

THE ART OF SWIMMING

By Frederick R. Toombs

THOUSANDS of swimmers throughout the length and breadth of the United States are now in the heyday of their glory. The extreme heat which marked the early days of the summer literally drove the multitudes to watering places.

Swimming is an art that should be cultivated by persons of good physical condition. The direct benefits to be derived from it are manifold. Mind and muscle receive a moderate, healthful stimulation the value of which cannot be overestimated.

Every true sportsman should number swimming in his repertoire of accomplishments. He should be allowed no excuse for failure. In boating and bathing emergencies the adept swimmer has little to fear. Many a life has been saved by a knowledge of the proper use of arms and legs when a person has been carried suddenly into treacherous waters.

Swimming as a pastime in America was not indulged in extensively until a comparatively few years ago. But at

face of considerable length takes a great deal of vitality from a man. "Fancy" swimmers are not so numerous as members of the other classes. Their accomplishments are attractive from a spectator's viewpoint. To the actual participant, however, fancy swimming is possessed of little intrinsic value. The "fancy" swimmer prides himself on being quite the "real thing" but his art is of little or no practical utility to the man desirous of becoming a confident performer.

After all sides of the question are brought into focus the conclusion is reached that the pleasure seeker derives most enjoyment from "utility" swimming. His moderation rewards him with development and tone, which in racing is displaced by exhaustion.

Experienced swimmers use a variety of strokes. Many of these are practical and should be at the command of every person desiring to become proficient. Other strokes that appear showy and freakish are the stock in trade of the exhibition sharp.

Dozens of methods for learning to swim are advanced by as many instructors. All are based on certain fundamental principles which must be recognized by novices. Breast, overhand and side strokes are the most important changes in the swimmer's budget. After the introductory lessons in keeping afloat and maintaining a correct position in the water these movements should be practiced assiduously.

Leg action should be given special attention. Swimmers who have not had the benefit of expert advice in their early operations are prone to contract a faulty movement of the feet and legs. The leg drive is fully as important as the arm stroke. I have seen many instances where good swimmers have been ruined by lack of study of the proper execution of the kick.

The average swimmer finds the breast stroke the best. The overhand stroke is used by a majority of leading all around swimmers. It is the fastest movement. Peter McNally, champion long distance swimmer of the world; E. C. Schaeffer, champion of the Amateur Athletic union; W. Evans, J. H. Tyers, J. Nuttall and other well known experts use the overhand side stroke in preference to all others.

In the overhand side stroke it is a matter of choice as to which side of the body is turned. Swimming with the left side toward the surface does not impede the action of the heart and the organs of digestion are kept free from pressure. For the purpose of clear description it will be best to imagine the swimmer to be in the water lying on his right side. At the start the lower arm should be pulled down toward the hips and to the surface, the fingers being close together and the hands flat. A large surface will then be presented to the water. When the stroke is completed, the hand should be turned quickly, thumb upward, so that, with the lower part of the arm it cuts the water sideways. Then as it is shot forward the hand is gradually turned from palm down until when it arrives at its position in front of the head, almost at the surface, it is ready for the following stroke.

The recovery ought to be effected much more quickly than the "pull." In the former the water only offers resist, while in the latter the whole arm and hand have to be dragged through it.

The upper or left arm stroke is started when the downward stroke of the under or right arm is finished. It begins about half a foot in front of the face. The arm is bent slightly to work clear of the chest. The palm and thumb point downward. The pull in most cases is taken with the arm bent a trifle as it enters the water, but in other instances the hand is brought under the chest and then, with the arm bent at right angles, swept back close to the body. The arm gradually straightens as it leaves the water. The stroke should not be made too long either at start or finish. The effect of the impulsive power is at its height when the



Photo by Huff, Newark, N. J.
J. P. JACOBSON.

Jacobson is a remarkably plucky cyclist. He is one of the best pursuit riders in the country. His work this season is being watched by thousands of admirers. Jacobson is riding in the national circuit events. He hails from New Haven.

The present period the sport is so popular that it might almost be termed a national recreation. No private or public gymnasium nowadays is thoroughly up to date unless it is supplemented by a tank for swimmers. The pool, in fact, has become one of the major attractions of the modern athletic club.

In learning to swim the beginner should first consider carefully to what feature of this branch of aquatic he will confine himself. Three distinct variations in method and stroke constitute as many different classes. The divisions in which swimmers usually find a niche are racing, pleasure and "fancy." Racing swimmers are apt to carry indulgence in the sport to an extreme. A



LEONARD BOYNE, FAMOUS ENGLISH ACTOR.

