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THE SWIMMING MAGAZINE.



NOV., 1914.

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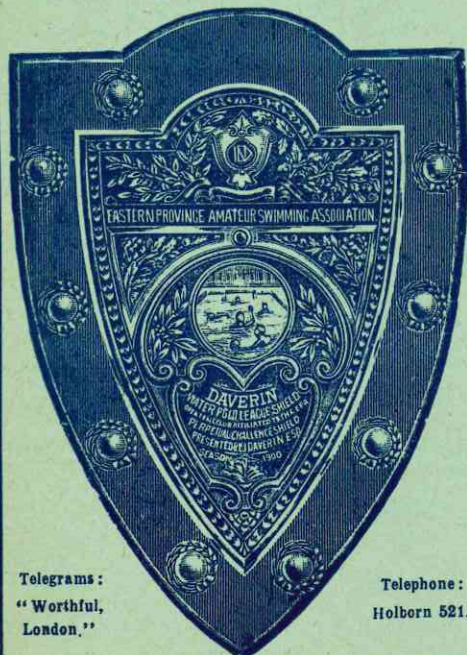
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THE SWIMMING MAGAZINE.

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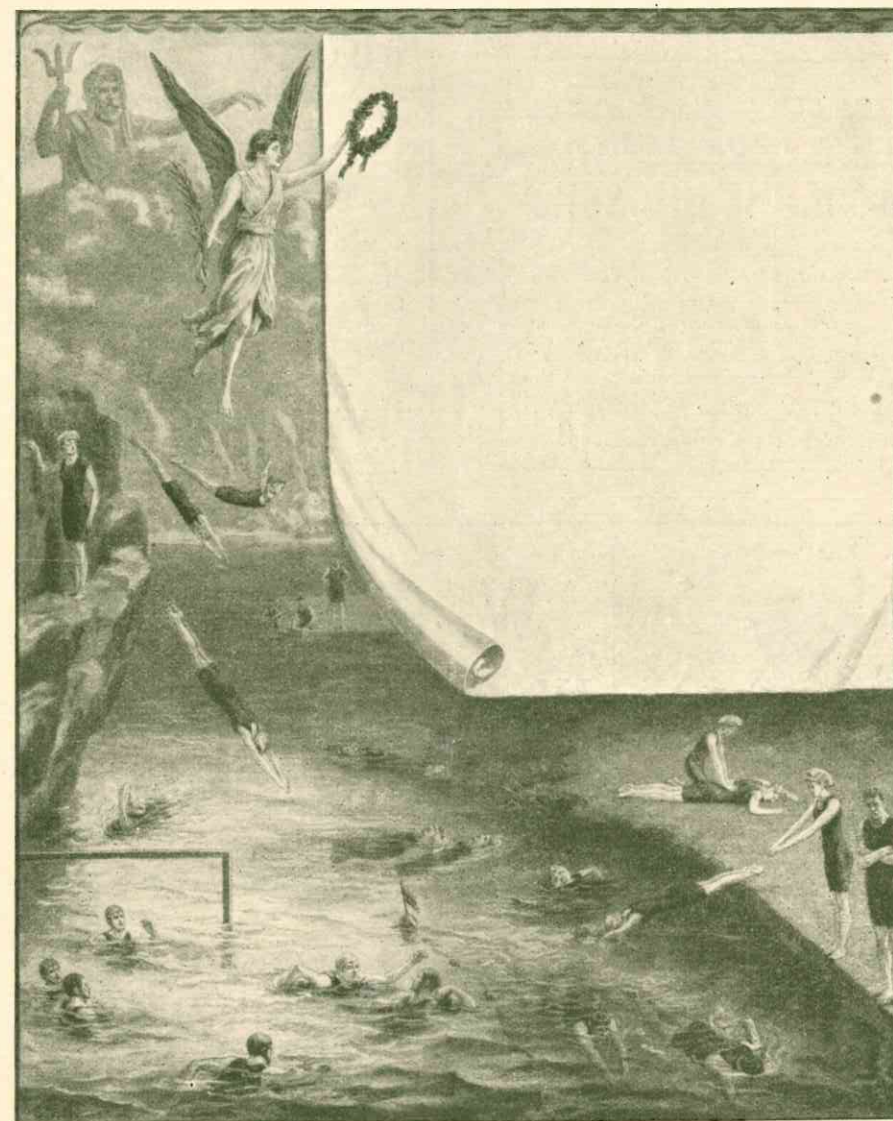
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Saving Society)*

No. 6. VOL. I.

NOVEMBER, 1914.

**PRACTICAL WORK AMONG
CHILDREN.****The Value of Long Distance Swimming.**

WE are glad to see that the children's swimming galas are being carried through as usual. That is a sensible thing to do, inasmuch as it encourages the practice of swimming among them.

The various school championships have also been carried out in this spirit all over the country, thus lifting these galas above ordinary sport by reason of their doing good to the younger generation.

Some folk hardly realise how valuable this work is, but apathy is not anything like so marked as it was a decade back, thanks largely to the good work of the Teachers and the various School Associations, whose energies never relax and who are ever urging the importance of acquiring a knowledge of the art without getting the support they really deserve.

It is all the more desirable that these galas should continue; they are of much educational value to the child, for the spirit of emulation engendered among the youngsters causes good in more ways than one. They become clean and healthy citizens and as they grow up are able to follow the traditions of their race.

