

PIMPLES

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Rev. H. E. O'Grady Talks.

Editor Anniston Evening Star: Father H. E. O'Grady, the well known missionary priest who is at present the guest of Father Doyle, at the rectory, was seen last evening by a reporter of the Evening Star in reference to the wonderful

Long Life Liver and Kidney Cure

of which he discovered the formula of Father O'Grady gave him a history of the remedy and all the good that had been done by it.

"And as the reporter was about to leave Father O'Grady said I wish you would tell the mothers in Anniston and for miles around Anniston to keep a bottle of this great remedy in their homes and to give it to their children when in need of a gentle Laxative and Liver Medicine. There is nothing like it to build up a run down system."

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HANNAH BROS.

SWIMMING MISTAKES

FEW LEARN TO HANDLE THEMSELVES PROPERLY IN THE WATER.

Ignorance of the First Principles of the Art is Common—Drowning Persons Can Be Saved With But Very Little Danger to the Rescuer.

It has always struck me as curious that though Englishmen are so fond of all athletic sports, though yachting, boating and fishing take so prominent a place among our sports and amusements, we are such very bad swimmers. When at Cambridge I could never find any one who would swim the half mile with me, and I doubt if there were twenty men at the university who could have swum half a mile. "Rather not, I get so pumped," was the answer always made to my invitation. Yet there is no exercise which, when properly learned, "pumps" one less or tires one less. After a five mile race one's heart is not beating any faster than at the start, nor is one half so exhausted as after riding a bicycle up a steep hill.

I often talked with Captain Webb about his channel swim, and he told me that even after swimming for twenty-two hours his muscles were not very tired and that it was weariness he felt more than exhaustion. We used to swim for two hours together twice a week when we were both training for some race. He was a slow swimmer, but swam in excellent style, which means he wasted none of his strength, and when I knew him he never swam anything but the breast stroke. If I remember rightly, he never was any good at any of the side strokes, and he certainly swam the channel on his breast. The channel may be crossed again, but it is not very likely, as several good swimmers have tried and been beaten. Except for the pleasure of having to look out for the Hellespont in the map, Byron's swim (which is, I suppose, more or less a historical event, as it is alluded to by every distributor of swimming prizes who wishes to show his learning) should be forgotten and never alluded to as a feat at all when compared with Webb's.

Men are "pumped" because so few care to learn to swim properly and are content to flounder and splutter about, thinking apparently that the faster they move their arms and legs, never mind in what direction, the more magnificent their swimming.

Swimming is a question of balance, and that is why when once learned it is never forgotten. The mistake in learning is that to avoid breathing in water boys put their heads too far back and so keep their mouths too far above the surface. Nobody will ever swim well or with ease till he has learned that it is not necessary to carry his neck like a straggled giraffe. This strained attitude upsets the balance. You will see every good swimmer in the world swimming with his mouth under water till the arms separate. His body will thus be straight, very high in the water, and he will be balanced properly.

To learn to breathe properly means to learn to swim quickly and well. It is very simple. All that the tyro need remember is to breathe outward as his hands go forward and to breathe inward directly his hands separate, which is the moment when his head is highest. I have found it useful when teaching to tell boys to "blow their hands from them" as a sort of mnemonic technique of the moment to breathe outward. I am sorry for lads whom I see learning to swim when they become apparently much distressed about the proper movement of their legs and arms and much more sorely distressed really by the amount of bath water they are swallowing, of which the instructor takes no note, though the pupil does.

One word more about learning. It is important—very—that the hands in breast stroke swimming should work in the same horizontal plane as the body and not downward. Working them downward is a waste of strength. They are then only lifting the body out of instead of propelling it through the water. It is important that boys should be taught the breast stroke properly. All boys think they can swim quicker on their sides because when on their sides they see the water pass by their faces and fancy they are going as fast as a torpedo-catcher. But it is a mistake. The proper stroke now adopted by all amateurs and professionals for racing is very different from what boys call "side stroke" and ought to be carefully learned after a good breast stroke has been mastered. Nothing but a good breast stroke can save you in trouble, nor can you save a drowning man by any fancy swimming.

Now, for the second part of my text. Can there be a more hideous danger than that of swimming up to rescue a drowning and struggling man who, fighting for his life and in the agony of suffocation, will seize you and clutch you and take you with him to the bottom? Drowning men are said to clutch at a straw, but for choice they prefer something more substantial. Summer after summer we read the same old story of the rescuer being clutched and drowned and two lives lost, one of them certainly being that of a brave man. Yet it is a mere question of three or four hours' teaching and practice to enable any one to rescue a drowning man with but very little danger to the rescuer.

