

# HOLIDAY BATHING



*Why not do some REAL swimming next time you go away on holiday? This article contains useful hints—for the learner and for the swimmer—that will make future bathing much more enjoyable!*

**G**IVEN fine weather, blue sky, and warm sunshine, and no chilly wind to set one shivering, outdoor bathing, no matter whether it is the sea or river or lake, is certainly one of the most enjoyable of holiday pastimes. And the boy—or girl—who has the good fortune to spend a holiday where swimming is available and who doesn't take advantage of the opportunity scarcely deserves a holiday at all!

You go to the sea. Bathing is possible, and you know something about swimming. You will be slopping about in the water several times a day, enjoying yourself—doing a bit of *real* swimming, perhaps—and enjoying it all. But

when your holiday is over, have you improved as a swimmer? Have you learned anything? Can you do anything in the water at the end of your holiday that you could not do before?

If not, why not? Why not make use of the holiday to improve your swimming?

First, as to breathing. We have all seen swimmers dash into the water, thrash their arms and legs about for some minutes, and then badly need a rest. They are "winded." One of the things you can do during your holiday is to learn to breathe when in the water.

Breathing is something to which most swimmers do not pay half enough atten-



To breathe correctly is the first stage in learning to swim. Inhale and lower the body in water up to the neck; raise the body and then exhale.

tion. And yet correct breathing means three-fourths of success in swimming. Every swimmer doesn't know that when in the water all breathing-in should be done through the mouth, *not* through the nose. I used to think differently. I know better now. You try it for yourself. If you're a bather and not a swimmer—that is, if you're afraid of getting out of your depth and have to be content with paddling about in waist-high water—just try this scheme. When you can manage it, you will be well on the road to being a real swimmer, and you won't be "blown" after ten minutes in the water.

Let yourself go all slack, open your mouth wide, and take in a mouthful of air, but don't exert yourself to fill the lungs. Now purse up your lips, just as if you were blowing a cornet, and force the air out through the lips. Repeat this several times. When you can do that correctly, try it in the water.

Stand waist-deep, flat-footed, hands holding a rope or board or the end of a groyne. Take in a breath as described. Shut the mouth, bend the knees, and lower the body up to the neck. Don't get on your toes or stiffen yourself anywhere.

Now rise up and blow out your breath between compressed lips. Repeat this a dozen times.

The next stage is to carry the sinking into the water so far that the face up to the eyebrows is brought under water. Bend chin on the chest to prevent the water running up your nose. Stay under a couple of

seconds, come up, and expel your breath forcibly. Do this a dozen times.

Then try taking two dips below, one after the other, quickly, taking in air each time your head comes up. Before very long you will find that you can repeat this as many as twenty or thirty times. You will not get winded, and you will learn such control of your breath that a real bout of actual swimming will not leave you gasping.

And not enough attention is given to floating. Remember to be quite limp and relaxed

when floating. Become stiff, with muscles set — then down you go. Be sure to carry your head well back. If you feel your legs are going down, move your arms upwards, but don't bring them out of the water. Any part of you out of water is dead weight, dragging you down. Floating is largely confidence. Try to increase your stock of it.

Practise opening the eyes under water. This will be good for you as a swimmer, and good for your eyes. It may seem disagreeable at first, but this feeling will

quickly wear off. It is a common thing with a swimmer in difficulties to close his eyes under water. People who do so become panicky. They imagine all sorts of things—that they're drowning. They get scared, scramble around, lose their heads, raise their arms out of the water, and sink. Keep your eyes open and you will see, and you won't fear drowning.

When floating, no matter whether face downwards or on the back, how do you get to an upright position? Do you do it

Don't force a non-swimmer under water. It will make him nervous and impair his progress.



quickly? If so, it is time you practised doing it slowly. Slow movements in the water are the novice's greatest safeguard. If face downwards, bend your knees and move your legs slowly until they are under you. Your head will rise, leaving your mouth clear, so that you can breathe. Be sure to keep all muscles slack. A body with slack muscles floats; with tense, set muscles it sinks.

Do you know the "dog paddle"? If not, learn it if you can really swim. It is a most useful "bathing" stroke, though, of course, you wouldn't use it in a swimming race. It is easy and restful, and you do not need an instructor. If you can float face downwards, you can dog-paddle. The stroke is just that which a dog performs when he is swimming.

