

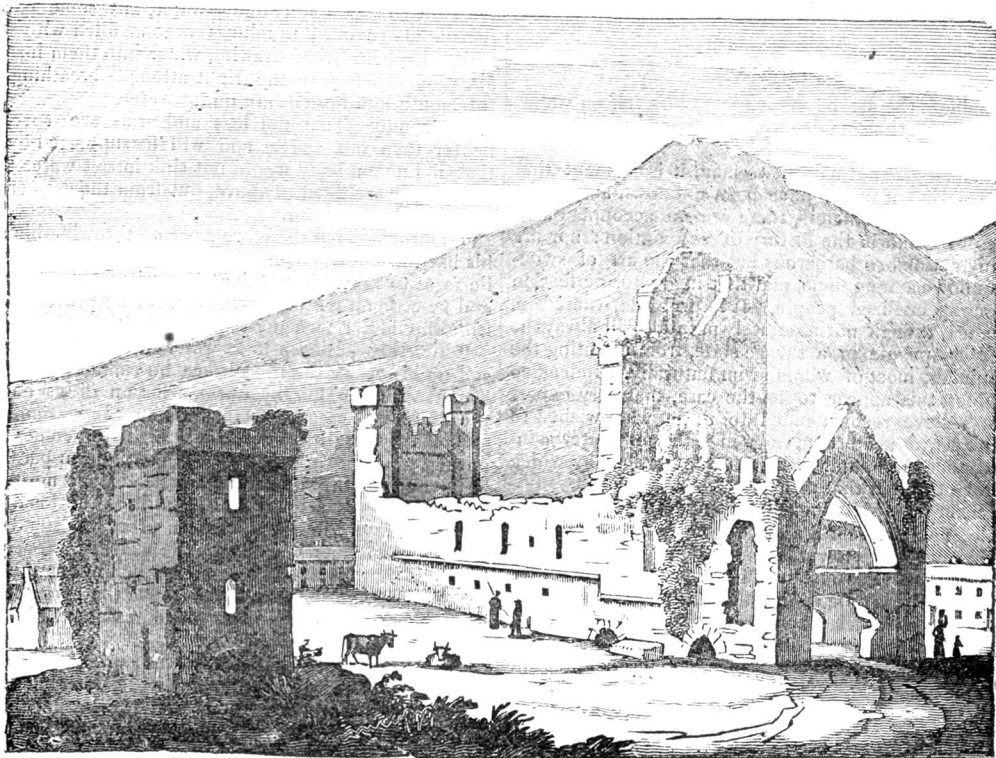
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CARLINGFORD ABBEY.

To the fourth Number of our first Volume we would refer for a minute description of the town of Carlingford, its castle, and ancient ecclesiastical buildings. The above engraving gives a correct idea of the picturesque ruins of the abbey, which was situated on the eastern side of the tower, and whose long aisle and central belfry, being of the pointed architecture of the 14th century, would naturally place the date of its erection about that period.—It is said to have been built by Richard, Earl of Ulster.

The scenery in this direction is of a very interesting description. In proceeding towards the little town of Carlingford, from Newry, the road to which lies along the water's edge, nothing can exceed the grandeur and beauty of the prospect—the entire line, for a considerable distance, finely wooded on either side the river, and covered with handsome cottages and villas, with here and there some building of more stately dimensions, and an occasional old castle to diversify the scene, and add still greater beauty to the landscape. In the distance, the bright blue sea, on which are at all times a number of ships and smaller vessels, locked in on either side by mountains of the most picturesque and magnificent description—on the one side, those of Carlingford rising abruptly in sterile greatness, and casting their deep dark shadows on the ocean beneath them—on the other, the richly wooded mountains of Rostrevor, rising gradually from the water's edge, and embosoming here and there a noble mansion or lordly villa; while at a still greater distance, a little to the left, the mountains of Mourne, one of which is calculated to be 2,800 feet above the level of the

sea, raise their giant forms, and thus perfect the deeper shading of the picture, without which, however beautiful, it had still wanted much of its magnificent sublimity.