Leonard Boyne, who has probably won more successes in melodrama in England than any other living performer, will, it is rumored, visit this country next year as the star of an elaborate production which has not yet been seen. Naturally, Mr. Boyne's coming is dependent upon the success of this venture. Mr. Boyne came over here several years ago and won distinction in the principal male role of "A Prodigal Daughter," the first of the so-called "horse plays." A decade or so ago Mr. Boyne was starring in the English provinces in romantic drama, but his success in a certain class of melodramatic productions has been so marked that he has since found himself unable to get away from them, much as he at heart dislikes them. It is whispered that if Mr. Boyne's coming tour should prove all that is anticipated he may remain permanently in America.

hand is opposite the shoulder. At the end of the pull, when the hand is opposite the waist, it should be brought smartly out of the water and carried forward to repeat its work.

The legs should begin to separate for the leg stroke as the upper arm enters the water, the kick being completed and the legs straightened just as the underarm is half through its work.

Back swimming is not appreciated by aquatic performers to its full extent. Attention is almost wholly directed to the more speedy modes of progression. In races for championships and for ordinary swimmers the back swimmers are totally disregarded. It has been my experience that men versed in the science of swimming on their backs head the list of successful life savers. I will give an instance that came under my observation at Bar Harbor two years ago. The famous Mount Desert resort was in gala attire in honor of the presence of the north Atlantic squadron, anchored inside the Porcupine Islands. A small sloop cruising near the warships suddenly capsized in a squall. A man and two women, the occupants of the craft, were thrown into the cold waters of Frenchman's bay. Neither of the women could swim. The death of one seemed inevitable. The man, however, was a strong back swimmer. He grasped the collars of his companions, turned on his back, holding one woman on each side, and managed to keep them afloat until they were all rescued by a launch sent out from the battleship Massachusetts, which was riding at anchor a cable's length distant. Had not the yachtsman been able to swim on his back one of his fellow voyagers must surely have been lost.

Diving is a magnificent, nerve strengthening sport, but endurance and steadiness are required. The proper approach, jump and balance should be studied carefully and practiced continually.

Divers should always be careful to inhale a full breath before striking the water. The exact depth to which a man will descend can never be estimated, and all chances of distress under the surface will be avoided by a little precaution in this respect. In diving never fail to point the hands over the head. To strike water from a height with the head is almost as dangerous as hitting a solid rock. Diving is a source of delight to all swimmers, and when gracefully done a swift, headlong plunge is a pretty sight. Professional divers are often seen in exhibitions throughout the country.



Photo by Higgins, New York.

FAMOUS TENNIS COURT OF THE LONGWOOD CRICKET CLUB, BOSTON.

STAGE FOLK AND THEIR DOINGS.

The Augustus Daily Musical Comedy company in "San Toy" will open its season at the Harlem Opera House, New York, Sept. 23.

Rehearsals of the company to appear in "Ben-Hur" next season will begin at the Broadway theatre, New York, Aug. 5, under the direction of Ben Teal. Frank McKee's special company, presenting "Janice Meredith," will open its

season at Asbury Park Sept. 23. The name part will be played by Amy Richard.

Roland Reed's old comedy, "The Wrong Mr. Wright," will be revived for road purposes next season. "Frank McKee" has definitely decided on "The Taming of the Shrew" as the Shakespearean production in which he will present Mary Manning and James

K. Hackett in a special joint starring tour next spring, covering a period of six weeks.

Aline Lacharme has been engaged as director of music for Harry B. Smith's new musical comedy, "The Liberty Belle." The scenery will be painted by Ernest Albert, and special properties will be provided by Edward Seidel. Maurice Levi, the music director of Rogers brothers' company, has returned to New York from Mount Clemens,

where he has been at work on the score of John J. McNally's new vaudeville farce, "The Rogers Brothers in Washington."

Mr. Levi says he has written a new number, a companion piece to "The Innocent Maid" and "When Neighbors Come to Town." John J. McNally, who has just finished the new farce, "The Rogers Brothers in Washington," in which the Rogers brothers appear next season, says that if a man desires a really serious occu-

pation he should go into a dark corner for three months and try to write comic lines for a funny show.

Signor A. De Novella will continue as director of music for the Klaw & Erlanger company next season in "Fox Quiller." Klaw & Erlanger deny that they have entered into a contract with Mascagni, the Italian composer, to manage a concert tour for him and his orchestra of 50 musicians throughout this country.