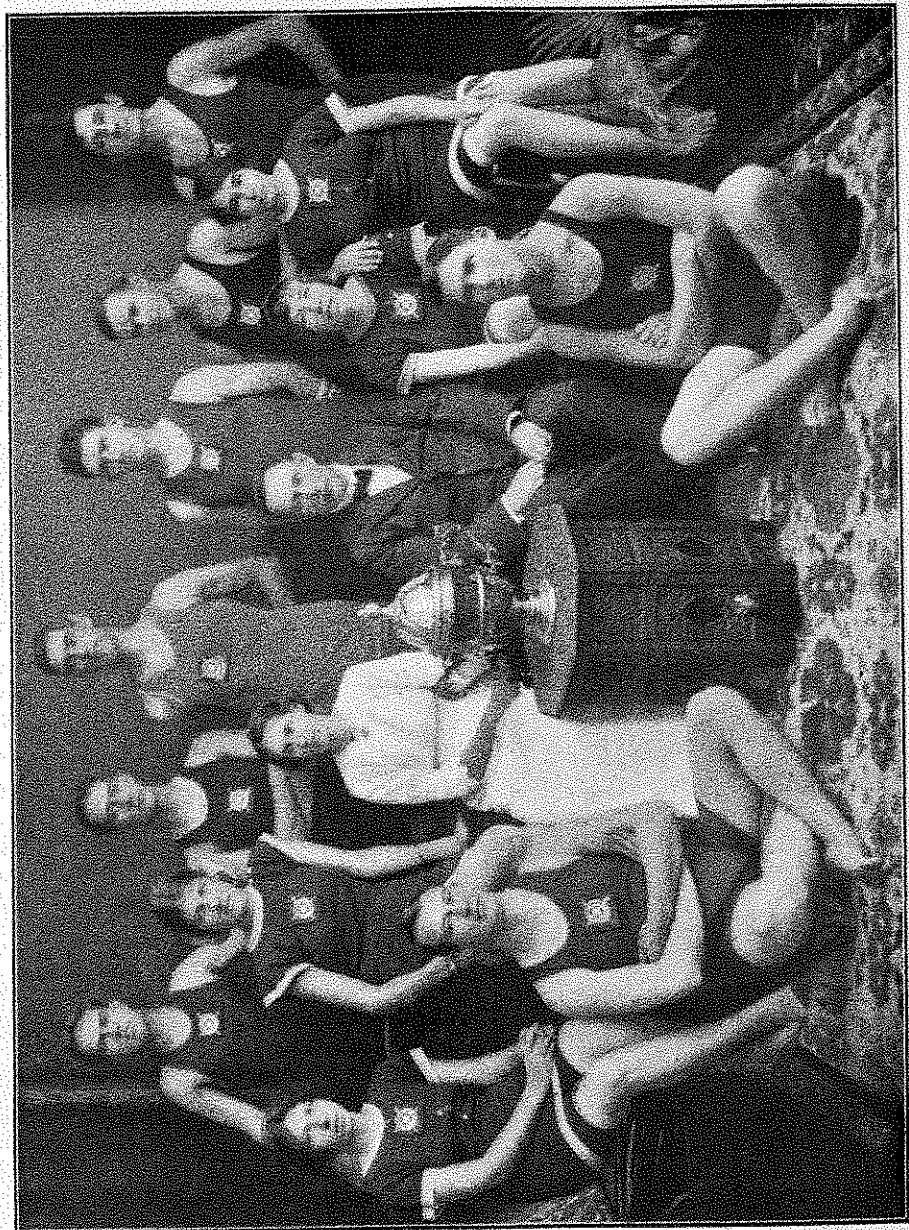
It is practically impossible to compile a list of our swimmers who have gone on active service, or are doing other work for their Country's defence, for the number is vast. But we know that the training they have had as swimmers will be of extreme value to them, more particularly if they have had Life Saving drill, which, in many respects, is a model training.

The value of the knowledge of swimming was fully emphasised in the North Sea disaster to the "Aboukir," "Cressy," and the "Hogue," when Carpenter McWhirter had the remarkable experience of being on all three ships during the fight. He was on

the "Aboukir" when she was torpedoed, then swam to the "Cressy" and when she was destroyed, to the "Hogue." After the last mentioned vessel went down he was in the water nearly three hours and yet was saved. The vast majority of those saved from the ill-fated vessels were swimmers, who had had some training for distances and for that reason were able to keep themselves on the surface for a long period. Therefore, when promoting tests and competitions, all interested should remember the fact that even after being in the water for three or four hours one may be saved, and give encouragement to distance swimming. Fifty yards dashes are good in their way for exhibition purposes but of no use for the purpose of physical culture or prolonged effort in case of accidents.

The practice of the Art of Swimming is eminently suited to the British character, which glories in its strength upon the water, but owing to its neglect in many schools, in some cases through the want of facilities, the glory, strength and pride of many disappear, they become helpless weaklings when they find themselves in deep water without support.

We learn that many boys sent to Training Ships to learn seamanship have first to be taught to swim. The same remark applies to the recruits who join the Royal Marines, several hundreds have annually to be taught before they are fit for service. If those men and boys were taught at an early age, as part of the general scheme of education, they would be better developed, better swimmers, better able to take care of themselves, better seamen and better soldiers, as they would be possessed of greater confidence. We must therefore, see to it that every boy is taught to swim during his school age.



*Durban District Branch of the Royal Life Saving Society.
Winning Team of the South African Cup, with Dr. R. Milner Smyth, Chairman of the Executive Committee.*

THE SOUTH AFRICAN CUP.

SUCCESS OF THE DURBAN BRANCH.

THIS Cup is one of a series that has been presented to the Royal Life Saving Society by Mr. W. F. Darnell for competition in England and the Colonies. This particular one, like another presented to Canada, is competed for by Branches; the team which represents each Branch consists of eight gentlemen and four lady members, or members of clubs affiliated to it, and each member of a team must have passed the Proficiency test of the Society, but this latter requirement was not insisted upon in the first Competition.

Having regard to the great distance which separates the various Branches, not only in Canada, but also in South Africa, the Competition consists of a time test conducted in each case under precisely the same conditions, over a course of 20 yards in length, and each member is separately timed, the timing being properly checked and the result of each test made public. The test requires two gentlemen members of the team to swim 100 yards any stroke, that is to say, that these two may "crawl," "trudge," swim by the over-arm or side stroke, or change from one to the other in their effort to make the time as fast as they can or as their ability will permit; two gentlemen and two ladies of the team each swim a 100 yards Breast stroke; two gentlemen and two ladies each swim 100 yards Back stroke, using arms and legs, whilst two gentlemen swim 100 yards on the back without the use of the arms. In none of these tests, when turning, is a push-off with the feet permitted, each turn is made from floating timber, firmly fixed, which must be touched with the hands only. For the "any stroke" test the touch may be with one hand only, whilst for the "breast" and "back" stroke tests the end of the course, when turning or finishing, must be touched with both hands.

The team having completed the swimming tests, four gentlemen members of the team carry a subject (who must be a member of the team) a distance of 20 yards, one using the first, one the second, one the third and one the fourth method of rescue, whilst two ladies of the team carry one of their own members the same distance, one using the first and one the second method of rescue, in all cases as directed in the Handbook of

Instruction, published by the Royal Life Saving Society.

It was under these conditions that the tests for the South African trophy were carried out, with the result that the Durban and District Branch was declared to hold the very handsome silver gilt Cup for the year, having completed the test in the excellent time of 24.57.2, the Transvaal Branch being second in 27.50.2, and Western Province of Cape Colony third in 30.59.4.

