

Swimming Ideal for Women.

So Says Adelina Trapp Who Is the Champion of Her Sex Hereabouts.

Adelina Trapp thinks that swimming is an ideal exercise for women. Miss Trapp's recent swim from North Beach to Staten Island made her the woman long distance champion in these parts.

"It amuses me a good deal to see how agitated some of the professional promoters of sports get when I absolutely refuse to swim or to exhibit myself in public for money," she said to a SUN reporter. "They can't seem to understand why any woman should love to swim well just for the sport's sake. In the last three days I have had six offers to appear in public halls and elsewhere for cash, and of course I turned them all down."

It was at her home in Williamsburg that the interview took place and the visitor was somewhat surprised to find that the young woman whose power of endurance in the water is a marvel to swimmers in general looked not at all the part of long distance woman champion nor that of school teacher either, which she is by profession and choice.

"When the public schools open I shall start on my third year of teaching a class of boys," Miss Trapp said cheerfully in answer to a question, and then she went

to a tank for a good long swim and come out feeling so happy and light hearted that I am able to cope with anything. But every one doesn't understand this.

"Why, for a whole day after my latest swim I had to listen to the most doleful comments from a stream of people both at the house and over the telephone who told all about the awful strain that endurance swimming is on the heart. In order to have an answer for the croakers I ran in to see our physician and asked him to examine me. He did examine me very carefully, pronounced me in top notch condition and told me that endurance swimming seemed to do me good."

Although only five feet tall Miss Trapp is large limbed, weighs 122 pounds and physically is particularly well adapted for swimming, she says, because her muscles have never become knotted.

"Take a woman who rides a bicycle a good deal or practises other sports which bring certain muscles into action more than others," she explained; "those muscles as a result become tightened up a bit, and this condition tells against easy swimming. The best land exercise for swimming is walking. Next

At 6 years old I swam pretty well. At 12 years of age I swam five miles and had a good time. Until I was 19 I did not attempt a long distance swim and during the interval I was studying and trying every swimming stroke I saw any one use or that I heard about, and this is what I have learned.

"Before long I learned how to fit myself to certain strokes and certain strokes to my needs; in other words how to get a desired result with the least expenditure of energy without the least strain or fatigue, for in becoming conscious of fatigue a swimmer loses all pleasure in the exercise. Now, no two persons are likely to get quite the same results from using the same strokes, therefore instead of following out and dried rules the business of every swimmer who wishes to enjoy herself to the limit is to try every and any stroke and pick out those best suited to her individually under this and that condition. Then let her practise these until absolutely perfect in them.

Having got her system of strokes, her system of swimming down to a scientific basis, she will find the rest easy. Acquire a perfect stroke, I insist, and you won't forget it in forty years, even if at that time you never go near the water. And before this point is worked out there is little use in a swimmer venturing on a long swim which will take her into novel situations, perhaps, which will give her enough to study without worrying about her stroke. Uncertainty at such times is hazardous.

"For instance, I took my first long distance swim on September 5, 1906, through Hell Gate, which has eddies and currents peculiar to itself, and all I was conscious of about was to recognize these varying currents as I met them, not as to what kind of stroke to use. At one place I would have been sucked down and held down had I not recognized immediately that this was a time for the strongest kind of backing out strokes. Yes, swimming certainly teaches one to think quickly.

"The next summer I swam from East Twenty-third street, Manhattan, to Coney Island, seventeen miles, and in July of this year from Yonkers to West Twenty-third street, Manhattan, eighteen miles. The official distance for the route I covered in my latest swim is twenty-two miles.

Urged for particulars Miss Trapp said that she had never drunk tea, coffee or alcoholic liquors in her life, and that girls who wanted to become good swimmers had better let them alone.

"When a child I had most of the ailments children are subject to, but they were soon over and left no bad effects, probably because of my exercise in the water," Miss Trapp told by way of encouragement to children in general.

"And," she added, "I believe that swimming is a preventive of most of the ills that flesh is heir to, provided that women take fairly good care of themselves, and that it is a cure for some ills.

"Although the sooner the better is a good rule in learning to swim I know cases in which adults have gone ahead remarkably well. For instance, about four weeks ago a woman 29 years old, who began to swim only last Decoration Day and who before that in fact had always been afraid of the water because as a child she suffered from paralysis of one leg, swam two miles around Rockaway Point.

"I know a woman 23 years old who in less than three years of anything but steady practice can swim five miles without any strain. More surprising still is a woman of 65 who last winter became very proficient in swimming and down the tank where I go for exercise.

