

# GIVE "DON'TS" FOR SWIMMERS

Illinois Department of Health Gives Some Valuable Advice to Beach Devotees

## OUTLINE PRECAUTIONS Learn Life-saving Methods, Is Advice

With the first warm days of spring young people, and for that matter older ones too, seek swimming hole or bathing pool. This spring, being no exception to the general rule, brings the news of many accidental drownings. Child life is besieged by many enemies in the form of communicable diseases. Preventive medicine has made much progress in recent years, and will make more rapid strides as the public conscience is awakened to the necessity thereof.

Not only should the health of children be guarded while they are in school but their summer sports should receive the same careful attention. Bathing beaches, summer resorts, and public playgrounds where swimming pools are maintained not only educate their patrons in the matter of life saving, but have life saving crews standing ready for any emergency.

The Illinois Department of Health this week issued a bulletin containing some valuable "don'ts" for bathers. They read as follows:

### Don'ts For Bathers

- Don't swim on a full stomach. Wait at least two hours after eating.
- Don't swim if overheated.
- Don't swim until exhausted.
- Don't swim if you have heart trouble.
- Don't dive without accurate knowledge of the depth of the water.
- Don't struggle if caught in a swift current or undertow; the force of the current will bring you to the surface.
- Don't wade into water with arms over your head; you will not be ready to stroke if you step into a hole.
- Don't lean backward when wading into the water, always be ready to fall forward.
- Don't cry for help in fun; you may some time need help and not get it.
- Don't fail to learn the Red Cross life saving and resuscitation methods. Be capable of saving yourself and your companions.
- Don't go in swimming alone unless you are an expert.

### JOINS REALTY CO. STAFF

Robert L. Morley, for many years a resident of Wilmette, after an extended absence from the north shore, has returned and joined the Wilmette staff of Hill and Wheeler, realtors.

# CRYSTAL LAKE CLUB HAS NORTH SHORE FOLLOWING

The north shore and the Crystal Lake Country club are closely associated, as a perusal of the list of officers and directors of the club, located "on the lake in the country" at Crystal Lake, Ill., forty miles northwest of Chicago.

It will be seen by a casual examination of the club's attractive booklet that Claude A. Edmonds, of Kenilworth, is treasurer of the club; that Lewis B. Springer, of Wilmette, and member of the Illinois State Legislature, is vice president; that Elmer D. Becker, of Wilmette, is secretary; and that Hugo H. Kuhl, of Wilmette, and Edward Kirshberg, a former resident of Wilmette, are members of the board of directors.

Crystal Lake Country club is described as "a real club in the country, which will be a home club, a family club and an ideal week-end club, having all the modern conveniences and yet all the natural advantages that only the country can bestow." Its golf course, it is expected, will be completed early this fall, its club house is prepared to provide all comforts and pleasures, and all other facilities of the club are ready for the person in search of recreation.

# Mah-Jongg Puts Bridge in Background of Games

Mah-Jongg is the game of the hour. Bridge has been relegated to the background in entertainment in favor of the new game which is monopolizing the

interest of nine out of ten tables on incoming steamers, and in the clubs and homes.

Everywhere the game is taking hold and one is no longer "in the swim" if one doesn't know "Mah-Jongg."

A good outfit is advisable when one contemplates the purchase of a set of Mah-Jongg, it is advised. It is not like buying a deck of playing cards which can be replaced every week; on the contrary like a set of ivory chessmen, Mah-Jongg sets last a lifetime. Much of the interest of the game lies in the beautiful designing on the tiles; and the fact that the sets are put up in fine cases makes Mah-Jongg a decorative addition to one's living room.

Kasten's, in Chicago, the home of fine stationery and engraving are receiving many visitors these days whose attention is immediately commanded by the new sets of Mah-Jongg.

# Water Tender Feet and Marcells

A funny combination but in order to keep tender feet from becoming sore and calloused when in swimming they must be protected. Marcells are the same way. They must not come in contact with water or they will come out. In order to prevent this we have in stock a nice assortment of bathing caps and shoes. Come over and see us.

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