

DO'S AND DON'TS FOR LITTLE SWIMMERS



By the
Littlest
Champion

**Useful Points
Upon How
to Be Safe
in the Water
Told and Illus-
trated By Little
Miss Catherine
Brown**

LITTLE Miss Catherine Brown, who dictated the important advice and warnings for swimmers printed on this page, is the five-year-old daughter of Captain Alfred Brown, the celebrated professional swimmer.

Baby Brown herself, infant though she is, was a favorite swimming and diving contestant at the last Sportsman's Show at Madison Square Garden, New York. Her story here is illustrated with several remarkable photographs of her performances in Long Island Sound near the home of the Browns at College Point. As might be expected, she gives her celebrated father credit for much of the swimming and diving wisdom she utters here.

By Catherine Brown.

THERE'S an awful lot of things you have to know to be safe and enjoy yourself in the water. My father knows all about it, of course. He's a champion swimmer. He says I'll be a champion myself some day if I obey orders, and keep on as I have been doing since I was three years old.

Before I begin you must excuse me for not being quite at my best when the man took these pictures of me. I just couldn't help rubbering at the camera and forgetting about my stroke sometimes. When you're swimming you should 'tend to what you're doing, even if you are having your picture taken.

When I listen to my papa's advice, the things to do seem mostly don'ts. I'm beginning to feel that way about it myself, so I'll tell you a few of the very important don'ts right at the start.

Don't be afraid of the water, but

Little Catherine Brown Swimming in the Ocean, Using Her Favorite and Swift Side Stroke—Position Partly on the Side, One Hand Reaching Over While the Other Begins and Finishes Under the Water.



Here You See Little Miss Brown in the Ocean Swimming with the "Dog Paddle" Stroke—Usually the Most Natural Stroke for Beginners, and the Best Way for a Novice to Keep the Head Above the Surface.

don't take chances when you don't have to. I'm not afraid—the water seems friendly and kind to me—and I can swim for miles without feeling tired. But I never swim out more than a hundred yards from shore unless there's somebody nearby in a boat to look out for me in case of an accident.

Folks who think they are perfectly well sometimes have fainting spells. They get them while walking on the street, and you might get one while swimming—or get something else the matter with you. It is best to be on the safe side.

I never had a cramp in my life—I don't know what a cramp is, except from hearing tell of it. But I know what to do if ever I get one, and I'll tell you, just as papa tells me whenever he thinks of it. You never get cramps in the water that stop your breathing, so you don't have to worry about keeping afloat. The worst that cramps can do to you is to scare you and start you hollering for help.

Hollering for help is very silly. It's as the breath out of your lungs, where you need it to float with till the cramp lets go. When you begin to lose your breath you begin to take in



Photograph International News Service. Illustrating the Wrong Position in Using the Side Stroke. Baby Brown Would Feel and Look Happier Here Doing the Breast Stroke Which Her Position in the Water Suits.

mouthfuls of water, and choke, and pretty soon—if you keep that up—help would be too late any way.

You only get cramps in an arm or a leg—most always in one leg. When you feel it coming on, just fill your lungs full of air and turn over on your back, and kick out as hard as you can. Cramps don't stand much kicking out; they let go quick, and then you're all right again.

Cramps often come from eating too much just before you go into the water. Papa always says, never go in swimming for two hours after eating a hearty meal. I s'pose if you only eat a little you can go in quicker—but what's the use of breaking a good rule?

You hear a lot about people drowning because they get caught in a strong tide, or in an undertow. If you get in that kind of trouble you're silly. Don't you know that the ocean is stronger than you are? Of course it is. Nobody can fight the ocean. You don't have to—just say, how do do, Mrs. Ocean, and go right along with her. That's the right way; always, when you find the tide too strong to swim against. By swimming

