

SWIMMING BULLETIN



CHAUNCEY A. HYATT
 University of Wisconsin '12
 Coach New Trier H. S. Swimming Team (H. S. Champions '15, '16 and '17)—formerly Director of Aquatics U. of Wis. (1911-12-13)—member Advisory Committee on Swimming Rules (National Collegiate Athletic Association)—Chairman Swimming Committee (Chicago Suburban H. S. Conference).

Man, always intent upon getting ahead of Nature, has developed an institution known as a natatorium when entirely protected from the elements, and as a swimming pool when only partly so.

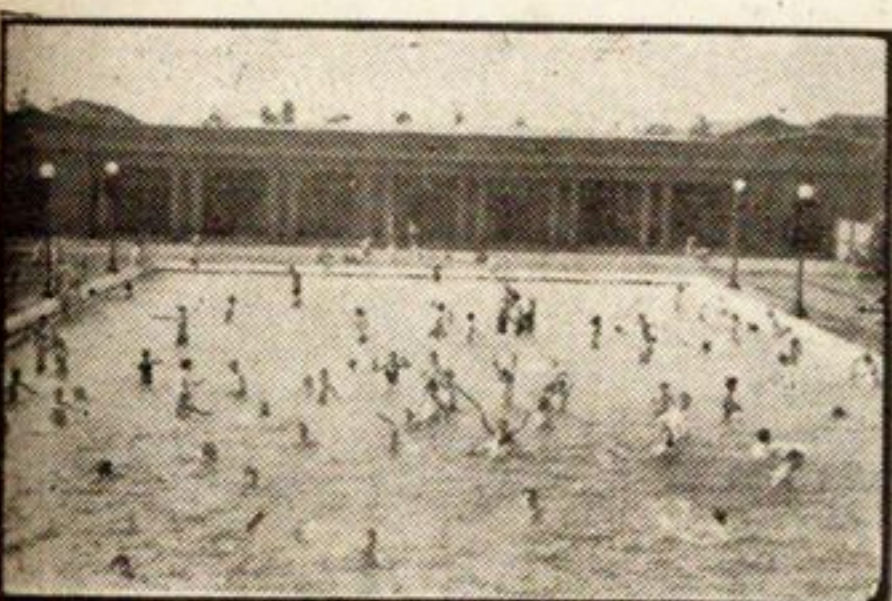
Nature has provided places to swim, but usually has restricted their use, due to climatic and other conditions and to a relatively short season. This condition is true at least in the temperate and frigid zones.

Civilized peoples have enjoyed swimming so greatly that they have not been satisfied with a very short season and so they have built swimming pools, and in many ways have improved upon Nature.

In a natatorium it is possible to control nearly all the factors which have any relation to the enjoyment of the sport.

We will now compare man's product with Nature's, and see what he has accomplished.

Except in the case of a few very rugged individuals, the temperature of the water, to be satisfactory, must be at least 60 degrees. The ideal



temperature is somewhere between 68 and 76 degrees. When the water gets warmer than 80 degrees it is very enervating and undesirable from a physiological standpoint. So, in the matter of temperature, man has made a big advance, for he uses a thermostat and, having decided what temperature is desirable, he can keep the water in this condition at all times.

The actual heating is done in two ways, either direct contact with live steam, or by indirect heating, in which the water is circulated through electric or steam heaters—and does not come in contact with the steam. These two methods of heating are comparable to hot water and hot air heating for houses, and the indirect method is desirable for the same reason in both cases. The steam, when actually introduced into the water, especially if the water is not free from the low vegetative forms, keeps these forms and results in a disagreeable scum.

The next consideration is the condition of the water from a sanitary standpoint. In the "old swimming hole" man had to share aquatic privileges with many other members of the animal and vegetable and mineral kingdom. In the natatorium he is very exclusive, and the sport becomes more attractive from an aesthetic viewpoint.

The only intruders which give him any trouble are ones that he has provided unpleasant receptions for. The larger vegetative and mineral matter are removed by means of filters, and the bacteria are not removed by use of a filter but are very effectively removed, or at least they are killed, by the use of chemicals or by **ultra violet rays** system. The last method is the modern method and its action is analogous to the sun's germicidal action. It is very desirable because it leaves no traces of unpleasant chemicals behind. The other method, which is equally effective, is to introduce a measured quantity of hypochloride of lime into the water. The amount necessary to produce relatively sterile water and still be harmless to people who use the water has been determined after careful study. This is the procedure which all up-to-date pools use. Its disadvantages lie in the fact that it sometimes is accompanied by a very disagreeable odor when improperly introduced into the water or when too much hypochloride is used. This has a disagreeable effect upon the eyes and mucus membranes, but there is no permanent injury. Personally, I have always been willing to overlook this feature because I knew that it meant I was swimming in sterile water and need not worry about any bacterial infection.