The individual times for the team representing Durban and district were as follows:—Free swimming, G. V. Woodhead, 1.9.3, and C. E. L. Biggs, 1.13.1; Breast stroke, Miss K. Biggs, 2.0.4; Miss J. Bashford, 2.30; C. F. Petsch, 1.37; and E. Howard Reid, 1.34.3; Back stroke with use of hands, Miss A. Pye Smith, 2.0.4; Miss L. Pye Smith, 1.59.2; Guy Godfrey, 1.30.4, and H. C. Greenlees, 1.27.3; Back stroke without use of hands, George E. Godfrey, 2.0. and Gilbert Reynolds, 2.12; Life Saving—First Method: Miss K. Biggs, 0.44.3, and Gilbert Reynolds, 0.36; Second Method: Miss A. Pye Smith, 0.52.3; and E. Howard Reid, 0.40.4; Third Method: George E. Godfrey, 0.38.4; and Fourth Method, H. C. Greenlees, 0.35.4; making a grand total of 24.57.2. The judging and time-keeping of the test was conducted by Mr. Chas. J. Caney, a gentleman well known in Amateur Sporting circles in Durban, and by Mr. William Henry, Chief Secretary of the Royal Life Saving Society, at that time on tour in South Africa.

The Canadian Cup, the conditions of which are the same in every detail as the South African Cup, presented by Mr. W. F. Darnell in 1912, is held for the first time by the Province of Quebec Branch, whose team completed the whole test in 26.46.4. The Durban and District team comprises some of the best known swimmers in South Africa, and includes George Godfrey, the present 220 and 500 yards amateur champion—C. L. Biggs, H. C. Greenlees and C. F. Petsch. The latter finished third to Godfrey in the 500 yards championship; Miss K. Biggs, who has made several attempts at records, Gilbert Reynolds, a well-known Back stroke performer, and E. Howard Reid, a fine Breast stroke swimmer, in fact the

whole team is an exceptional one which, in ordinary free swimming, would do well against the best combination of talent.

We have an idea that if George Godfrey decided to take the test for the King's Cup he would have an excellent chance of winning, chiefly because of his all-round ability in every department of the art of Swimming, which counts for much in that particular competition, and having regard to the fact that there are several swimmers of a similar class in various parts of the Union of South Africa we feel that the time is not far distant when one or more trophies of the Royal Life Saving Society will be won by them, if they choose to take the trouble to enter for the tests. Of course, the success of the Swimming and Life Saving Movement in Durban and District, as well as in Natal generally, is due to the efforts and organizing ability of Mr. Gilbert Reynolds, the tall central figure in the picture behind the Cup, who is a West of England man, as Bridport may claim an early acquaintanceship with him.

The Hon. Secretary of the Quebec Branch, Mr. Lennard G. Norris, is also a West of England representative. His early years before going to Canada were spent at Plymouth, which in those days was generally regarded as the premier swimming centre, not only because of the support that was accorded to the art, but also because of the multitudes that gathered on the Hoe to witness the annual matches. Thus the honour of holding the first two Cups given in England for the promotion of Swimming and Life Saving in Canada and in South Africa is in the hands of men who hail from the West of England. Both have taken a prominent part in the establishment of Branches of the Society, both are honorary Secretaries of such Branch, and both are doing their best to conduct the competitive art of Swimming under recognized rules and regulations.

Miss Connie Jeans, of the Nottingham Ladies S.C., who retained her right to the title of 100 yards Lady Champion of the Midlands which she won at Luton in 1918, is a first class diver; she also holds many awards of the Royal Life-Saving Society.

The British Amateur Champion, Mr. J. Hatfield, won the Northumberland and Durham 100 yards championship with ease in 1.2.2. and gave the value of the prize to the Middlesborough war relief fund.

SWIMMING IN IRELAND.

Champions with the Colours.

ALL of Ireland's international water polo engagements have had to be cancelled, owing to the war, and it has also not been found possible to hold the quarter mile Irish Championship, which was allotted to Belfast, or the 220 yards Championship, which was to be held in Cork, as most of the Irish swimmers have joined the colours. T. H. Corrigan, of the Clontarf Club, who holds the quarter-mile Championship, has joined the Irish Horse, and is training at Limerick, so also are J. C. J. Hughes and E. Dexter of Clontarf, and E. J. Kennedy of Sandycove. E. J. McCormick, J. Thompson and O. N. Armstrong, of Pembroke, have also joined the army. The last named won the senior schoolboy under 18 years Championship of Leinster in September, and has been gazetted a Commission. Noel Purcell, Dublin University's fastest swimmer, and ex half-mile Irish Champion, has also received a commission. Dr. J. Beckett, M.D., present hundred yards' champion, has been attached to a Red Cross unit, and J. M. Goodbody, Dublin Swimming Club, has received a commission in the Leinster Regiment. E. S. Coldwell, Sandycove, who won the National Graceful Diving Championship in 1900 has also joined Kitchener's army.

It is said that there are over two hundred competing swimmers in Ireland, but that with the exception of Dr. Beckett and perhaps Harry Devlin, of Belfast, none of them are capable of beating 1.7 for the hundred yards. No swimmer in Ireland, since George Dockrell left, has beaten 2.40 for 220 yards, 6.20 for a quarter mile, or 13.10 for half-mile.

Among the ladies in Dublin swimming has been taken up very strongly, and no fewer than twenty-five competed in a race at Blackrock baths last August. Miss B. Donovan, Pembroke Club, has been timed to swim 100 yards in 1.25, and as this lady has recently mastered the crawl stroke she bids fair to be champion next season.

At Curragh Camp, Ireland, there is an Open Air Bath 125 feet by 52 feet, which we hope, some day, will be covered in and heated, so that those in training at this great military centre may practise regularly.

Barnes and Mortlake Schools Association.

Teaching of Swimming Hampered.

Lack of Baths in the District.

THE Barnes and Mortlake Schools Sports Association was founded in 1913, to encourage the art of Swimming among the Elementary School children of the district.

One of its first objects was to secure Shields for annual competition for girls,

disadvantages. They have no Baths in the district, the nearest being a very considerable distance away, and as a result a great amount of time is expended in travelling; consequently only a limited portion of the school children can go with the school classes. Therefore, the forward movement in Swim-



also for boys, and they were early successful in obtaining two fine Shields such as illustrated.

The rapid strides made in the art of Swimming in Barnes and Mortlake has only been achieved by the arduous, enthusiastic and painstaking endeavour of a few men and women, working always under enormous

ming is due to those few persons who give up their time and money and take the trouble to enthrone into others that keenness which makes them go the distance to the Bath for practice.

They have been agitating for the provision of baths for about sixteen years, but from all appearances they are as far off as ever

from realising their object. The question is constantly before the Urban District Council of Barnes, and is as constantly thrown out, with the remark that the proposal is not yet ripe, yet they have some 34,000 people, and miles of river frontage where, when the climate is favourable, all the open air bathers resort, even though it be dangerous, because of the fast running tides and the regulations of the river authority against them.

