

Mrs. E. Benjamin Andrews is in Minneapolis for a ten days' visit.

Mrs. C. W. Branch is entertaining Mrs. J. L. Kirby of St. Joseph.

The Children of the American Revolution met Saturday afternoon with Miss Henry.

Professor and Mrs. F. M. Fling will spend their vacation in the mountains of Colorado.

Mr. Van Derveer of Albany, New York, was the guest of Mr. Willard Yates last week.

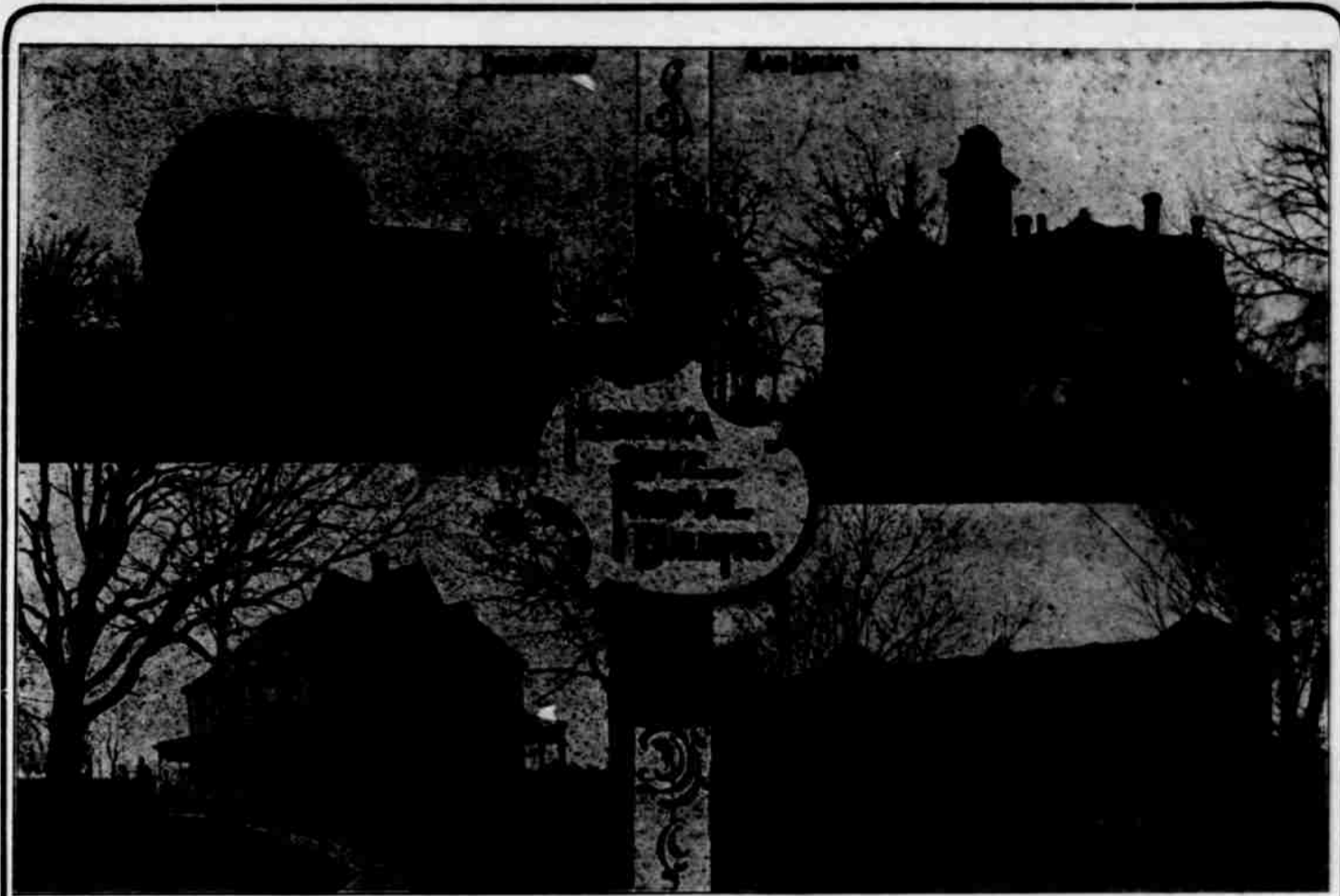
Miss Bessie Turner went to Boulder, Colorado, Wednesday to sing at the Chautauqua assembly.

