

Allen - Herb, you have been coaching swimming for a number of years. Why do you consider swimming one of the important body-building sports?

Herb - Well, Dr. Allen, you know the small boy says that "swimming is the only exercise that leaves a fellow clean". The sensation of man gliding through water is soothing to the nervous system. Many physicians consider swimming the safest and most beneficial form of exercise. The heart and lungs are favorably situated, which lessens the danger of straining the heart, thus aiding in circulation. The position of the body in correct swimming is horizontal.

Allen - Yes, and Herb, let's not overlook this very important point: President Franklin D. Roosevelt has focused national attention on the Warm Springs, Georgia, Foundation in his great fight in overcoming the devastating effects of infantile paralysis. Physicians have found that by immersing the patient in water the treatment of poliomyelitis, infantile paralysis is immeasurably hastened. This treatment is one of the first aids in re-establishing the nervous and muscular coordinations so necessary to the patient in regenerating the nerve cells in the anterior horns of the spinal cord. The child afflicted with infantile paralysis is able many times to use his muscles in water when unable to activate himself otherwise. These bodily movements in water aid in regenerating nervous and muscular tissues.

Herb- We had a good example of that right here at the University of Kansas a few years ago, Dr. Allen. Do you remember Harold Denton, the Summerfield Scholar and president of the men's student council, who used to swim in our pool to aid in his great fight against poliomyelitis? He also spent several summers at the Warm Springs Foundation.

Allen- Yes, I remember Harold very well. But we have been talking about the beneficial aspect of swimming. Do you think swimming has a recreational value, Herb?

Herb- Recreational aquatics is taking its place in the swimming world. It is rather a new phase, but it includes fancy swimming and sculling, stunt and comic diving, partner contests, group stunts, team games, tag games, mass games, and so forth. The swimming public is composed of human beings all the way from one and two-year-olds up to men and women of 60 and 70 years of age.

Allen - By the way, Herb, didn't Jim Raport swim on your varsity team here in 1935?

Herb- Yes, he did, Doctor, and he made all-Big Six Conference honor team.

Allen- Jim, you are a modest fellow, but you tell us about your event, and what your time was.

Jim - Well, Dr. Allen, my race was the 200 yard breast stroke. As to my time for the event, I suppose you mean my best time. Well, that was 2:49. At the beginning of the swimming season my time was 3:15, so you can readily see that work and plenty of it sliced off 26 seconds.

Allen- Well, that's fine, Jim. But you know they have streamlined that stroke now, and they call it the butterfly stroke, don't they, Herb? Tell us something about this butterfly stroke.