.**

"Ambassador" and "minister"
mean pretty much the same to the
average man, but there is a very
great difference between the two,
inasmuch as an ambassador possesses
many privileges abroad that do
not pertain to a mere minister.

Perhaps the most curious privilege
of an ambassador, who is accredited
to the ruler of a country and not
merely to the government thereof,
is that the ambassador may when
dismissed turn his back to the sovereign
to whose court he has been assigned.
Briefly described, the mode of
procedure is as follows:

When the audience is at an end
the ambassador waits to be dismissed
by the sovereign. When dismissed
the ambassador bows, retires three
paces, bows again, retires three
paces, bows a third time, turns
on his heels and walks to the
folding doors. But when the reigning
sovereign is a woman a more polite
method is employed. To turn
his back would be to resign a privilege;
therefore the ambassador retires
sideways. He keeps one eye on
the sovereign and with the other he
endeavors to find the door. By this
unique means he contrives to show
all politeness to the sovereign and
at the same time retain his ambassadorial
privilege in retiring.

Another privilege of an ambassador
is that of being ushered into the
royal presence through folding
doors, both of which must be flung
wide for him. None save an ambassador
can claim this privilege, the
greatest favor in this respect that
can be shown any nonambassadorial
representative consisting in the
opening to him of one door only.

There is one privilege of the
ambassador, a privilege that sometimes
occasions great inconvenience to
the ruler, which consists of his
right to demand admission to the
sovereign by day or by night.—Exchange.

Hans Christian Andersen.

A critic writes of Hans Christian
Andersen: "His vanity was perhaps
his most salient characteristic. It
was photographed scores of times
in every position and costume, and
he never wearied of new presentations
of his strong but unhand-
some features. His whims were
legion. He had a morbid horror of
being buried alive and always set
a slip of paper by his bedside bearing
the words, 'Sag es skindod' ('I am
in a trance'). His hosts often found
him an exacting guest, but his little
failings were easily pardoned for
the sake of his genius and his child-
like nature."

A Rite of Barbarism.

In ancient times it was the custom
of the victors in a battle to
decorate their doorposts with the
skulls of the vanquished. With the
advance of civilization, of course we
no longer continue this bit of bar-
barity, but the custom has not been
allowed to drop altogether, as is
seen by the stone balls which are
often set on gateposts, a relic of a
barbarous idea of long ago. In certain
parts of Africa the skulls are
still used as decorations. Whole vil-
lages may be seen with the door-
posts of the houses surmounted in
this ghoulish fashion.

It Struck Him.

"As a matter of fact," said the
defendant's attorney, trying to be
facetious, "you were scared half to
death and don't know whether it
was an automobile or something re-
sembling an automobile that hit
you."

"It resembled one, all right," the
complaining witness made answer.
"I was forcibly struck by the re-
semblance."—Chicago Tribune.

A Convenient Ranch.

Some real estate dealers in Brit-
ish Columbia were accused of hav-
ing victimized English and Scotch
settlers by selling to them, at long
range, fruit ranches which were sit-
uated on the tops of mountains. It
is said that the captain of a steam-
boat on Kootenay lake once heard a
great splash in the water. Looking
over the rail, he spied the head of
a man who was swimming toward
his boat. He hailed him. "Do you
know," said the swimmer, "this is
the third time today that I've fallen
off that lolly old ranch of mine?"

Wine Division.

Mrs. Wannehick consulted her
husband about their daughter's edu-
cation. "Would you prefer to have
daughter take her lessons home?"
she asked.

"It's all right for the drawing,"
replied her husband, who disliked
noise, "but she'd better go to the
teacher's residence for the singing
and piano playing."

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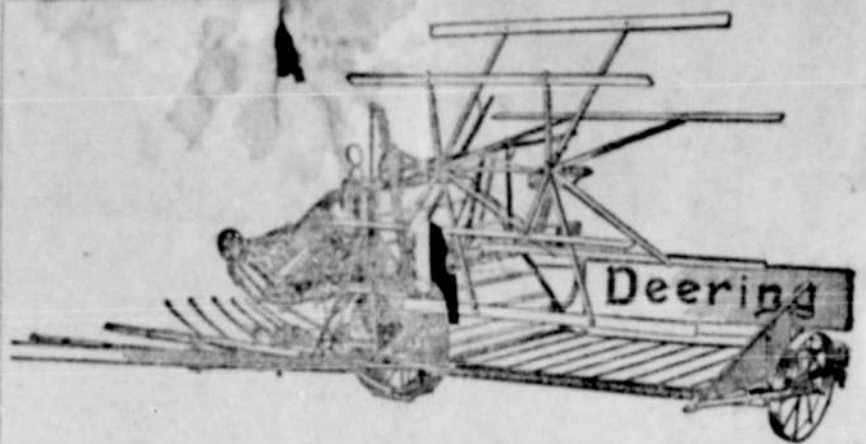
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Notice to the Public

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the Sunset, have been consolidated un-
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Monthly."

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to spare no money nor effort to make

Sunset—the Pacific Monthly a credit to
the West and a magazine of national
value and importance.

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