"I advise any one who has been practising swimming during the summer to keep it up in a tank during the cold weather, spending one hour there once or twice a week, three times at the most.

"About diet? I am often asked that. Personally I never diet. I eat just what other folks do, except perhaps that I drink more milk and eat more eggs than some folks would care to. My meal before beginning a long swim is three glasses of milk, with an egg in each, and during the five hours I was swimming the other day I took no nourishment at all, not feeling the need of it.

"Coming out of the water I was offered hot chocolate, but I made it a rule not to take anything very hot or very cold into my stomach at such a time. I usually take a cool drink, eat some ice cream, slowly and let the water alone. Three hours later I eat a hearty meal.

"An argument advanced by the croakers against women swimming is that one is apt to lose weight thereby. Now that seems to me the best sort of argument in its favor, the loss generally representing superfluous flesh or fat, but this applies more particularly to long distance swimmers.

"Swimming regularly keeps a woman in such fine form that she neither loses nor gains, whereas in a long distance swim one generally loses several pounds. For instance, when I was weighed after my long swim the other day I found that I had lost eight pounds—eight superfluous pounds of something I told myself—which in two or three weeks will be replaced with something better, judging by the after effects of each of the several long swims I have taken. As matter of fact I have already regained three of the lost pounds.

"Necessarily in a five hour swim the body is treated differently than for an hour swim, when all the preliminaries required is merely getting into a swimming suit. Before taking a long swim I am rubbed from head to foot with alcohol and with hazel sponged with olive oil and on top of that am coated with pure petroleum. I cover my face with white vaseline.

"In my opinion," concluded Miss Trapp, "swimming is the ideal exercise for women and the fact that much better winter facilities for teaching women to swim are being arranged both in Brooklyn and Manhattan shows that the public is beginning to find it out."



MISS ADELINA TRAPP IN "SHE STOOPS TO CONQUER."

on to show that one may be a crack swimmer and yet do a lot of other things too. "That," as the visitor picked up a photograph, "is myself taken as *Mrs. Harcourt* in 'She Stoops to Conquer,' a part I took in private theatricals last spring.

"That group picture? Oh, that is the cast of an amateur musical comedy some of us got up last winter. My part was to dance in Spanish costume. Yes, I am very fond of dancing, but swimming is my favorite recreation of all."

In answer to the visitor's remark that she had expected to find a very much tired out young woman reclining on a sofa recuperating from the long swim of a few days earlier, Miss Trapp laughed heartily.

"But I am not tired," she insisted. "I don't need any extra rest. After the swim I went to an entertainment in the same evening and felt perfectly fresh, and between now and the day school opens I have a string of social engagements which will prevent my getting more than the eight hours of sleep a day I invariably allow myself.

"If a long swim used me up I wouldn't take a long swim. Swimming is my greatest recreation, and, oh, the lots of joy there is in it.

"In winter, even, when things go wrong at school or I get a little discouraged over some of the problems that fall to every teacher I turn to the swimming

to swimming it is the exercise I like best, and as walking keeps all the muscles in pliable condition I walk a good deal.

"This is one reason why I don't get tired. It is the water. Another reason is that I never hurry or worry when starting in on a long distance swim, but prepare to enjoy myself from beginning to end of the route. I let my friends who go along in a boat do the worrying. It pleases them and doesn't hurt me.

"But more than anything else it is knowing exactly what kind of stroke to use and when to use it that helps to keep a swimmer from getting tired in endurance tests, and this knowledge every ambitious swimmer must acquire for herself. She must not take any trainer's word for it."

Asked to give some rules for the benefit of beginners in general, Miss Trapp said that she was willing to tell of those which she herself had followed and found helpful, but that some trainers differed with her on certain points.

"I have always maintained," she continued, "that swimming is an exercise which more than any other makes one think. If more people would try to learn to swim there would probably be more people who would learn how to use their thinking apparatus.

"Strictly speaking, I have never had a trainer or a coach. My father taught me to swim when I was a wee thing,

THE STRANGE MUTTON BIRD.

Its Homing Instinct and Remarkable Regularity of All Its Actions.

There are some virgin spaces in the world yet. There is Stewart Island, for example, in the South Pacific south of New Zealand. Although only fifteen miles from the mainland its rocky promontories and stupendous headlands are still the haunt of primeval nature. Only the boom of the southern surf and the cry of the wheeling sea birds. That is all for eleven months of the year. In the twelfth a portion of that virgin solitude is ruthlessly disturbed. The quiet coves and shelving beaches of the island become a shambles running with innocent blood. White men, the master butcher, conducts an orgy of slaughter.