Until they have baths they can never hope to attain the results obtained in other districts. Furthermore, it will account for the fact why there are so many non-swimmers in some districts, and why many who join the Navy are unable to swim.

The Mortlake Council School, the first winners of the Boys' Shield, owes everything to its exceptionally enthusiastic master, Councillor C. H. Brackley, who not only instructs the school swimming classes on Tuesdays and Thursdays from April to July, but also gives up two evenings per week to special practices for those scholars who attend the swimming classes. Hence the continued success, year after year, of his boys, who carry all before them in the district.

The County Education Authority having acknowledged the necessity and great benefits to be derived from a knowledge and practice of the art of Swimming, have for some years assisted the individual efforts by issuing a number of free admission tickets for the Richmond Baths to each school, to use which travelling expenses have to be paid, which probably is no concern of the local Council so long as they can be consistent in voting against the establishment of proper baths.

Economy is not so much a question of the amount of money saved as general efficiency and the prevention of loss of life by a knowledge of self-preservation. What is dearer to a nation like ours than the maintenance of life and perfect efficiency?

With regard to the instruction of the girls of the National Church of England School in the locality, a very deep debt of gratitude is expressed to Miss M. Johnson and Miss McConnell, members of the Bath Club, without whose most able assistance and self-sacrifice none of those girls would have even the opportunities of trying to learn swimming.

The provision of proper Baths suitable to the British climate has become a life's

work with Mr. Henry A. Pike; he has advocated the question by speech, reading papers and publishing pamphlets which are most interesting and convincing. Yet opposition exists, probably from pure cussedness, for we have not observed any argument why the people of Barnes and Mortlake should be without proper Baths. The parents have not objected to their children being taught to swim, neither do they object to the swimming art being used for their development as thereby they become healthier and stronger as well as more efficient.

The swimming instructor of Rugby School, Mr. Albert E. Berry, who is now in the Royal Sailors' Home at Chatham with wounds caused by a bursting shell while serving on H.M.S. *Arethusa* in the naval battle off Heligoland, has written an interesting letter to a friend, in which he says:—"I am getting on extra well, and hope to be out again and have another try in about a couple of weeks. We had a lively time, and never expected to come out of it, especially when we laid still and could not move our engines, while two cruisers were firing at us all the time. It is lucky they were not good shots, or it would have been all up with us. And then in the mist we got near to Heligoland, and when the mist cleared we got a few big shells coming our way. Only one of them caused any damage, and that was a hole I could walk through. But nothing daunted, we replied with our small guns. They are small—4-inch, throwing a shell of 30lbs.—considering that Heligoland was dropping shells about 850lbs. around us. At last a cruiser came and towed us out just as our Battle Squadron appeared in sight, and we were escorted home by two cruisers, as we were badly damaged. It was really a rush into the jaws of death and out again. Most of our chaps in the stokehold and engine-room got burnt through bursting pipes, as the shells from the enemy came through the ship's side; but they still stuck to it, although it was worse for them in a way, because they could not see what was going on. My gun's crew nearly all got killed through a shell bursting inside the shield; but I suppose my luck was in, and I fired another dozen shots or more before being put *hors de combat*. The gun was bent by the same shot and rendered useless. It was my first naval action at sea, and I hope it will not be the last."

ROYAL LIFE SAVING SOCIETY.

ITS WORK IN VARIOUS PARTS OF THE EMPIRE.

THE usual Monthly Meeting of the Central Executive was held at the Offices of the Society, 8, Bayley Street, London, W.C., on October 15, when there was a large attendance of members. The Chief Secretary reported on the Examinations held during the month since last meeting, which showed steady progress, also that the work of teaching had gone forward with little interruption, although the classes were somewhat smaller owing to enlistment. An interesting examination of Colonial Officers was held at the Training Depot at Dublin; one of those passing through was going to the South Sea Islands, one to the Federated Malay States, two to West Africa, and others to the Leeward Islands and the West Indies. The other examinations were as usual distributed over the greater part of the British Isles, the candidates gaining many Certificates, Bronze Medallions and Awards of Merit. Two hard workers for the cause in the persons of Bomb. Leonard O. Dawe, R.H.A., Meerut, India, and Ernest Brailsford, Sheffield, were elected Hon. Associates of the Society for having promoted its aims and objects, and also taught over twenty candidates for the Bronze Medallion.

Arrangements having been made for the Winter Classes of Instruction at the Holborn Baths, London, W.C., to start on the 2nd November, the Chief Secretary next reported an incident which proves the value of teaching Life Saving, not only to the elders but also to children. This took place in the 100 yards Girls' Junior Championship of London, when one of the girls in the race was so completely exhausted that she became quite helpless and fainting in the middle of the Bath, whereupon Miss McHattie, the Southern Counties Junior Champion, who was in the same race, putting theory into practice went to her assistance, and took her to safety by the second method of Rescue, amid ringing cheers of the spectators. No victor that evening had such cheers as the rescuer for her prompt action and efficiency of method.

During the meeting a report of the good work done in New South Wales during the past season was submitted. It has been a very satisfactory season, no fewer than

1,537 awards having been made, these comprising 9 Hon. Associateship Certificates and Badges, 55 Awards of Merit, 49 Honorary Instructors' Certificates, 35 Teachers' Certificates, 506 Bronze Medallions, 714 Proficiency Certificates, and 169 Elementary Certificates out of 98 examinations. It is pleasing to note that among those who have gained the Hon. Associateship Certificate is Mr. Geo. H. Williams, the energetic secretary of the New South Wales Head Centre, whose untiring work in the cause has been invaluable.

It is interesting to note that Sir Edward A. E. Schäfer, who has recently been on tour in Australia, visited the Society's headquarters while in Sydney, Dr. Roth, who is well known in England, having informed him of the excellent work being done. Had Sir Edward's visit been a month or two later a monster demonstration of the Schäfer methods of resuscitation would have been arranged. In discussing the New South Wales Surf Bathing Association, methods of carrying the patient out of the surf, viz.: face upward with the head well back in order that the tongue may fall forward or to the side, Sir Edward said he preferred the patient carried face downward, the chest lying in the supporter's arms, and the other man's arms under the front of the thighs. The Association is going to consider the adoption of this suggestion. The season opened on Natation Day (Oct. 1), but the swimmers have little thought of sport or pleasure during the present unfortunate war, over which they are all excited, and all sporting bodies find it difficult to obtain a quorum for their meetings.

