

arms, the legs and the back.

Dill Would you say that swimming is better than rowing, for instance?

Allphin Kansas is a long way from tidewater and we don't have much rowing here. How do they do it?

Dill I've never been in a racing shell, but I used to row a little in the Northwest in boats built somewhat like a racing shell - long and narrow, with a sliding seat for the oarsman. A strap over his toes would hold his feet firmly and allow him to pull the seat forward until his knees were up to his chin. Then with his arms extended far in front he could dip in his oars and get a mighty stroke, ~~combining~~ combining the push of his legs as he moved the seat back, bend his ~~back~~ back backward, and pull his hands close to his chest, the three movements combining to give a long, powerful stroke that would make the boat leap ahead. Even the wrists came in for a special twist to "feather" the oar.

Allphin That sounds like a complete exercising of the body muscles, but you really ought to try swimming, Mr. Dill. This is one exercise that can be indulged in by the old as well as the young. Swimming will really keep you young and fit, if practiced regularly. To be socially correct, you should know how to swim well. There are several strokes in the realm of Father Neptune: The American crawl, trudgeon side, breast, elementary back stroke, back crawl, treading and floating.

Dill You have been talking about the different strokes in swimming; which is the fastest?

Allphin The crawl stroke is the fastest possible way to swim. It evolved from the trudgeon which was invented by Mr. Trudgeon of England, while watching some South American Indians swim in 1880.

Dill Now there is another thing I want to know. I've noticed that the newer swimming pools are 25 yards long, while some of the older ones are only 20 yards. How do the records compare in pools of these different sizes? What I mean is, can a swimmer do 200 yards faster in a 20 yard pool than in a 25 yard pool, or is he slower?

Allphin There are three sets of National Collegiate and National College Freshman records. Twenty yard course records, short course records, made in pools not less than 25 yards in length; long course records, made in pools 50 yards long or over. Records will be recognized for all three courses in the following events: 50 yards (60 yards for 20 yard course), 100, 220, 440, 150 yards back stroke, 200 yards breast stroke, 400 yards relay and 300 yards medley relay.. The records for the 20 yard and the short course are faster than the long course records because the swimmer takes more turns on the former and can make more speed than straightaway swimming on the long course.

Dill Does it take about the same time to do a touch and turn on the back stroke as on the crawl?

Allphin It takes longer to turn on the back stroke, ~~because~~ because the swimmer cannot see where he is going, therefore it is difficult to gauge