Miss Amy Northcutt, daughter of Lieutenant Governor Northcutt, of Illinois, is the guest of Miss Marie Talbot.

Miss Louise Hoover gave an informal ping pong party Wednesday evening in honor of Miss Mildred Goff of Omaha.

Mrs. B. B. Hopkins and Mrs. and Miss Brush of Ashland started on Wednesday for Colorado to remain a month.

Mrs. H. O. Rowlands and her two daughters left this week for the east. They will visit friends and relatives in Chicago, Niagara Falls, Chautauqua, Albany and Utica, New York, to be absent until September. Mr. Rowlands will join his family the first of August.



STATE NORMAL SCHOOL BUILDINGS LOCATED AT PERU.

Mrs. L. F. Ashton and Miss Ashton will leave next week for British Columbia, where they will remain until September.

Mr. E. S. Hawley has gone to Schenectady, New York, where he will reside with his daughter, Mrs. Fred Smyser.

Mr. and Mrs. Ira J. Ayers removed this week to Omaha. Their going from Lincoln is regretted by a large circle of friends.

MAKES IT EASY TO MASTER SWIMMING



A BEGINNER

(By Prof. F. E. Dalton.)

In this age of athletics it is really a wonder that everyone cannot swim, especially when the essentials required for it are only a few feet of water and the arms and legs. There are few places, even in our interior towns and cities, where the water cannot be found. Again, the smallest child or weakest woman can enjoy the science natatorial.

For those who have never tried to swim these brief but thorough instructions are prepared.

When undressed rub yourself down with a rough towel, and then walk into the water.

The first thing to be done on entering is to put your head under water, open your eyes and accustom yourself to the look of things under water, which will overcome any fear that you may possess. After this has been done two or three times place any object that is hard and white at the bottom of the water, then try to pick it up, which will necessitate opening the eyes.

When thoroughly accustomed to the water, get an air bladder.

Personally, I think an air bladder is of more assistance in holding a person in the water than a friend, as the bladder keeps one up to a uniform height, whereas when held up by a friend one is apt to either slip, tire or lose patience, and the result is the pupil is unexpectedly forced under the water and is apt to lose confidence

in his power to keep afloat. Many who learn to swim often wonder at their slow progress through the water, which is solely occasioned by so many learning the strokes incorrectly; therefore particular attention should be given to the elementary or initial stages.

In my varied experience I have found that most nervous people gain confidence quicker on the back, as it is not only a more natural position but it is much easier for a beginner to breathe, as so many have the tendency to tightly close the mouth when swimming on the breast.

Start then by laying on the back, either held up by a person or by the aid of an air bladder; straighten yourself out, hold the head way back, the ears being under water. Some persons do not like the water penetrating their ears; to overcome this place a little cotton wool in each ear, then inflate the abdomen, draw your arms up alongside the body and straighten them out in a straight line with the shoulders; then push the arms and

hands through the water until the latter touch the legs. After some little practice those movements will come easy.

One great point beginners should always remember—keep the hands and legs under the water. Many beginners get frightened by having so much of the water wash over their faces. This can always be overcome by keeping the hands below the water. When you have mastered these arm movements fairly well commence on the leg strokes. Start with the legs straightened out, the heels together, draw the feet up toward the body, keep the knees well turned out as far as possible. Shoot the legs out wide, then finish the kick by bringing the legs straight together with a snap. This stroke and way of swimming on the back will be found to be not only the easiest but the best, for one can lie on his back and rest by simply stretching out the arms back over the head in a straight line with the body.