From Wellington, New Zealand, Mr. W. C. Collier, Hon. Secretary of the Branch, sent a most complimentary letter *re* the *Swimming Magazine*, and orders for extra copies; he states also that the Branch has lost the services of Mr. W. H. Ellis, its Hon. Treasurer and Examiner, who has transferred to Auckland, where it is hoped he will do his best for the Auckland Branch, and help it into greater prominence; the subject here has not at present made the same headway as in other parts of New Zealand; Wellington's loss is Auckland's gain.

THE LADIES' SECTION.

By our "Lady Dorothy."

NOTES ON CLUBS, GALAS AND JUNIOR SWIMMING.

THE newspaper reports of the 100 yards Ladies' Southern Counties Championship, held at Eastbourne, do not mention the difficult course over which it was swum. The bath is 52 yards long, and arrangements were made for the competitors to turn on a pole fixed above the water two yards from the end of the bath. They thus swam 50 yards to the pole and 50 yards back to the starting point. It is only fair to the winner, Miss W. Luckett, whose time, 1 min. 25 secs., does not compare favourably with that of the same event in other years, to make this statement, as undoubtedly the turn must have checked her considerably, and the length of the course is not conducive to fast racing. The promoters should have had a pole to let down four yards from the finishing point, and allowed the competitors to turn in the usual way at the end of the first length.

Members of affiliated clubs and individual members of the Royal Life Saving Society, should take full advantage of the instruction they may receive at the winter classes at Holborn baths, which will be resumed on November 2. It is during the winter months, when there are practically no galas, that swimmers should make special efforts to raise their own standards of swimming, diving and life-saving. Many members of the City of London ladies' club are availing themselves of this opportunity, and I should recommend officials of other clubs to band together their members and to encourage them to attend regularly. This they will certainly do once a start is made, and if several swimmers go together they will take more interest in the classes and will be able to practise at other times amongst themselves.

Swimming is taking a great hold amongst the ladies of Montreal. Last July Miss Grace Grant and Miss McNamee were awarded the diploma of the R.L.S.S., the first two ladies in North America to win that honour. At the Laurentian Baths there are many learning to swim crawl, and it is also proposed to form water-polo clubs this autumn. Water polo is becoming more and more a universal

game for ladies, and it is to be hoped that before long Montreal will have a team to meet some of the European clubs.

Never since the gala held in aid of the Boer War fund have the Woodside Baths, Halifax, been so packed with people, nor presented such an animated scene as at the joint gala held there by the local clubs in aid of the Mayor of Halifax's War Fund. Amongst the ladies' events were a 25 yards and a 50-yards novices' race, and a 50 yards open race. Miss M. Marshall, of Bradford, won the latter by a touch from Miss A. Bottomley, of Halifax. Miss Minnie Foreman, holder of the R.L.S.S. diploma, gave a clever aquatic exhibition, which was greatly appreciated. The fund must have benefited by the proceeds of the gala, and the officials are to be congratulated on its success.

The Scarboro' Municipal School Girls' Swimming Club is in a very flourishing state. The membership now totals 136, which is the largest the club has ever had. The annual gala was held at Bland's Cliff Baths, and showed a very high standard of swimming. Miss Jessie Greenwood, holder of the Scarborough ladies' challenge cup, won the school challenge bowl outright—it being her third consecutive win. Besides this, and on the same evening, she won two other events and was second in a plunging competition. Two other young swimmers, M. Graves and E. Owston, also distinguished themselves on this occasion, and it is to be hoped we shall hear more of these swimmers in the future. An exhibition of the various life-saving methods was given by ten of the members, and at the conclusion the headmaster spoke enthusiastically of the progress in swimming made this season by the members.

The Gloucester ladies held a very successful gala, thanks to the excellent arrangements made by the club officials. The event of the evening was the 50 yards ladies' Western Counties Championship for the *Daily Mail* cup, which was retained by Miss M. Mould, of Weston, in 40 secs. Miss D. Gillham, also of Weston, was second, and Miss D. Braine, Gloucester, third. A closely

contested polo match between Penarth and Gloucester resulted in a win for the home club of one goal to nil. Miss Braine shot the winning goal just before time was called. It is an unusual occurrence for a lady to referee a public match, but this game was held well in hand by Miss F. Smith.

The ladies' section of the Swan S.C., at Norwich, has had a very successful season, which it closes with a membership of nearly 100.

Beckenham S.C. (ladies' section) has now over 100 members, and although many of these were non-swimmers on joining, all but 10 can now swim, and it is anticipated that before the season ends these will also have learnt.

Burton Ladies' S.C. held a very interesting gala, and are much to be commended for their encouragement of swimming, both among their own junior members and among the schoolgirls of Burton. Miss F. Dolman easily won the club 80 yards championship, and her example was followed by Miss Doris Wilkins, of Guild Street School, who left her fellow-competitors far behind in the race for the schoolgirls' championship. There were large entries for all the 20 events, and a novel collection for the war fund. The members dived for coins thrown into the water by the audience.

Mr. S. Billson, manager of Lister Baths, Featherstone, is to be congratulated on the swimming feats of his little daughter, Doris, aged seven. She is an adept at sculling, propelling, floating and nearly all the swimming strokes. Himself an adherent of the R.L.S.S., he has been very wise in teaching her so early to pass the tests of the Society for its certificate. I wish her every success in the future.

The proceeds of the gala held by the Barry Ladies' S.C. were given to the Camberwell branch of the British Red Cross Society. Mrs. Hussey, the energetic Hon. Secretary, is largely responsible for the high standard attained by the club members. There was a fair attendance at the baths, and besides the various club events Miss Eva Johnson and Miss B. White gave interesting exhibitions.

* * * *

The outstanding feature of Mr. Walter Brickett's popular gala at Prince of Wales Road Baths was the extraordinary number of children competing. Between the ages of three and fifteen, both girls and boys, swarms of them. They were not mere breaststroke

swimmers either, but promising crawl and trudgeon racers. From their starts much might be learnt by older swimmers. They were as keen as they could possibly be, and at the signal were crouched low on the side, and off with a spring and a flat dive, which would be a credit to any champion. They were cool-headed racers too, and there were many exciting sprint finishes. Mr. Brickett has a wonderful way of encouraging nervous children with the promise of a medal when they can complete a particular distance, and it is extraordinary how hard they will work for this prize, and how they treasure their first medal. Amongst the many interesting exhibitions at this gala was one given by Miss Lottie Roberts, of Holloway United S.C. Of all the swimming exhibitions I have seen by lady amateurs I should have no hesitation in pronouncing hers the best. It is only recently that she has improved so much at this form of swimming, but her extraordinary floating powers and finished style make her exhibition very interesting.

