

**SWIMMING  
SCIENTIFICALLY TAUGHT;  
A PRACTICAL MANUAL  
FOR YOUNG AND OLD**

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Swimming scientifically taught; a practical manual for young and old by Frank Eugen Dalton

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FRANK EUGEN DALTON

# SWIMMING SCIENTIFICALLY TAUGHT

A PRACTICAL MANUAL FOR  
YOUNG AND OLD

By

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*Instructor in Scientific Swimming at the Dalton Swimming  
School, and Originator of the Dalton Method*

*WITH NUMEROUS ILLUSTRATIONS*



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TO MY FATHER

THE LATE CAPT. DAVIS DALTON

who swam the English Channel from Cape Grisnez near Boulogne, France, to Folkestone, England, August 16-17, 1890; whose enthusiasm and unflagging interest in all matters pertaining to swimming and life-saving have been excelled by none, and who was a faithful practitioner of the methods herein set forth, this book is affectionately dedicated by his son,

THE AUTHOR

376206





# CONTENTS

## PART I—INTRODUCTION

	PAGE
THE IMPORTANCE OF SWIMMING . . . . .	15
LEARNING BY THE BOOK . . . . .	22

## PART II—VARIOUS KINDS OF STROKES

THE BACK STROKE . . . . .	27
THE DALTON STROKE . . . . .	37
THE BACK AND DALTON STROKE . . . . .	39
THE BREAST STROKE . . . . .	41
THE CHANGING BREAST, SIDE AND BACK STROKES . . . . .	53
THE SIDE STROKE . . . . .	55
THE OVERHAND STROKE . . . . .	60
THE ENGLISH RACING STROKE . . . . .	63
THE TRUDGEON STROKE . . . . .	66
THE CRAWL STROKE . . . . .	68

## PART III—FLOATING, DIVING AND SCIENTIFIC SWIMMING

TREADING WATER . . . . .	81
FLOATING . . . . .	84
DIVING . . . . .	89
SWIMMING LIKE A DOG . . . . .	106
PLUNGING . . . . .	107

## CONTENTS

	PAGE
SCULLING . . . . .	109
SWIMMING BACKWARD ON THE CHEST . . . . .	110
THE WASHING TUB . . . . .	112
THE PROPELLER . . . . .	113
THE TORPEDO . . . . .	115
THE CATHERINE WHEEL . . . . .	117
ROLLING . . . . .	119
SWIMMING LIKE A PORPOISE . . . . .	121
THE PENDULUM . . . . .	124
SOMERSAULTS . . . . .	127
DOUBLE SOMERSAULTS . . . . .	129
WITH ONE LEG OUT OF WATER . . . . .	131
SWIMMING WITH CLOTHES ON . . . . .	132
WITH HANDS AND FEET TIED . . . . .	134
OVER AND UNDER . . . . .	136
SWIMMING UNDER WATER . . . . .	139
MONTE CRISTO SACK TRICK . . . . .	142
NOTABLE FEATS BY CELEBRATED SWIMMERS . . . . .	144

### PART IV—WATER POLO

WATER POLO . . . . .	153
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### PART V—CRAMPS, HOW TO SAVE LIFE, RESUSCITATION, ETC.

CRAMPS . . . . .	181
HOW TO SAVE LIFE . . . . .	182
RESUSCITATION AFTER RESCUE . . . . .	187
HALL'S METHOD OF RESUSCITATION . . . . .	189
SYLVESTER'S METHOD . . . . .	191