With mouth just above water, move your arms forward alternately, just stabbing them into the water ahead, and then bringing them down. Keep palms down. The leg stroke is no more than a simple kick out behind. Don't let the hands or arms come out of the water at all. If you do, there will be splashing, and you will get water in the eyes. The "dog paddle" is really crawling through the water. Take in breath in gulps. Remember that when in the water air should always be taken in gulps. Never attempt to fill the lungs just as full as possible, and never breathe out all the air they contain.

Another simple trick worth practising is treading water—useful when tired and when life-saving. Keep as nearly upright in the water as possible, the water just up to your lower lip. With elbows out at sides, move hands and forearms, both arms together or alternately, with semi-circular action, in towards your body, palms down. The legs move in an ordinary slow marking-time action; but slowly, easily, and not too high.

Don't spend all day in the water, and never go into it shortly after a square meal. That means cramp, and cramp may mean an end to the holiday. At least one and a half hours after a meal is soon enough to go bathing.

THE END

## High Days & Holidays



### FOUNDERS' DAY.

THIS is the day of all the year,  
Observed for generations;  
It brings, to those who persevere,  
Prizes and presentations.  
It is, indeed, a glorious day  
For studious swots and scholars;  
But other fellows, sad to say,  
Feel somewhat in the dolours!

The Governors arrive in force;  
For hours on end they prattle,  
Giving us sage advice, of course,  
On how to fight life's battle.  
And many a fellow nods his head,  
Hearing those droning voices;  
Till, when the final speech is said,  
He wakes up and rejoices!

The Chairman hands the prizes out  
To all the meritorious;  
A mighty and stentorian shout  
Greets those who are victorious.  
Mark Linley, loaded to his eyes,  
Comes tottering and staggering;  
While Bunter, bearing one small prize,  
With pompous pride is swaggering!

The rest of Founders' Day is spent  
In schoolboy japes and jollities;  
Cricket, and cycle rides in Kent,  
Tea-fights, and such frivolities.  
But swots are swotting, as before  
(No time for japes or quarrels!),  
To add fresh prizes to their store,  
And new leaves to their laurels!

# THE "HOLIDAY ANNUAL" CROSS-WORD PUZZLE.

*Are you smart at doing cross-word puzzles? Yes! Well, here's one that will give you a pleasant half-hour—or longer!—in the solving of it.*

## CLUES.

### ACROSS :

- Popular School Captain.
- Fattest boy at St. Jim's.
- Hurree Singh (initials).
- Popular Housemaster.
- Greyfriars junior.
- High-pitched male voice.
- Finish.
- Greyfriars junior.
- To tap again.
- Hurree Singh's nickname.
- Kind of ball bowled in cricket (plural).
- St. Jim's junior (New House).
- Ferocious.
- Point of the compass.
- Rookwood junior.
- Famous Victory (abbr.).
- Same as 13 across.
- Beams of light.
- Tom Merry (initials).
- To gather.
- What a goalkeeper does.
- Pertaining to the air.
- Sergeant Kettle (initials).
- St. Jim's junior.
- Period of time.
- Greyfriars Fifth-Former.
- St. Jim's Form-master.
- Local Yachting Society (abbr.).
- Kind of ball bowled in cricket (plural).
- Naval rank.
- St. Jim's junior.
- Point of the compass.
- Fame.
- St. Jim's junior.

## DOWN :

1. Greyfriars junior.
2. Island.
3. Getting taller.
4. Automobile Association (abbr.).
5. Musical note.
6. Mournful poem.
7. Peter Todd's nickname.
8. Royal Navy (abbr.).
9. Bachelor of Medicine (abbr.).
10. Famous fat boy at Greyfriars.
11. Larry Lascelles (initials).
12. Passes away (as time).
13. Tom North (initials).
14. Tommy Dodd (initials).
20. Act of arriving.
22. Not "out."
23. Not known (abbr.).
25. To increase or lengthen.
26. One who shoots with bow and arrows.
29. A Public Officer.
31. I and others.
32. Frank Nugent's nickname.
36. Any greasy liquid.
37. Wren (curtailed).
38. Periods of time.
42. Point of the compass.
43. Boys undergoing military training.
44. St. Jim's porter.
45. St. Jim's junior.
46. Vanished.
48. Greyfriars junior.
50. Laments.
53. Dicky Nugent (initials).
54. Screams.
56. A bone.
59. Nothing (North country dialect).
60. English river.
63. Old Boys' Society (abbr.).
64. Said to a goose.
65. St. Jim's Tennis League (abbr.).
67. Tommy Cook (initials).
68. Initials of Lovell of Rockwood.