A cabled interview quotes Mascagni as saying that Klaw & Erlanger were to pay him \$10,000 a week for eight weeks and deposit this sum in a bank in Italy before he left that country.

Grace Cameron, the soprano, is spending her vacation singing in concert, making a big hit and much money. She returns to the part of Daphne next season. Robert Mantell's repertory for the coming season will include "Hamlet,"

"Richard III," "Othello," "Richard III" and "Romeo and Juliet." The latter will be under the direction of Martin W. Hanley and his son, W. J. Hanley.

Andrew Mack in "Tom Moore" will open his season in New London, Conn., Aug. 28. He will go to the Herald Square theatre, New York, Aug. 31. Robert Taber has been engaged to play the title role in the London production of "Ben-Hur," to be presented at the Drury Lane theatre, April 8, 1902.

TIMELY SPORTING COMMENT

THE baseball season has now entered on the middle stretch of the summer's campaign. Teams that will show up strongly at the finish of the pennant chase are sure to make themselves known within the next few weeks. Incomplete aggregations are bound to work toward the bottom as the season progresses, and teams strong enough to hold positions in the first division up to the last of August, as a rule, maintain their stride to the finish. Unlooked for accidents to prominent players, however, have the disconcerting habit of working lamentable changes in the prospects of a strong team.

Developments thus far in the baseball world have proved conclusively that the condition and personnel of a team's pitching staff are among the most prominent factors in deciding games. Even good batting is less important. The showing of the Brooklyn Superbas has been somewhat of a disappointment to their admirers. At times within striking distance of first place and again rubbing elbows with second division nines, the Brooklynites have been erratic as possible. This uncertainty was due primarily to the inefficiency of the men who did, or attempted to do, the twirling.

Donovan, Jimmy Hughes, "Roaring Bill" Kennedy, Kitson and McJames all have pitched creditable and oftentimes sensational ball in previous years. Now the futility of their work against not particularly strong teams seems to evidence the reasons of games of "chance" or "something equally disconcerting."

Donovan has, on the whole, done better work than his colleagues. McJames has been the most consistent loser. I holden first won notoriety by jumping from the walking beam of an excursion steamer. Next he filled a contract to jump into a pool of water six feet deep from a platform 30 feet high at the well known cycle track at Valisburg, N. J. Holden then disappeared from the public gaze, but again forced himself into

as he desired to go to the Philadelphia Athletics, why was he not permitted to do so? "Mugsy" McGraw's strenuous fight in causing Jennings to sign with the Philadelphia Nationals lost Ban Johnson's organization a good drawing card.

The effect of the Jennings affair will be felt until the playing shuts down in the fall. There is a bed of smoldering coals in the make up of the American that is fanned by clashes of opinion, and Ban Johnson is evidently overreaching himself. Straws blowing about the green diamond show that the southern lawyer aspires to be a kind of dictator. With such active, opinionated men as Collins, McGraw and Comiskey under his wing, Johnson will discover breakers ahead.

Returns from various cities show that the American scheme of 25 cent admissions is an unsuccessful feature of management. Next year there will probably be a change. One National game in Boston not long ago drew an amount exceeding the total receipts of the Beantown American's first western trip.

The success of the trip of the American track and field athletes now in England is causing much gratification on this side. English athletes and athletics, from all signs, are on a decline. Maxey Long, Arthur F. Duffy, Irving K. Baxter and A. C. Kraenzlein, some of the well known Yankee cracks to triumph abroad, went over in very poor condition physically. They made no effort whatever to prime themselves for the contests, and their easy victories are therefore doubly significant. A very few years ago American athletes required hard and conscientious training to insure a good showing against the Brits. That a few of our cracks could without thorough preparation turn the tables on Albion's leading athletes should provide food for serious reflection in the neighborhood of the Greenwich meridian.