For Stewart Island and the group of rocky land specks that surround it are the home of that marvelous migrant, the sooty or short tailed petrel, a black bird about the size of an English wood pigeon, scientifically classed as *Puffinus brevicaudus*, but popularly known throughout Australasia as the mutton bird, because of a faint resemblance between its cooked flesh and mutton.

At certain times of the year young mutton birds are sold in large quantities throughout Australia and New Zealand, for they are esteemed a delicacy by many people, which accounts for the annual slaughter. The capture and preparation of the young birds for market form the staple industry of the southern Maoris in the season.

The mutton bird is, says Arthur J. Rees in the *London Evening Standard*, a migrant, but the Stewart Island group is its breeding home, and thither it comes every season to lay its eggs, hatch its young and remain till the young birds are able to fly away to the north with the parent birds, those which do not fall victims to the organized savagery of the brown barbarians. It is a wonderful sight to see the

cloud of birds making for Stewart Island for the nesting season.

They come almost all together, flocks of hundreds of thousands darkening the skies for several successive days, the blind homing instinct superior to memories of past slaughter. The newly arrived birds, which return to the islands generally about September 25, never desert that day or so later, spend the first few days after their arrival in fixing up and cleaning out the old nests where they nested last year, preparing snug homes for innocents to be hatched for slaughter.

The birds in their nest building operations work with the regularity and precision of human beings and with a great deal more industry than many human beings employ. The first thing they do is to clean out the old nests, which are holes in the ground arranged in symmetrical fashion and covering miles of ground. Holes that have been filled up are excavated again; those too wet are extended into drier ground by side holes. Thus a single opening to a nest may have three or four side passages. The depth of the nesting holes is regulated by the depth of the soil overlying the rock, but they are never very deep, since their direction is horizontal and tortuous after the birds have burrowed a few inches below the surface of the soil.

So wonderfully is the homing instinct developed in the mutton bird that each pair of birds rear their young in the same nest year after year. Identical markings on young birds reared in the same hole during successive seasons have proved this remarkable fact.

When the nests are cleaned out the renovated homes are lined with leaves. During the cleaning and nest making, which is done by both male and female, the birds go without food. Then they look out to sea, catching fish till about November 25, when the laying of eggs commences. The remarkable regularity with which characterizes the mutton bird in all its actions during the breeding season is now again strikingly manifested.

The female birds all lay on or about the same day and at the same time. Some of the mutton bird catches actually assert that all the birds lay exactly on the same day, but such unanimity seems

Pictures That Suggest the Outdoor Life.

These pictures show the present tendency of photographers to make their work an exact reflection of the personality of their subjects. This is the summer season, so the careful artist makes his pictures suggest this season. In addition he takes them in the surroundings in which they are most at home. Such fidelity to the moods and experiences of subjects will make the camera a more valuable record of life even than it used to be. Such records of personality will prove a social document of inestimable value to posterity.

So whether it be Mrs. Hans Winterfeldt running her motor in the woods at Tarrytown or Mrs. Newton Perkins with her dogs at Lawrence, the pictures show the summer avocations of these ladies. The picture of Mrs. Werthman on the lawn of her home at Scarsdale is just as true to the appearance and life of its subjects.



MRS. ANNA BURNHAM WESTERMANN.



MRS. NORTON PERKINS OF CEDARHURST AND HER DOGS.



MRS. HANS WINTERFELDT.

Record Crop for City Farmers.

This Year's Harvest of the Vacant Lots Estimated at \$18,000,000.

The farms of this city have made a record high production this year. Men in the seed, fertilizer and produce trades estimate that the production from the vacant lots in this city will be not less than \$18,000,000. The increase over last year is estimated at \$3,000,000.

Much of the production is from parcels of land that were bought by bankers, trust company operators, manufacturers and speculative builders in 1905, 1906 and the first half of 1907. In those years almost 750 square miles of farm lands within thirty-five miles of the New York City Hall were bought by financial and building interests. Millions of dollars were expended on such parcels within the city limits in grading and paving and laying sewer and water pipes.

When the hard times came only a small part of the 750 square miles had been built upon. During the next year and thereafter owners began to rent parts of these lands to speculative builders, who in turn rented the land to Italian mechanics and laborers out of work, through the kindness in the building trades. These men and their wives and children began to cultivate the lots under a system of loans from land owners and speculative builders.