About one and a half mile from Newry is Fathom Mountain, finely covered with planting, tastefully arranged in clumps and groups, and decorated with several handsome lodges and cottages, from the midst of which an old octagon tower presents itself. At Fathom the canal commences, which forms a junction between Carlingford-bay, Lough Neagh, and the river Ban. A short distance from this, is Green Island, a small place at which boats are built, and where some of the lesser craft of shipping are laid up for repairs.—A little further on, on the opposite side, the elegant demesne of Roger Hall, Esq. commences, which is thickly covered with young timber, and from which several handsome gate-houses open on the shore. Near the village of Omear, an elegant mansion, in the cottage style, attracts the eye. Here the tourist may observe at one glance, within the compass of a few hundred yards, two provinces, Ulster and Leinster, and three counties, Down, Armagh, and Louth. After passing this point, the scenery improves—many truly picturesque views presenting themselves to the eye of the traveller as he proceeds: the Ferry and Castle at Narrow-water—the village of Warrenpoint—the opening of the bay, backed by the Rostrevor mountains on one side the river, and by those of Carlingford on the other side. We would advise those who are anxious to have at once the most complete, the most diversified, and the finest view of the beautiful scenery on both sides of the bay, to

take a boat at Narrow-water, and row or sail down the river as far as Carlingford.

Carlingford is a small town, containing about thirteen hundred inhabitants. It stands upon the south side of the bay, which is considered to be nearly five miles in breadth, and the same in length, the water being in general sufficiently deep to float vessels of the largest size; but as the entrance is full of rocks, and consequently found to be rather dangerous, comparatively few vessels, except when driven in by stress of weather, come to anchor there.

From the particular situation of the town, lying close to a very high mountain, the sun is hid from view several hours before it sets in the horizon, during a great part of the summer.

ON SWIMMING.

Swimming is the art of suspending one's self on water, and at the same time making a progressive motion through it.

As swimming is not natural to man, it is evident that at some period it must have been unknown among the human race. Nevertheless, there are no accounts of its origin to be found in the history of any nation; nor are there any nations so barbarous but that the art of swimming is known among them, and that in greater perfection than among civilized people. It is probable, therefore, that the art, though not absolutely natural, will always be acquired by people in a savage state, from imitating the brute animals, most of whom swim naturally. Indeed so much does this appear to be the case, that very expert swimmers have recommended to those who wished to learn the art, to keep some frogs in a tub of water constantly beside them, and to imitate the motions by which they move through that element.

The theory of swimming depends upon one very simple principle, namely, that if a force is applied to any body, it will always move towards that side where there is the least resistance. For instance, if a person standing in a boat pushes with a pole against the side or any other part of the vessel in which he stands, no motion will ensue; for as much as he presses in one direction with the pole, just so much does the action of his feet, on which the pressure of the pole must ultimately rest, push the vessel the other way; but if, instead of the side of the vessel, he pushes the pole against the shore, then only one force acts upon it, namely, that of the feet: which being resisted only by the fluid water, the boat begins to move from the shore. Now the very same thing takes place in swimming, whether the animal be man, quadruped, bird, or fish. If we consider the matter simply, we may suppose an animal in such a situation that it could not possibly swim; thus, if we cut off the fins and tail of a fish, it will indeed float in consequence of being specifically lighter than the water, but cannot make any progressive motion, or at least but very little, in consequence of wriggling its body; but if we allow it to keep any of its fins, by striking them against the water in any direction, the body moves the contrary way, just as a boat moves the contrary way to that in which the oars strike the water. It is true that as the boat is but partly immersed in the water, the resistance is comparatively less than when a frog or even any other quadruped swims: but a boat could certainly be rowed with oars though it was totally immersed in water, only with less velocity than when it is not. When a man swims, he in like manner strikes the water with his hands, arms, and feet; in consequence of which the body moves in a direction contrary to the stroke. Upon this principle, and upon this only, a man may either ascend, descend, or move obliquely in any possible direction in the water. One would think, indeed, that the strength of a man's arms and legs is but small, he could make but very little way by any stroke he could give the water, considering the fluidity of that element. Nevertheless it is incredible what expert swimmers will perform in this way, of which we have a most remarkable instance in the inhabitants of Otaheite, whose agility is such, that when a nail is thrown overboard, they will jump after it into the sea, and never fail to catch it before it comes to the bottom.