Miss Vera Neave quite recovered her old form in the 220 yards Southern Counties Championship, which she won in the record time of 3.14.4. This is her third win, in fact she has been the holder of this championship since its inauguration. Miss Ivy Grimwood, who was second in 3.30.2, does not show to her best advantage over this distance. Her crawl-stroke has marvellously improved this season. She has a beautiful swing, and glides easily over the water. Her mistake in this race was to let Miss Neave get away from her at all. She should have followed her closely all through, and trusted to her crawl for a final spurt.

The event was held at the Neptune gala at Hackney Baths. There were several events on the programme for lady-members of the club; two of these were won by Miss F. Cunningham, a promising swimmer. The display given by the Neptune divers was clever and very amusing. The dives were neat, and the audience was kept in continual laughter by the witty variations of dives, and the silent humour of the divers.

A patriotic gala was held this season by the combined swimming clubs of Croydon in aid of the relief fund. The large bath was packed, and it is certain a substantial sum must have been realised. There were 20 interesting events, including the Southern Counties Junior Ladies' Championship, which attracted 10 entries. Miss Annie McHattie

put up a record time for this event, 1.26.3, which is extremely creditable. Miss E. Falkus, Sutton, was second, and Miss E. Harrison, Mermaid S.C., third. In the 100 yards Girls' Junior Championship of London a few days later Miss Falkus finished first in 1.25. Miss E. Smith, of the Victoria Ladies, was second, and Miss McHattie third.

It is remarkable what a number of girls have come to the front in swimming recently. Particularly is this to be noticed in the south of England, where they are, perhaps, most needed. The final of the junior 100 yards Championship of the Southern Counties showed four fine swimmers, each with a remarkably good stroke. Annie McHattie won because she has had more experience, and knows how to win a race, or I should say knows how to tire out and beat her opponents. She had them well in hand all the way, and let them set the pace. On the last length she let herself go, and made the pace so fast that she shook off first one, then another, until 6 yards from the end, when she simply dashed at it and forged ahead of her last opponent, Elsie Falkus, and won comfortably. Once before Annie McHattie won this championship, but afterwards lost her place as fastest junior. She has swam since she was a very small girl, and has been treated rather as a baby marvel and I think that for this reason she got too self-satisfied and so lost her place as champion. However, competition has done her a world of good. Elsie Falkus is another interesting swimmer to watch. She is very tall and well-built, though only 13½, and swims the crawl taught by Mr. Martin, of Sutton. She needs experience in racing to enable her to do her best and make the most of her ability. Enid Harrison, who was third this year and last year in the championship, is another who needs experience. Undoubtedly, both she and Elsie Falkus have the speed, only they do not always make the most of it. Phyllis Plumbly, of S. Norwood L.S.C., has a stroke very similar to that used by Miss Irene Steer, the Welsh champion. She has become fast very suddenly, and is a cool-headed racer. She was fourth in the final, but when her stroke is perfected she should make a very fine swimmer indeed.

Sutton and S. Norwood clubs have thus each produced a very fine junior swimmer this season, and we can but hope that

having made a start these two ladies' clubs will continue to send forth fast swimmers. Hitherto, their members have not made a name for themselves for speed, but have rather confined themselves to other branches of swimming. Lucy Willis is another fast junior swimmer, who wrested the Championship from Annie McHattie two years ago. Unfortunately, she did not get through her heat this year owing to nervousness. Many people suffer in this way before big races, in fact very few are entirely free from it. In such cases it is wisest to keep busy with something which will keep the mind occupied and off the race, though it must not be anything tiring. Do not arrive too early at the baths, but allow yourself just comfortable time to undress and prepare for the race. Take an interesting book with you, and the moment you are ready sit down and read this. Do not go to the starting point until you are wanted for the race. If you cannot compose yourself to read, and you must be in a bad way not to be able to do this, have a warm bath (not a very hot one, and do not stop in it many minutes). This will soothe your nerves, and should be followed by a brisk rub down. Provided you have no further wait you will be all right.

I think it is a great pity that the Southern Counties junior team championship should be held over such a long course. It is all very fine for an individual championship to be swum over 100 yards or so because the child who enters must be exceptionally good, and is only one from her club. But where a club has to enter 4 members under 15 years of age, and then requires a reserve or so as well, it seems to me that if the distance were put at "not less than 30 and not more than 50 yards," it would be sufficient. As it is, the members of the teams have to struggle over a distance too far for them, and after about the first length their strokes become more and more feeble and erratic. Of course in exceptional cases a team, such as Holloway United, which won easily this year, can do the distance, but it is neither good for a child's health nor for her stroke to be forced to race "not less than 60 yards and not more than 88 yards," as the rule stands at present. I would be the last person to object to children swimming distances, but in a competition which is all-important to them to win I think it is to be deprecated.

THE GRAVESEND SWIMMING CLUB.

SWIMMERS IN THE MAKING.

THIS Club was only started in 1912, for until that year the town had no bath! After something like 30 years of agitation the Corporation built a fine open air bath, 100 ft. long and 40 ft. wide, 3 ft. 6 in. deep in the shallow end and 6 ft. 6 in. in the deep end, with a constant supply of warm water from the local Electric Station passing through. It is tiled with white glazed tiles with several blue guide lines along the bottom.

The Club is a mixed one, but this sketch only deals with the Ladies' Section. During the first season, the ladies with a few exceptions had a decided preference for the *shallow* end, for the very excellent reason that only about three or four out of something like 40 members could swim, simply because they had never had the chance to learn! The first season was decidedly slow and the present captain, Miss E. M. Barlow, has a very vivid recollection of making the acquaintance in the middle of the bath (she at that time being not a sufficiently good swimmer to go to the deep end!) of Madam Squire (now Official Instructress at the Bath), who has since done so much for the Club by her ready help and encouragement at all times. The captain, re-appointed for the second season, had the good fortune to meet Mr. and Mrs. Lyon, of Dartford, who helped to organise the Club and also brought over teams of swimmers and divers to enable the members to give a small private gala for *ladies only!* The diving of the Dartford girls so inspired the Gravesend girls (who had up to this time patronised the *steps* as a means of entering the water!) that promptly diving became a craze and, as a result of their efforts, much water was forced out on to the edge of the bath, making it a very wet place for their boots! This season the Club has made huge strides in efficiency. Early in the year, with the help of Mrs. Lyon, three girls gained the Bronze Medallions and Proficiency Certificates from the Royal Life Saving Society, and on September 30th Mr. William Henry again visited the Bath, passing more candidates for that Society's awards; they gained 4 Bronze Medallions and 6 Proficiency Certificates. One of the girls, Miss Isabel Jones, who qualified earlier in the

