

Treading Water

From *On the Trail An Outdoor Book for Girls* By Lina Beard and Adelia Belle Beard

DIRECTIONS: Underline the main idea in each paragraph. Write the supporting details on the lines.

SUPPORTING DETAILS

In treading water you maintain an upright position as in walking. Someone says: "To tread water is like running up-stairs rapidly." Try running up-stairs and you will get the leg movement. While the water is up to your neck, bend your elbows and bring your hands to the surface, then keep the palms pressing down the water. The principle is the same as in swimming. When you swim you force the water back with your hands and feet and so send your body forward. When you tread water you force the water down with your hands and feet and so send your body, or keep it, up.



It is even possible to stand quite still in deep water when you learn to keep your balance. All you do is to spread out your arms at the sides on a line with your shoulders and keep your head well back. You may go below the surface once or twice until you learn, but you will come up again and the feat is well worth while. What an outdoor girl should strive for is to become thoroughly at home in the water so that she may enter it fearlessly and know what to do when she is there.
