

competition between groups, platoons, and individuals is a great help in building individual pride and *esprit de corps*.

The instruction must be vital, alive and always interesting. The instructor or officer in charge should keep the lesson moving. There should be no lag. The swimming instructor should know all the swimming techniques.

It will be necessary where large groups of men are swimming together to set up some simple safety measures. There should be sufficient competent life-guards to patrol the pool and assist the instructors during every lesson period. As a further precaution the following system should be used: The platoon commander or the person in charge of swimming should divide the group into pairs. For example, have the men count off. Then pair 1 with 2, 3 with 4, 5 with 6, 7 with 8, etc. This system of assigning swimming mates is called the "buddy system". The "buddy system" is a simple and safe means of keeping check on the men in the pool. When each recruit has been assigned a mate, explain that it will be necessary for these mates to work together and to keep track of each other. During the course of the lesson the instructor should call the men to attention to check for their mates. In this way, besides the regular life-guards and the instructor, each recruit acts as a sort of assistant life-guard by keeping check on his swimming mate. This will soon inspire *confidence* in their own security. (Fig. 7)

The outline submitted below emphasizes primarily the mechanical skills necessary for elementary locomotion in the water. Where the time permits and the interest is shown more advanced swimming work should be taught the men. Advanced life-saving, crawl stroke, breast stroke, and fancy diving can be included for advanced swimmers. Where-