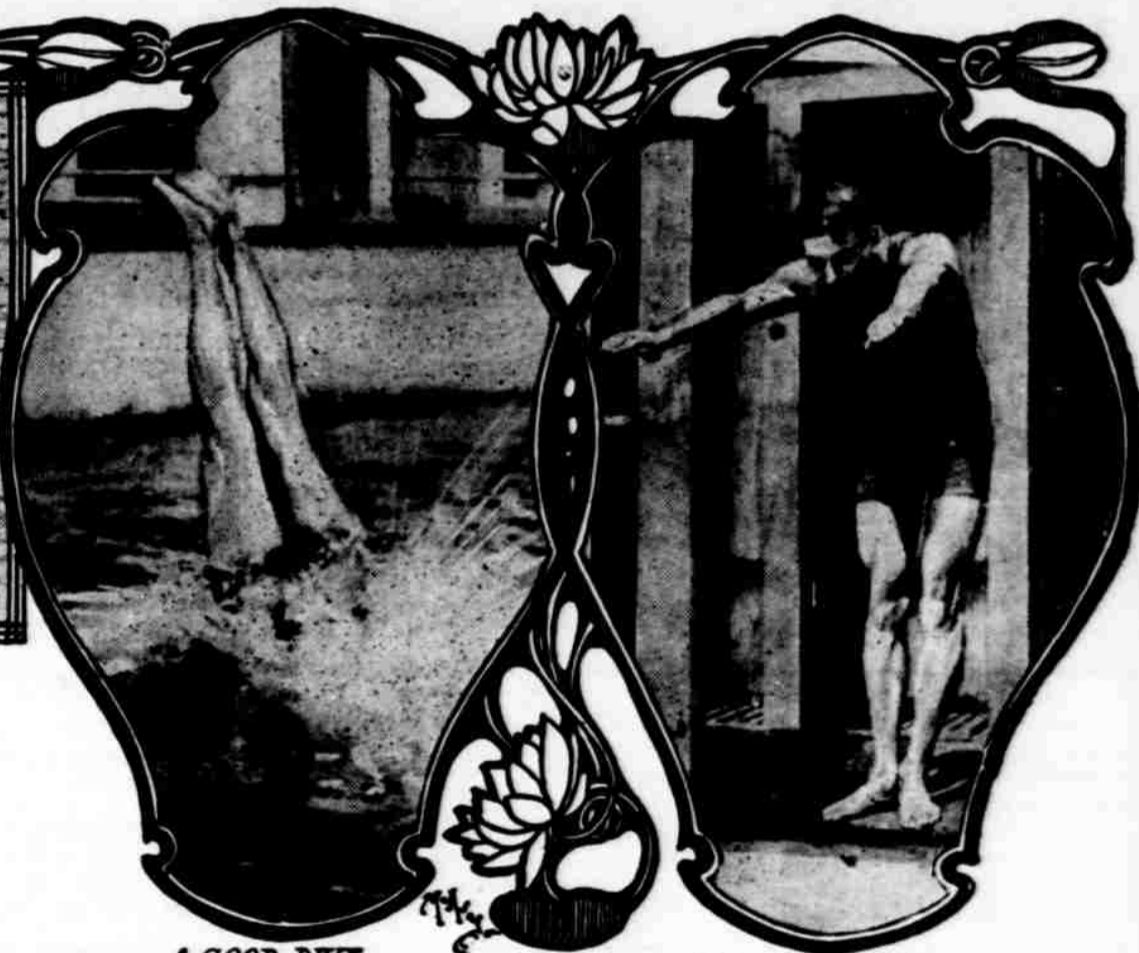
For the breast stroke commence by practicing the arm and leg movements

on shore. The hands should be brought together to the chest and shot out straight in front and then turn the hands flat, palms downward, and bring them straight round in a line with the shoulders; from there bend the elbows back and bring the hands together at the chest. For the leg action lie face downward on a stool, draw the legs up, then kick them out as wide as possible, then bring the legs straight together.

The leg movement is the same as on the back.

Practice the arm strokes first as they are easiest to manage. When you have had a few days' practice, try and swim; commence by bending forward with the hands straight in front of you and give yourself a slight push with your legs, then try and do the movements slowly and do not shorten them.

In diving always be collected and cool when you dive. Have the lungs normal, or rather don't dive with all the air out of them; it is dangerous. Never dive in strange or muddy water.



A GOOD DIVE

READY TO DIVE