By the end of the harvest of 1909 this back to the land movement of thousands of Italians in and near this city and in northern New Jersey became an important factor in the produce markets. In The Bronx and in Queens, Brooklyn and Richmond boroughs Italians, Poles, Hungarians and many Russian and German Jews engaged in farming and have been happily circumstanced during the long spells of drought that burned up crops up State and throughout New Jersey and New England by having plenty of water from city mains laid when it was believed that the building boom of 1905-06 would go through to 1912.

In many instances a man and his wife and several children working upon from six to ten acres of ground within the city limits have had an average income of not less than \$1,000 to \$1,800 from each harvest. Speculative builders who have farmed what would otherwise have been unproductive parcels of land within the city limits have paid the going wages to farmhands and have cleared from 15 to 25 per cent a year upon the investment.

Many Italians who formerly worked as day laborers or in factories and who have done well at farming on shares in the city have decided to stick to farming here so long as the lots of land can be kept out of building operations, and then they will buy or lease farm lands in The Bronx or elsewhere in the city limits or in the outer parts of Long Island or in northern New Jersey. Much has been done by Italian bankers, merchants and priests to induce fellow countrymen who came here from the farming parts of Italy to work on engineering contracts or in factories to farm on shares or for monthly wages.

There exists in this city and its vicinity a number of cooperative societies of Italians for promoting farming. Some of these societies own good types of planting, crop tending and harvesting machinery, the use of which greatly reduces the cost of production.

Under old farming methods many workers on shares in farming on building lots of this city have this season taken care of two acres of corn and two acres of potatoes for each adult male farmer. In many instances these farmers, using antiquated methods, have produced good potatoes at the cost of from 27 to 31 cents a bushel, and have sold them for from \$1 to \$1.35 a bushel.

In all the boroughs, Manhattan excepted, there can be seen in fields shacks built of material from demolished houses that house families of Italians, Poles or Hungarians who are farming lots on shares or under the rental system. They are at work from the father and the mother down to the five-year-old child, from sunrise to sunset. In most instances these families possess a couple of goats and some hens. Many Italian and Polish farmers in The Bronx say that they are averaging \$1 a year net income from each hen.

Eight Italian girls working a Bronx factory clubbed together last year and rented from a speculative builder a piece of ground on which they started a poultry

yard. They possess 600 hens and with clear about \$500 from this year's poultry keeping account.

Dwarf fruit trees planted a few years ago in many places in all the boroughs, Manhattan excepted, are now bearing abundantly and are paying well. Most of these trees are owned by small farmers, who until four or five years ago were day laborers or factory workers in trades that do not pay a daily wage that exceeds \$1.75.

This back to the farm movement is working well for farmers in a large way on Long Island and in New Jersey, who are now able to get all the extra help they want for picking fruit among the many foreign-born tenant farmers within the city limits, who at times can leave their own holdings to work for a few days on the large farms within a few miles of their homes. Many of the Italian small farmers sell all their produce to fellow countrymen who carry on retail stores, or who are hucksters throughout the zone of this city.

Among Italian American promoters of the welfare of their fellow countrymen, humble circumstances notwithstanding, projects are under consideration in the way of forming farming colonies within a hundred miles or so of this city, within large acreages of good land can be bought at from \$50 to \$100 an acre which if properly farmed will pay from 15 to 25 per cent a year on the investment. Some Catholic clergymen are promoting a movement to settle on farms Italians from the farming parts of their country as the best method of bringing to an end the objectionable living conditions in some tenement districts of this city.

Many very poor Italians living in the densely populated tenement districts came to this country expecting to get 150 acres of public land under the homestead act, and to get advances for house building, seed and farming tools from general storekeepers. For years and years stories of such things have been told in Italy by counters for American labor agents. On landing here, having spent their money for passage, thousands of these Italians who know nothing but farming have to go to work as day laborers on engineering works or in factories at very low wages. Finding that the great West is a thousand miles away, these people lose hope of doing anything at farming and make the best of the situation.

The falling of the tide of speculative building from 1907 forward has given an opportunity to thousands of Italians in this city to farm in a small way in and near the city, and it is highly profitable for them both as to their physical well being and as to their pockets. The purchasing power of these small farmers in this city is more than double that of persons engaged in working as day laborers or in factories that employ none but unskilled labor. This is particularly noticeable in The Bronx and in Brooklyn, where the small farmers who have gone into that occupation since 1907 number at least 15,000 in the market gardening lines alone.

One syndicate of bankers in a community of interest with a big real estate corporation which since 1905 has bought large tracts of land in Brooklyn and its vicinity is holding all that land for sale in years a decade away. This concern began in 1907 a policy of renting this land to small farmers. The result has been profitable to the owners and to the occupants, mostly Italians, Poles and Germans bred to farming in their own country but who came here to work in factories. All these men are doing very much better at tenant farming than they did when working in factories.

