

Miss Wehselau Relates First Chapter In Her Tank Swimming Career

After Losing, Mariechen Won Next Competition;
Advises Swimmers to Keep Trying and
Lays Down Few Simple Rules

By MARIECHEN WEHSELAU
Honolulu's Champion Woman Swimmer

I HAD trained under "Dad's" supervision for approximately three months when he entered me in the 50 yards event for girls under 15. The race was staged in the Y.M.C.A. tank. The length of the course was only 20 yards, so that meant two and one-half lengths of the pool. That seemed quite a distance in those days. The girls were nervous, consequently we made a poor start. At the first turn we were about even. At the second turn the other girls were slightly in the lead. Then we sprinted to the end and the race was over. There were four girls in the race and I came in fourth. Oh, what a disgrace! I didn't know how I could ever live down the supposedly disgrace of that defeat. That was my first race and I came in last. The very thought was somewhat discouraging. I finally gained enough courage to start training again.



WEHSELAU

The next race was to be held in the Y. M. C. A. tank in February, 1920. This time "Dad" entered me in the 40 yards novice event. Again there were four girls in the race. Just before the event I remembered that there had been four girls in the other race. Superstition was just about getting the better part of me when the gun went off. The start was fairly good and at the finish I found that I had come in first. Later on in the evening I was presented with a sterling cup. My first prize! That little cup made me very happy, in fact, it was instrumental in making me walk on feathers for days afterward.

KEEP ON TRYING

All of which goes to show that the only motto for a swimmer is to try, try again, and if at first you don't succeed try, try again!"

It was quite an honor to me to be enrolled in "Dad" Center's Friday evening classes. My ambitions looked as though they had been realized when I arrived there. My one thought was, I am a real swimmer now! The truth finally unfolded itself. I was not a swimmer but only a beginner. A swimmer has to be made out of a beginner. It was so discouraging to have my seemingly perfect stroke picked to pieces. There were many hard exercises which I had to go through and many a time there was when I didn't do those exercises correctly and consequently was reprimanded. A few of the main exercises which I had to do and which you can very easily do, are:

1. Hang on to the side of the tank and kick—using the crawl kick. The action of the feet should be completed about three or four inches below the

Might Sign Him With Follies If He Continues Such Stunts As These

PHILADELPHIA, Dec. 18.—(By Mail)—George Decker, who some 20 years ago was one of the leading lightweights of this city, celebrated his forty-fourth birthday today by boxing a three minute round for every one of his years. Decker has been boxing instructor at the University of Pennsylvania for many years and when he announced that he would box 44 rounds on his forty-fourth birthday many doubted that the veteran could turn the trick. But George did it in Weightman Hall this afternoon. Before a big crowd of Penn students, Decker took on 10 of the Penn boxing team and Billy Morris, the trainer for four round bouts. There were no set-ups. The students went at George with everything they had and so did Morris, but the veteran, who is a mighty clever boxer, showed little the effect of his test when the 44 rounds had been completed.

surface of the water. A big splash indicates wasted speed and energy.

2. Kick across the tank with one breath. Your face should be slightly submerged and hands clasped out in front. In this exercise two rudiments of swimming are taken care of, first, the breathing, and second the kicking.

3. Have some one hold your feet while you go through the arm movements. Take a breath every four strokes.

4. Swim across the tank using your arms and dragging your feet. This exercise is supposed to be completed with one breath.

5. Fasten a belt around your waist. Have the belt sufficiently large so as to prevent chafing. Attach a rope from the belt to the side of the tank. Swim for approximately fifteen minutes while you are in this position. Don't forget to take a breath every four strokes. This exercise will easily perfect your stroke provided it is done in the right way.

The above are the only exercises in which a swimmer may perfect his or her stroke and are very simple. They are also the best if they are done in the correct way.

EDITOR'S NOTE:—This is the second of the Wehselau series on swimming, which she has consented to write exclusively for THE ADVERTISER. In that Miss Wehselau goes to St. Augustine, Florida, this week to compete in the National women's championships, the series will be discontinued until she returns to Hawaii some time late in February.



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