In outdoor pools, and in reservoirs, where the low vegetative forms get too numerous, a very dilute solution of copper sulphate is used to remedy this nuisance. This chemical in very dilute form acts upon the

cellular structure of the plants in such a way to interfere with growth.

For many years natatoriums were built in basements and without direct sunlight, but the more recent ones are improving in this respect, and the "water gymnasium" is coming into its own. Swimming pools should have high ceilings and efficient ventilation. There should be plenty of available room for spectators.

There are other ways in which the natatorium is desirable. It is easier to learn in an indoor pool with the water especially warmed and no waves or undertow to conflict, than it is in the lake. Women like an indoor pool because it is more private and they need not be so severely handicapped in the matter of dress. The amount of sunlight may also be controlled and sunburn avoided.

A swimming pool is safer from the standpoint of accidental drowning, because it is smaller and more easily guarded, and because anyone in distress can be quickly located in the clear crystal water.

A swimming pool has its limitations, of course, in the matter of size; but in a good pool, properly managed, there are the following points in its favor: It is safer from two standpoints, viz.: Danger from drowning and danger from infectious diseases; it is easier to learn in a pool than in a large body of water; the temperature of the water may be regulated; it is more private, and, hence, more desirable for women and children; it is available the entire year, regardless of climate conditions—that is, if the price of coal does not

net too high! and there are other reasons, too numerous to mention, which may be suggested to the reader by the above.

In regard to the danger of contagion from swimming pools, there have been many conflicting ideas. Usually the most ardent agitators against swimming pools are the people who know the least about the subject.

Five years ago there was an epidemic of mumps in this locality. The New Trier High school natatorium had just been completed, but had not been filled with water, but there were scores of wisecracks who knew that the epidemic was due to but one cause, and that was the New Trier High school swimming pool. One old gentleman of the community with whom I came in contact advanced this information, and said it would be different if there was running water in the pool and providing it was changed once in a while. He had never seen the pool and knew nothing of its operation, as can be judged from the above remarks.

Personally, I have been directly connected with swimming pools for at least eight years and I have always kept in close touch with members of the medical profession. In all this time I have never known of a case of infection that was ascribed by them as coming from the swimming pool.

One summer there was an ear infection in this community, and there were six cases, to the best of my knowledge, including my own case, in which persons who used the pool were afflicted. This brought the matter close to home and I felt that here was a case against the pool. But during my vacation I went up into Wisconsin and I found many people similarly afflicted who had never seen a swimming pool, and had never been in swimming in all their life. So one of the cases against swimming pools was dismissed.

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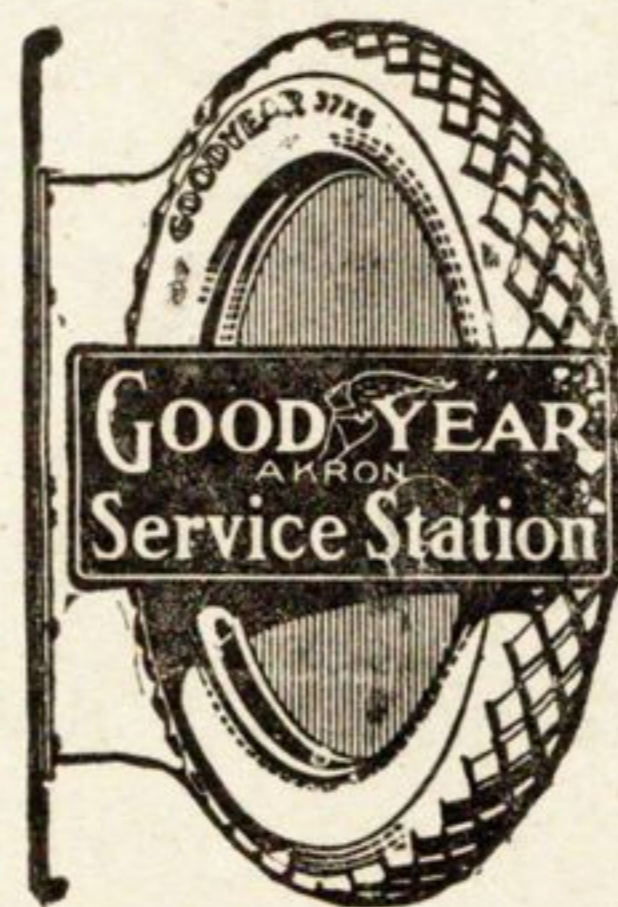
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