In the Oranges, Montclair, Bloomfield and thereabouts in New Jersey the tenant farmer, of Italian, Polish, German or Russian birth has become an important factor in market gardening. In New York and New Jersey one of the outcomes from the success of many Italians at tenant farming has been to reduce to small proportions the number of men and women scrimping to save money to pay their way back to Italy. Even superannuated Italians, no longer able to find work in factories, are making a good living at farming in and near this city.

EXERCISE FOR THE FAT MAN.

Assorted Stunts Which It is Said Will Banish Superfluous Flesh.

Physical training to enable a man to break athletic records or to produce exaggerated muscular development should have no place in the programme of the average person after the age of 25 or 30 years, says a writer in *Country Life in America*. The aim from that time should be merely to keep in a condition of health and efficiency.

First and chiefly there is the fat man to be considered. Drugs will not cure him nor restore his physical and mental efficiency; but one hour of blood circulating exercise every day will secure this desirable result, and it may be taken in the following manner:

Before getting out of bed in the morning come to a sitting posture with the hands at the sides of the thighs and repeat the exercise until a slight feeling of fatigue is felt in the abdominal muscles. As one becomes stronger after a week's practice the same exercise may be taken with the arms folded across the breast, and finally it can be intensified by sitting up with the arms extended behind the head. The movements may be varied by raising the legs to a vertical position and also by drawing the knees as near the chin as possible. Five minutes of this work daily will do much good.

After getting out of bed all clothing should be removed so that the air coming in through the open windows may stimulate the skin to a healthy action while taking the following exercises. With the hands placed upon the hips or extended horizontally at the sides, turn or twist the body from side to side as far as possible. Next spread the feet, place the tips of the fingers upon the shoulders, bend to the right side, keeping the left leg straight; touch the floor with the right hand and extend the left hand toward the ceiling and repeat the exercise right and left alternately. This exercise stretches up the liver.

Take the attitude of a boxer and strike out vigorously while holding a pair of light wooden dumbbells or, better, punch the striking bag for a few minutes. Follow the above exercises with a cool sponge bath and rub dry with a moderately coarse towel. Begin the exercise slowly and gradually increase it until it can be taken in ten or fifteen minute doses.

The breakfast should be light, consist-

ing principally of fruit, cereals, with skimmed milk and some fresh vegetables where one feels that he must have it a small allowance of lean beefsteak or chops may be eaten. The best drink at all times is water, and coffee should be gradually dropped from the menu.

After breakfast a brisk walk of fifteen minutes to the car or office will clear the brain for the work of the day. Fifteen minutes walk in the open air will give one an appetite for this meal, which should be more generous than the breakfast, consisting of almost anything the appetite craves, excepting starches, sugars and fats. After a short rest and another walk to the office the business of the afternoon may be taken up.

The above light training takes one hour each day, and while it will do much for the average business man in the way of improved health and strength it is advisable if he wishes to get the greatest benefit from exercise and to reduce his weight to get into some vigorous state of producing exercise three or four times a week. For this purpose tennis, squash racquets, handball or brisk walking after business hours will bring about the desired result. After the day's exercise a warm bath followed by a cold shower, or better still a cold plunge, will make one feel like a new man.

After a day spent in this manner there is a great temptation to eat a hearty dinner and no harm can result from such a course if pastry, gravies, condiments, stews and the heavier kinds of food, such as salmon, mackerel, trout and halibut, are taboo. All kinds of vegetables may be eaten excepting potatoes, sweet corn and peas, which should be eaten sparingly if at all. Alcoholic liquors must be avoided in all training, light or heavy, if the best results are to be obtained. It is best to avoid tobacco, yet a good cigar or pipe after dinner or dinner for those who smoke can do little if any harm.

Soldiers' Pet Armadillo.

From the *Washington Star*.

While hunting in the Virginia woods near Bailey's crossroads, in Alexandria county, a few nights ago a pack of dogs belonging to John Monroe and a colored man named Mortimer Wiggins ran down and killed an animal believed to be an armadillo. The dogs were after opossums and coons, but getting on the scent of the animal followed it for an hour or more before they landed their quarry. Later it was learned that the armadillo belonged to one of the troops of Cavalry at Fort Myer, and the animal was a pet of the animals while on duty on the Texas border and had brought them to the United States. The animal was killed by one of the men and had been hunting the woods for it for several days when they learned that it had been killed. The animal was the only armadillo hunt that ever took place in the vicinity of Washington.