Preparations are already on foot in Chicago to procure financial backing for

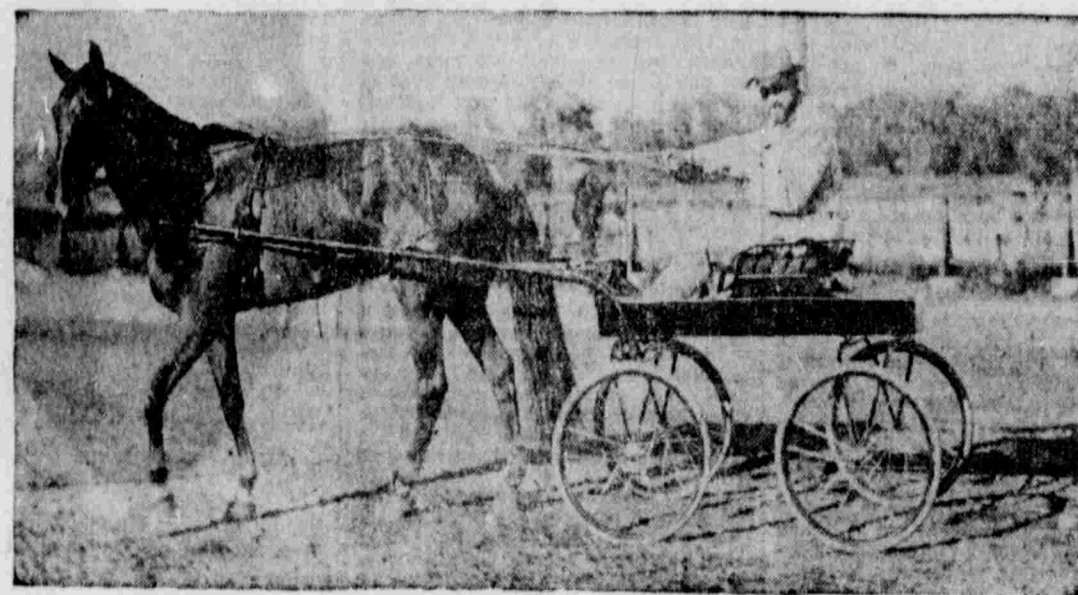


Photo by Cole & Springstein, New York.

NATHAN STRAUS DRIVING COBWEBS, 2:12.

Cobwebs, "the king of the speedway," is one of the best known trotters in the country. The game animal is a favorite on the New York speedway and has never been defeated but once.

prominence by diving from a high railroad bridge near Paterson, N. J. While talking with Holden a few days ago he said: "In diving from a height of 30 feet not more than three seconds are required to hit the water. The time seems to be much longer. You think you are in the air at least a minute."

"Like other high divers, I usually do some preliminary work before taking the sensational leap. I usually practice on the flying trapeze or rings first."

"When a man begins to make a dive from a great height, he feels as if his heart were in his mouth. He shuts his mouth in an effort to bite his heart in two, then he strikes the water."

of his manager. Hanlon is not backward in giving a man his passport when the occasion requires it.

Troubles in the American league are multiplying as the days go by. No sooner had the umpiring difficulties dropped temporarily than the fight over Hughes Jennings arose. The league would have found it profitable to allow Jennings to have his own way. So long

a revival of Olympian games. The long fight that the sportsmen of the Windy City put up was deserving of success. The ancient contests are to be copied as closely as possible.

The very first of the Grecian contests consisted of running the fourth century—jumping, horse races, discus and spear throwing, wrestling and boxing were introduced, while chariot racing became a ruling feature.

Chicago will go further with the Greek games. Yachting, rowing, fencing and the equestrian exercises of all nations are to figure. Baseball, football, golf, lacrosse, cricket, basketball and other pastimes of modern invention will also be introduced.

Torchlight processions as in the olden days will be seen, and theaters producing Greek and Roman plays, with historical posings in ancient costumes, are also projected. But the chief feature of the great Olympian games—the worship of the conquering heroes by the multitude—will be lacking.

The sponsors of the Chicago imitation of the Olympian games have set the date for the mammoth hippodrome for 1904.

Prospects for a five cornered motor paced cycling match between the leading performers of the year are very bright. Johnny Nelson, Harry Elkes, Floyd A. McFarland, Bobby Walthour and Jimmy Michael have stated that they are anxious to enter such an event.

A race open to the quarter of great American scorers would be the most noteworthy cycling happening of the decade. Such a battle could not well be arranged before the closing, in September, of the national circuit. This would be a satisfactory method of deciding the year's champion of middle distance racing. The contest would likely be between Nelson and McFarland. Elkes is an able rider, but I doubt if he could touch either of his two foremost rivals in middle distances. Walthour and Michael are not apt to cut a deal of ice in the five sided match. Michael is plainly passe in comparison to his form of two years ago, and Walthour, the game and speedy Georgian, needs another year of campaigning before he will do his best work in match contests.

The changes in football rules for 1901 are of minor importance. The committee having the revision of platoon chasing regulations in charge was made up



Photo by Sachs, Newark, N. J.

