

210 SPORTS, PASTIMES, AND PHYSICAL TRAINING

will then seize him, one under *one arm*, and the other under the other, and without any great effort in treading water, bring him along, with his head above water, while they enjoin him to keep himself stretched out and as much as possible without motion.

The Cramp.

The cramp generally proceeds from acidity of the bowels, arising from a bad state of the stomach, or from the effects of the cold water on the muscular system. Some persons are very subject to it on slight occasions, and such persons will do well never to go out of their depth. But should a tolerable swimmer be seized with the cramp, he should not be frightened, but the moment the cramp is felt in the foot or leg, strike out that foot or leg, with the heel elongated, and the toes drawn upward toward the shin-bone, never minding any little pain it may occasion, as he need not fear breaking a bone, muscle, or tendon. Should this not succeed, he should throw himself on his back, and float quietly, and paddle himself gently to the shore. He may also swim with his hands, like a dog, and practise any of the motions of the upper part of the body for keeping his head above water till assistance arrives.

SNOW-SHOEING.

SNOW-SHOEING is a pastime much enjoyed in the more northern sections of the country and proficiency in the art is often of real practical value. Snow-shoes are made of a single light strip of hickory or ash, the ends are bent until they meet, and then bound together for from 6 to 10 inches. Thin pieces of flat wood are fitted across the frame to strengthen it, and it is then woven with thongs or tendons, so as to make a sort of basket-work. It is from three to six feet in length, and from 12 to 20 inches wide. It is fastened to the foot by a toe-strap and two thongs that pass over the instep. The toe of the foot points toward the rounded end of the snow-shoe. The heel is left free to rise and fall, and a hole is left in the basket-work under the toe-strap, into which the wearer's toe sinks at every step. It requires much practice to attain skill in snow-shoeing. The shoe enables the walker to slip or slide over the surface of the snow with as much ease as on hard ground, the basket-work bearing the weight of a man in places where without it he would sink. The shoe should be raised a little with the toe at the beginning of the step, letting the end trail, keep head and shoulders erect, and glide the shoes one over the other. Beginners are apt to catch the toe of one shoe under the edge of the other, and so trip themselves up.

TOBOGGANING.

TOBOGGANING is one of the most ancient methods of progression and transportation in this country, and is fine sport as well. The Indians employed it for centuries and the word is of Indian origin.

The toboggan is really a sled without runners, and the frame is made of tough elastic wood about a quarter of an inch thick. They