It has been my painful duty to award the medals at the so-called life saving competitions now taking place every summer at our public schools. Miserable and gloomy faces they are! A stuffed booby is pushed out about twenty yards into the water, and the boys jump in, one after another, and pull it to shore. The booby is then sunk, and the boys have to dive and bring it up, no directions being given how properly to do so. Anything more



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unlike what one has to do when confronted with the danger of rescuing a struggling man it is impossible to conceive, and I hope the day is not far distant when public schoolboys will be ashamed to accept a medal for such a silly competition.

When you swim up to a drowning man he will probably seize you by the wrists. If you turn your wrists round against his thumbs he cannot hold you for a second, and the fact of his losing his hold on you will probably swing him round, so that you can then catch hold of him properly and bring him to shore, swimming on your back.

My readers should be a little careful how they practice this, because if they try to hold on when the wrists are turned against their thumbs the result may probably be dislocation.

It is not safe, however, to assume that the rescued man will remain quiet, nor will he if any water splashes on his face, so the best way to hold him is to place your arms under his and your hands on his chest. He cannot then turn round on you and his head is higher out of the water than when simply held by the head. If he seizes you by the head, which is the next most likely part to be grasped, you must put one arm behind his back and one hand under his chin. The arm behind pulls him toward you; the hand under the chin pushes his head backward and under water. He will let go of necessity. If he seizes you lower down you must put your knee up as high as it will go, and you can easily free yourself. All this is far easier to do than it is to describe, if only men will take the little trouble to learn.

If the drowning man has sunk you will generally see by the bubbles in still water whereabouts he is. Dive down, and be it noted that the common idea that you cannot open your eyes under water, but must go down with them open, is utter nonsense. Get the body across one knee, and a kick from the other leg will bring you and him to the surface. A man will not clutch or struggle if he has once sunk, but there is no reason for letting him sink. A man who has sunk is very nearly dead. Be it noted also that it is utter nonsense to say that a man "rises three times," and it is difficult to know how such a very common belief can be so widespread. If you de-

termine to wait till your sunken man rises again you will have to wait till the resurrection day.

So far I have referred only to rescuing a struggling man fighting for his life and lost to all sense but his own danger, but it may happen to many of us to be swimming with a friend who gets cramp or to soldiers to have to get a wounded comrade across a river. The ordinary mortal would try to swim with the injured man on his back and would assuredly fail. But nothing can possibly be easier than to help another man who will keep quiet and has his wits about him. If he will turn on his back and place his hands on your shoulders you can swim any distance with him without being in the least incommoded. I am sure no one will believe how easy this is till he has tried it.

No one can say he will never find himself in the dreadful position of seeing a fellow man drowning before his eyes. At the expense of a few hours given to learning how to save life and keep his own position would not be so dreadful. Surely this is worth the expenditure of a little time and a very little trouble, and surely this knowledge might with advantage be given to our boys at our public and private schools.—Hon. Sydney Holland in *British Magazine*.

LaGrippe and Pneumonia. Pneumonia often follows la grippe but never follows the use of Foley's Honey and Tar. It cures la grippe, coughs and prevents pneumonia and consumption. Ask for Foley's Honey and Tar and refuse any substitute offered. Mr. G. Vacher, of 157 Osgood St., Chicago, writes: "My wife had a severe case of la grippe three years ago, and it left her with a terrible cough. She tried a bottle of Foley's Honey and Tar and it gave immediate relief. A 50 cent bottle cured her cough entirely." Refuse substitutes. W. A. D'Alemberte, druggist and apothecary.

W. O. W. Meeting. Live Oak Camp, No. 1, Woodmen of the World, will hold regular meeting on Wednesday, December 20, at 7:30 p. m. Annual election of officers. F. A. BOGHIGHI, C. C. LESLIE E. BROOKS, Clerk.

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GEORGE DOUVILLE, ATTORNEY-AT-LAW. Room 530 Thiesen Bld. Phone 734.

C. R. YAEGER, ATTORNEY-AT-LAW. Rooms, 202 and 204 Thiesen Bld. PHONE 352.

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Dr. S. R. Mallory Kennedy Office over D'Alemberte's Drug Store Office Hours—9:30 a. m. to 6 p. m. Phones 274 and 109.

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