year for Bronze Medallion, now presented the class, and proving her ability as an Instructress was recommended for Honorary Instructress Certificate, thus providing an excellent example for the men's section to follow. A second gala (this time practically a public one) was given in July. At this, Senior and Junior Championships were held, the entries for which were extremely satisfactory and the racing of quite an exciting nature. One of the great successes of the Club has been the establishment of four graduated tests for each of which a "stripe" is awarded, to be worn on the left side of the costume. The tests begin with simply the swimming of the width of the Bath by the breast stroke and a jump into deep water. This, to swimmers, seems absurd, but to non-swimmers a width is a big swim and a great accomplishment. The keen desire to possess these stripes has been very gratifying to the captain, who has spent much time at the club meetings seeing the tests performed. These stripes have been eagerly sought after by the elder members as well as the children and a pleasing feature of the season has been the gaining of stripes by many ladies whose *daughters* had already won them! The Club is a very united one and the best of comradeship exists between all the members and the officers. The captain is very keen on gaining as many *junior* members as possible as she feels that *they* are the swimmers of the future; she had some opposition to this idea at first, but she thinks all now are as proud as she of the brilliant work accomplished already by the juniors. The captain, by aid of a new idea, is raising a fund to supply a Championship Rose Bowl; a quite considerable sum has been raised from the bottom of the Bath for this object by the members diving for any coins that may be thrown into the water in favour of the Bowl. This has caused great fun and incidentally has made excellent object divers of quite a number of the members. Towards the end of last season, two senior members swam across the Thames from Tilbury to Gravesend (about a mile) and three swam a mile in the Bath. During this season one junior (aged 13, having learned to swim only last year) and one Senior also swam a mile and a mile

and a quarter in the Bath. The Bath closes for the season in the second week in October, and the ladies much regret that this is necessary, but of course it cannot be kept open for them only, as the gentlemen have mostly voted the weather too cold, but with water at 78° and a cold shower after, the result has been a huge appetite and a delightful glow of warmth and satisfaction.

The Ladies' Section this year has increased to 130 members, and the question will soon arise whether the Baths, which were built after thirty years of agitation, are really adequate for the local needs, particularly when the men's section gets as enthusiastic as the Ladies by a percentage of attendances being equal to them, and the formation of Life Saving Classes, for up to the present no classes have been examined, but we hope that another year these classes will become a prominent feature of the season's work.

The members of the Ilford Ladies' S.C. are to be highly complimented upon the result of their Gala, held in aid of the War Funds at the local Baths, and, notwithstanding their out-of-date condition, also situated in darkest Ilford near a dingy stream, they were crowded, whilst the Swimming and Diving of the Ladies' was particularly good. The chief honours of the evening were appropriated by Miss Belle White, who besides her well-known ability as a diver, showed to advantage in the breast, side, over-arm, back and crawl strokes. As a result she won all the scratch events, including the Club Championship, the Challenge Bowl for Graceful Swimming, and the Ladies' Diving Association Bronze Medallion. The display of fancy swimming by Mrs. Hughes, the Club Instructress, was very gracefully executed and proved a particularly pleasing feature. The ladies of Ilford owe much to Mrs. Hughes, for she is a real enthusiast and knows how to impart enthusiasm to others, with the result that all the ladies worked hard to ensure the success which they achieved.

The Board of Education, which shows itself somewhat favourable to the art of swimming, might do well to consider the advisability of allowing time taken up by Swimming to be considered as part of the ordinary physical exercise time, and might also allow Swimming and Life-Saving land drills to be added as a optional exercise in the official course. Swimming and Life-Saving can certainly claim advantage over organised games.

SWIMMING IN INDIA.

Calcutta Swimming Club Championship Meeting a Big Success.

THE second annual championship meeting promoted by the members of the Calcutta S.C. (which is affiliated to the Southern Counties A.S.A., England) proved a tremendous success. Every inch of the space round the course was occupied, while thousands hung to the boundary railings, and the surrounding houses had eager spectators on the terraces, in the windows, and on the verandas. When the sport started the weather was splendid, but later the rain came down, yet it did not damp the ardour of those present, including Lord Carmichael, who presided and presented the prizes.

The programme consisted of eighteen events, while exhibitions of how to save life from drowning according to the methods of the Royal Life Saving Society were a prominent feature, and the sport provided was exceptionally good. The general arrangements reflected much credit upon the Calcutta S.C. and especially the Hon. Secretary, Dr. Haridhane Dutt, and the Assistant Secretary, Mr. T. C. Ray, were heartily congratulated not only upon the success that attended their efforts, but also for popularising the art of swimming in Calcutta and in Bengal generally.

Following are the results of the chief events:—

110 yards Students' Championship.—1, U. L. Mukerji (C.E. College, Sibpore); 2, E. M. Koch (Scottish Churches College); 3, N. Roy (Presidency College). Time—1.23, 4.5.

110 yards Amateur Championship.—1, H. Jefford (Calcutta Swimming Club); 2, J. S. Humphreys (do.); 3, G. S. Young (Railway Y.M.C.A., Jamalpur). Time—1.21. Winner's time last year was 1.24.

Plunging (confined to Indians).—1, M. M. Dey (East Bengal Sporting Association); 2, A. K. Sen (unattached); 3, S. N. Bose (Mohanbagan A.C.). The winner did 44 ft. 110 yards British Army Championship.—1, Pte. D. Ross (Argyll and Sutherland Highlanders); 2, Pte. O'Hare (do.); 3, Pte. Bradley (Royal Fusiliers). Time—1.37.2.

110 yards Swimming on Back Championship.—1, H. Jefford (Calcutta Swimming Club); 2, S. Bhattacharya (C.E. College, Sibpore); 3, M. L. Bhattacharya (Mohan Bagan Club). Time—1.39.

Amateur Diving Championship.—1, D. A. Davieson, Calcutta Swimming Bath, 91 pts.; 2, L. Dubern, Calcutta Swimming Bath, 89 pts.; 3, H. C. Finlayson, Calcutta Swimming Club, 86 pts.

Quarter-mile Amateur Championship.—1, S. K. Sadhukhan, Unattached; 2, J. S. Humphreys, Calcutta Swimming Club; 3, N. Dey, Sporting Union; 4, E. M. Koch, Calcutta Swimming Club. Time 7.39.

30 yds. Boys' Race.—1, S. L. Mukherji, Oriental Seminary; 2, D. G. Banerjee, Oriental Seminary; 3, T. C. Banerjee, Sree Krishna Pathshala. Time 36.4.

220 yds. Championship for Indians.—1, U. L. Mukherji, C.E. College, Sibpur; 2, N. N. Sen, Ahritolia Sporting Club; 3, S. N. Banerji, Unattached.