As to the practice of swimming, there are but few di-

rections which can be given. The great obstacle is the natural dread which people have of being drowned; and this it is impossible to overcome by any thing but accustoming ourselves to go into the water. With regard to the real danger of being drowned, it is but little; and, on innumerable occasions, arises from the terror abovementioned, as will appear from the following observations by the celebrated Dr. Franklin:

"First—That though the legs, arms, and head of a human body, being solid parts, are specifically somewhat heavier than fresh water, yet the trunk, particularly the upper part, from its hollowness is so much lighter than water, as that the whole of the body, taken together, is too light to sink wholly under water, but some part will remain above until the lungs become filled with water; which happens from drawing water into them instead of air, when a person in the fright attempts breathing while the mouth and nostrils are under water.

"Secondly—That the legs and arms are specifically lighter than salt water, and will be supported by it; so that a human body would not sink in salt water though the lungs were filled as above, but from the greater specific gravity of the head.

"Thirdly—That therefore a person throwing himself on his back in salt water, and extending his arms, may easily lie so as to keep his mouth and nostrils free for breathing; and by a small motion of his hands may prevent turning, if he should perceive any tendency to it.

"Fourthly—That in fresh water, if a man throws himself on his back near the surface, he cannot long continue in that situation, but by a proper action of his hands on the water. If he uses no such action, the legs and lower part of the body will gradually sink till he comes into an upright position, in which he will continue suspended, the hollow of the breast keeping the head uppermost.

"Fifthly—But if in this erect position the head is kept upright above the shoulders, as when we stand on the ground, the immersion will, by the weight of that part of the head that is out of the water, reach above the mouth and nostrils, perhaps a little above the eyes; so that a man cannot long remain suspended in water with his head in that position.

"Sixthly—The body continued suspended as before, and upright, if the head be leaned quite back, so that the face looks upwards, all the back part of the head being then under water, and its weight consequently in a great measure supported by it, the face will remain above water quite free for breathing, will rise an inch higher every inspiration, and sink as much every expiration, but never so low as that the water may come over the mouth.

"Seventhly—If therefore a person unacquainted with swimming, and falling accidentally into the water, could have presence of mind sufficient to avoid struggling and plunging, and to let the body take this natural position, he might continue long safe from drowning, till, perhaps, help would come; for as to the clothes, their additional weight while immersed is very inconsiderable, the water supporting it; though when he comes out of the water, he would find them very heavy indeed."

Swimming is a healthy exercise and a pleasant amusement, and a dexterity in it may frequently put it in a man's power to save his own life and the lives of his fellow creatures—perhaps of his dearest friends.

The method of learning to swim is as follows:—The person must walk into water so deep that it will reach to the breast. He is then to lie down gently on the belly, keeping the head and neck perfectly upright, the breast advancing forward, the thorax inflated, and the back bent; then withdrawing the legs from the bottom, and stretching them out, strike the arms forward in unison with the legs. Swimming on the back is somewhat similar to that on the belly, but with this difference, that, although the legs are used to move the body forwards, the arms are generally unemployed, and the progressive motion is derived from the movement of the legs. In diving, a person must close his hands together, and, pressing his chin upon his breast, make an exertion to bend with force forwards.—While in that position, he must continue to move with rapidity under the surface; and whenever he chooses to re-