



MORE THAN 7,000 DROWN YEARLY

Everyone Should Learn to Swim and to Observe Safety Rules of Swimming

It must have been a heart-breaking feeling, standing there on the string piece—helplessly—watching for Joe to come up again.

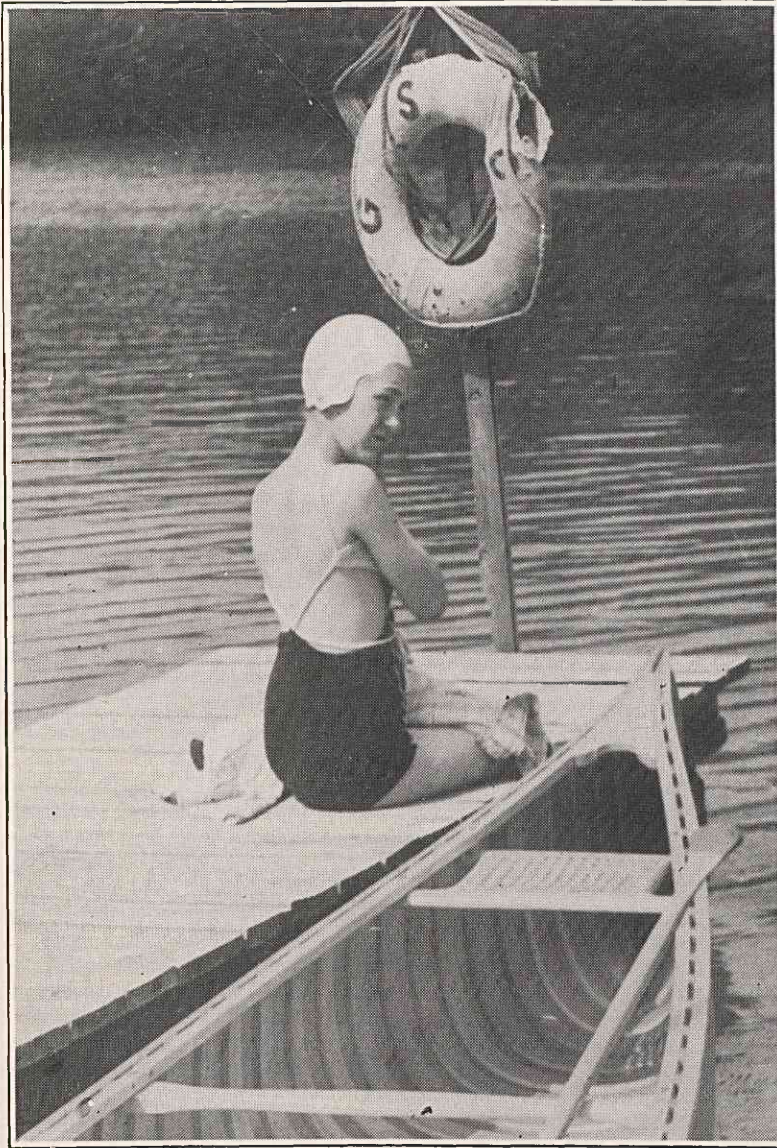
No one saw Joe go down for the first time. Only a shriek of stark terror. Harry heard it. Running over to the edge of the pier he saw Joe on his back—arms and legs thrashing around like a sea serpent. His gurgling, frantic screams froze Harry to the spot. Then he disappeared below the surface of the water once more. A hundred yards down river two men had put out in a dory. Harry's eyes were glued desperately upon a small patch of water. Centuries passed in those few seconds! Harry lived the agony that was Joe's. Cursed himself for never having learned to swim. Wondered what he'd tell Joe's family.

Harry was jolted back to his senses by a shout from the boat for directions. A few more strong pulls on the oars and the boat was in position for one of the men to dive in to the spot where Harry was pointing. Harry waited long enough to see rescuer and victim rise to the surface, then he raced ashore to phone for help.

When he returned, the two men had got Joe on the pier. One of them, astraddle Joe's motionless form, had begun artificial respiration. "Out goes the bad air—in comes the good," the man kept saying. Swinging slowly forward, then back, the rhythm was kept up steadily for more than an hour without interruption—not even when they changed operators after help came. Finally there was a flicker of Joe's eyes. He stirred. They had pumped the breath of life into Joe's feeble body.

Over 7,000 people are drowned in the United States every year. Many would still be alive if they had been able to swim, or if persons nearby had been able to swim and effect rescues. The mere ability to swim, however, is not always sufficient to save the life of a drowning person; sometimes the efforts of an inexperienced rescuer result in two drownings instead of one, for a drowning

Maybe She's Obeying Her Mother



This young lady may have asked her mother if she could go out to swim and received instructions to hang her clothes on a hickory limb, but not go in the water. Anyway, it looks like a nice cool spot, what with all the hot weather of the past several weeks.

person is frequently extremely difficult to handle. It is important that everyone should swim well enough to save his own life by obeying the safety rules of swimming.

Everyone can and should learn the prone-pressure method of artificial respiration even if he can't swim. This is the method of restoring breathing to a person rescued from drowning. It is important to know since this method is also used in reviving victims of electric shock or gas poisoning where breathing has stopped. Countless lives are saved by promptly beginning ar-

tificial respiration. Countless other lives are lost because of not knowing how to apply artificial respiration. Seconds count in drownings.

Probably three-quarters of the deaths from drowning each year occur while in swimming, or playing or working in the water. More than half of the deaths from drowning happen during the summer months. Fortunately there has been a gradual decline in such deaths over a period of years. When each of us learns how to swim and how to assist in water accident rescues they will decline even further.

DON'T OVER DO YOUR VACATION

Recreation Is Desirable, But Rest and Relaxation Are Also Necessary to You

The important thing to remember is: Don't overdo it. We've all seen the victims of too much vacation. Recreation is desirable but rest and relaxation are also necessary.

Vacation trips take people to unfamiliar surroundings where hazards are different but no less serious than those of city streets.

Here are a few points to remember:

1. Be sure your car is in condition for the road.
2. Take your time. The vacation won't be a success unless you get there and back safely.
3. Avoid long hours at the wheel. Fatigue not only offsets the benefits of vacation but makes it difficult to concentrate on driving.
4. Camping out? Then watch out for natural hazards—insects, poisonous plants, snakes — and farm animals, too.
5. Even sparkling water is often unfit to drink. A vacuum filled with water of known purity is a desirable addition to touring equipment.
6. Eat good food, and don't bolt it. Don't be an eat and run driver.
7. Be sure your camp fire is out before leaving it.
8. Get your exercise gradually. Overdoing it at the start may wreck the vacation.
9. When in a boat be satisfied with the seat you have chosen.
10. Never swim alone. If you are not an expert swimmer, avoid deep water and unsupervised beaches.
11. Learn something about first aid and the prone pressure method of resuscitation before vacation time.
12. A coat of tan is something to be acquired gradually. A sunburn is often a dangerous burn, particularly when it covers a large area of skin.
13. Get plenty of sleep. Late sessions of bridge take away the beneficial effects of days spent in the open.

What appears to be an "oasis" in the mind of a boy when he "quitates" from school is a "desert", and instead of his pathway being strewn with roses, it will be hedged with thorns and thistles.