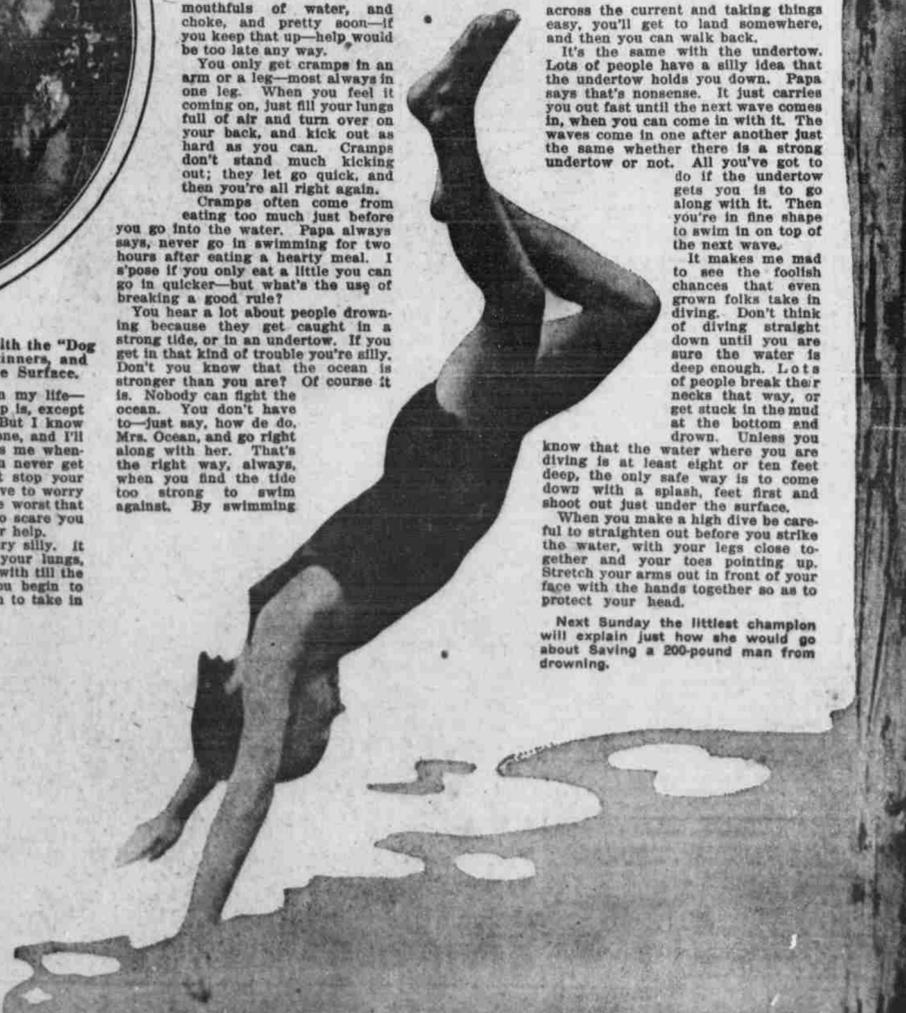
across the current and taking things easy, you'll get to land somewhere, and then you can walk back.

It's the same with the undertow. Lots of people have a silly idea that the undertow holds you down. Papa says that's nonsense. It just carries you out fast until the next wave comes in, when you can come in with it. The waves come in one after another just the same whether there is a strong undertow or not. All you've got to do if the undertow gets you is to go along with it. Then you're in fine shape to swim in on top of the next wave.

It makes me mad to see the foolish chances that even grown folks take in diving. Don't think of diving straight down until you are sure the water is deep enough. Lots of people break their necks that way, or get stuck in the mud at the bottom and drown. Unless you know that the water where you are diving is at least eight or ten feet deep, the only safe way is to come down with a splash, feet first and shoot out just under the surface.

When you make a high dive be careful to straighten out before you strike the water, with your legs close together and your toes pointing up. Stretch your arms out in front of your face with the hands together so as to protect your head.

Next Sunday the littlest champion will explain just how she would go about saving a 200-pound man from drowning.



Baby Brown in the Correct Position Before Starting the Straight Dive—Body Erect, Hands at Sides.

The Breast Stroke, as Here Used by Little Miss Brown, is More Restful Than Any Other. In Correct Teaching, It Follows the "Dog Paddle."

Baby Brown Illustrating the Wrong Way of Entering the Water in the Straight Dive. The Legs Should Be Straight Out, and the Hands Together to Protect the Face from the Force of Impact with the Water.