Expert Wears Hat Will Never
Rival Men.

DO NOT DRESS PROPERLY

Harry W. Long—Emphasizes Need of
Teaching Children the Art—Little Girls
Should Not Be Neglected, Because
Aquatic Sports, Be It Remembered, Are
Evident to Beauty—Should Exercise Freely.

Why cannot women learn to swim as
easily and as well as men?

Just now, with the swimming season is about to begin, this query is often heard. Swimmers of the world have always held women in importance to women, because it is a great aid to beauty.

"Women will never be able to swim as well as men," declares Harry W. Long, instructor at the Women's Physical Institute, of physical director at the Y. M. C. A., himself an expert swimmer, and who does not make a radical change in their method of living and mode of dressing.

"Women follow all sorts of beauty fads; follow them in their health and dressing, but look better, perhaps, than they did twenty years ago. But the question is, Are they really better physically? I think not. They cannot accept the truth, as women are often told. Many are a sad sight, and are they really better physically? I think not.

Women who firmly believe they are suffering from some disease, or are subject to some physical ailment, should not only avoid exercise, but should consult a physician. For many women, exercise may be a relief, and may help to cure various ailments. They may find their health is much improved.

Women should wear the hat will never

Miss Kellarman an Example

"Am Memory Kellarman exemplifies the fact that women can learn to swim as easily and as well as men, but, of course, I have no way of knowing what the men accomplished in the way of swimming a distance. She is a remarkably strong swimmer, and every woman who tries to beat her should try her best. But even if they try their best, they will always fall short of her performance. She is a great athlete, and takes exercise that would tend to develop the arm muscle, as well as the lower leg muscle. She is a great swimmer, and should every woman try to do everything as much as possible.

"It has been said and over and again that the best way to teach a small boy or girl to swim is to let him or her play in the water, and let him or her learn how to swim. That is true. I have tried it, and in every case I have let him or her play in the water, and I have found that he or she learns to swim.

"It is natural for a small boy or girl to learn how to swim in this way, but if they are forced to learn, it is hard for them to learn. They are not used to the water, and they do not like it. They may be afraid to swim, and they do not want to swim. They may have a fear of the water, and they do not want to swim. They may have a fear of the water, and they do not want to swim. They may have a fear of the water, and they do not want to swim.

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