OWEN S. KIMBLE.

"Old Kaintuck" is one of the most popular speed merchants in the business. He is riding for the "A. B. C." and shows that he has not lost any of the ability he possessed last year when at Montreal he corralled the one mile championship of America.

STAR POINTER'S CONDITION.

After a let up of a year Star Pointer, 3:59, may likely appear upon the turf again. It is said that the great pacer is in splendid condition. It is hazardous business to give a horse once broken down the work necessary for a campaign.

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of Walter Camp, Yale, chairman; Ben Wrenn, Harvard; Alexander Moffat, Princeton; John C. Bell, University of Pennsylvania; L. M. Dennis, Cornell; and Paul Danahy, Lehigh—names to conjure with in football.

No alteration in the scoring system was made, although something new in this line was expected. One provision places the limit of time to be taken out for injury at two minutes. If play is not resumed at the expiration of the given time, five yards are to be forfeited.

Another rule stipulates the distance a ball must be kicked when brought in from out of bounds. This regulation is made to prevent an on side kick for a short distance, while the men on side would fall upon it for a gain.

The committee on rules has decided that where the ball is passed back of the goal line for a kick and is then kicked out of bounds the greatest score that can be made is that allowed for a safety. The object of the rule is to provide for a case where a ball goes out of bounds back of the goal line. In such an event under former rules opponents could fall on the spheroid, making a touchdown and counting five points. Two points are all that can be tallied on this play according to the recently formed rule.

EDGAR L. CARPENTER.

Sartorial Pointers For the Fashionable Huntsman.

Most of the sportsmen's suitings used in America come from England. This is a peculiar state of affairs, but it is nevertheless true. Our own manufacturers do not seem inclined to produce fabrics



PROPER HUNTING TOGS.

popular with huntsmen, horsemen, etc. The comparatively moderate demand for the particular kinds of cloth required for the saddle and for the hunt, however, accounts for the failure of American weavers to put them on the looms. Styles in huntmen's dress are unusual in that they are in a measure subject to the whims of the wearer. The cut invariably takes precedence over the material. A hunter solicited for his sartorial appearance may wear almost any old kind of cloth so long as it is given the correct cut.

Patch pockets are the universal custom in shooting jackets and have been for many years. The Norfolk jacket is worn by various unerring Beau Brummels, Harold Money, son of Captain A. W. Money of the British army, is a disciple of the Norfolk jacket. Both the Monneys have been performing at the American tracks for several years. Many people recognize them by the cut of their garments rather than by their features.

The hunting boot is almost a counterpart of the riding boot. The curves in the former, however, are more pronounced, and the tops are cut higher.

The "real thing" in shooting jackets is a checked cloth cut with the coat long-to below the hips. There are only two pockets, one on each side, well in front. Sleeves are long and full. Trousers curve outward on both outside and inside seams and, as in the riding trousers, fit snug to the leg from the knee to the ankle. The smart shooting coat is shaped in a trifle at the waist, giving the shoulders a narrow aspect.

Hunting caps of the same old variety are being worn—double peaked and looped in the middle.

SHOULD ACTORS BE PITIED?

"Actors are often pitied," said a well known English actor recently, "because they have to perform while some one near and dear may be suffering or dying or dead, but that pity is largely misplaced. Naturally it is hard for an actor to rouse himself from the profound preoccupation of grief or of any great unhappiness in order to assume another character, but from this very assumption of another character comes consolation. I have gone to the theater when I have been suffering acutely, when I have been in an agony, when it seemed a cruelty to force me to play my part, a wickedness to make me assume a comic character and to try to amuse an audience; but, once on the stage, I forget my suffering. In feeling I become the person I represent. And here, my friends, lies a moral—the moral that in work lies the greatest blessing in life."

"Only the other day I was talking with one of the best known of your American authors, and upon touching upon this very subject I was delighted to find that he agreed with me. Now, those good people who imagine that my view is sordid or commonplace, degrading the artist to the level of the mere mechanic, overlook, it seems to me, one very important consideration in the creation of all artistic work—that it is not achieved at the moment when it is taking definite shape. The brain of the artist maintains a constant activity. Usually when the artist is himself least aware of it. In the case of Victor Hugo his three hours of labor in the morning by no means meant that his daily task was finished. His brain was busy during his walks in the streets of Paris or in the country, while he was watching the stars, while he was meeting his friends at luncheon or dinner or during his thinking years of exile, while he was thinking with sadness and regret of his beloved Paris."

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