220 yds. British Army Championship Relay Race.—1, Lorne, Athletic Club "A" Team (Argyll and Sutherland Highlanders):—Ptes. J. Stevens, J. Edgar, D. Ross and G. Cochrane. Time 2.57, 2; 2, Lorne Athletic Club "B" Team (Argyll and Sutherland Highlanders):—Pte. A. Cunningham, Lce.-Corpl. G. Bogie, Ptes. J. Price and J. Jackson.

220 yds. Amateur Championship Relay Race.—1, Calcutta Swimming Club: H. Jefford, J. S. Smith, E. Koch and J. Humphreys; 2, Howrah Recreation Club: T. Morrow, G. Reech, J. Leighton and D. McDermid; 3, Apprentice Engineers' Club, Jamalpur: L. Thompson, W. Pedrick, H. Thompson and C. Young. Time—2.35.4.

In the water polo matches, the Calcutta Swimming Club had little difficulty in beating the Apprentice Engineers' Club from Jamalpur by 2 goals to nil, while the Royal Fusiliers "A" Team were defeated by nine goals to nil by the Argylls.

Chinese Swimming Club.

AT the annual general meeting of the Chinese Swimming Club, held at the Club House, Singapore, on Sunday, July 26th, the statement of accounts and the report of the Committee for the year ending June 30th, 1914, were read and unanimously passed.

During the year, Dr. Lim Boon Keng and Mr. Lim Peng Siang were elected honorary members and 16 other gentlemen resident members. There are at present 58 members on the roll as against 53 for the previous year. The total cash receipts for the year, including

the balance brought forward from previous account, amount to \$1,460.61, and the expenditure for the year amounts to \$1,422.43, leaving a balance of \$38.18 to the Club's credit. The chief expenditure during the year was the rent of Club House, which amounted to \$360. In order that the Club may have a House of its own the Committee issued a circular requesting the members and other wealthy Chinese gentlemen to subscribe towards a Building Fund and there was an immediate response amounting to \$500.

The Committee elected for the ensuing year are as follows:—Mr. Khoo Wee Tong (President), Mr. C. Kenneth Chea (Vice-President), Messrs. Cheong Keng Liat and Tan Kim Chuan (Joint Honorary Secretaries), Mr. Chia Tek Chye (Hon. Auditor), Mr. Choa Tian Keng (Hon. Treasurer) and Messrs. Seow Poh Leng, Cheah Chun Hoi.

Bloemfontein Pirates A.S.C.

THE annual meeting of members and subscribers of the above club was held on September 4th, when the annual Report submitted by the Hon. Sec., Mr. A. MacKenzie, who once belonged to the Weston-super-Mare S.C., was unanimously adopted. In the report Mr. MacKenzie states that: "The Club had a most successful Gala on December 13th, when we received a visit from a Kimberley team, and also had an Exhibition of Life Saving and Fancy Swimming by Mr. Wm. Henry. It is now for the Club to show Mr. Henry that his visit was not in vain. I trust that all our members will join a Life Saving Class this coming season, and I have no doubt that Prof. Hollings will be only too pleased to conduct same."

Prof. Hollings, to whom thanks are tendered, is the superintendent of the Bloemfontein Baths. He is particularly keen on the subject of life saving and as he is an excellent swimmer his advice is much valued.

In another part of his report Mr. MacKenzie draws attention to the inactive conditions of the local branch of the governing body of Swimming, and strongly urges reform, in order that the Free State should be properly represented in the Currie Cup Tournaments, which embrace the Championships of South Africa. He also is a strong advocate of long distance swimming and advises the institution of Championships at a quarter, half and one mile.

HOW TO TRAIN SWIMMERS.

The Improved Crawl Stroke.

THE IMPORTANCE OF PROPER BREATHING.

By G. H. Martin.

BY means of a more fully developed leg stroke, and the insistence on the importance of regular breathing, Mr. G. H. Martin, the popular superintendent of the Sutton Baths, Surrey, has been able to turn out many youthful speed swimmers, who use what he terms the "Improved Crawl," others have named it the "Martin Crawl." Whatever the name may be it is clear that the results Mr. Martin has achieved are remarkable in so short a time, for it is only about two years ago when he started to impart his ideas, which are chiefly—

(1) To minimise the resistance, which is a great fault in most strokes.

(2) To insist upon regular breathing, which is found of great importance and should not be sacrificed for speed; and

(3) That the stroke shall be natural and most adaptable to the human being.

As a result he has many pupils who swim quite fast, one of them, W. F. Jaggs, a youth under sixteen, who won the Southern Counties 100 yards Junior Championship last month, in 63.2., thus beating the record of 65.1. for same event made in 1911 by H. G. Annison, the present 100 yards Senior Champion. Jaggs has been described as a "wonderful Boy Swimmer." Among other pupils he has L. Savage, age 17½, who can do the hundred yards in 57.2; Miss Falkus, age 13½, who does the same distance in 1.25 and won the girls' 100 yards Junior championship of London, and many others who are showing great promise. With regard to his system of training swimmers Mr. Martin says:—

The advantage of the stroke I am teaching is the one which causes least resistance. The swimmer appears to glide through the water with an easy movement, free from splash, and almost flat on the surface of the water. The arms work alternately beyond the head, with a comfortable long reach, wrist bent and fingers close together, and are dipped into the water without strain or over reaching, the arms are pulled back smartly with a shallow pull, the elbow being slightly bent so as to relax the muscles. The palms

of the hands are turned slightly outwards from the body towards the finish of the stroke. The arm stroke is similar to hooking oneself along the surface of the water, the hands being bent downwards from the wrist to form the hook.

The leg movements are similar to walking backwards on the toes. To get an idea of the leg stroke the learner should try to walk backwards on *terra firma* in the following manner: "Stand firmly on the right foot, toe slightly turned inwards, then swing the left leg backwards and place toe on the ground about 18 inches to the rear, with the left leg bent at the knee. Then straighten the left leg from the hips, at the same time lean slightly backwards. This movement raises the body to allow the right leg to swing backwards freely. Continue the movements as with the left leg." This is practically the same in the water. The leg should be slightly raised to the surface of the water and describe an arc with the foot from the surface of the water, outwards to the rear and slightly downwards to line of body, or about 15 inches below the surface. The legs should be kept close together, toes slightly turned inwards. When the right leg is straight the left commences to swing to the rear, or to the surface. When the leg stroke is correctly done the resistance is minimized to a degree which is so common in many "crawl" strokes. The swimmer will feel a distinct forward movement after each leg stroke. After the legs are straightened out they should be allowed to hang or become limp rather than be kept stiff, which is a reason of the drag or cause of the resistance. The water buoys up the leg, or partly helps to raise the foot back to the surface ready for the next stroke mechanically when correctly done. In no case must the leg be brought out of the water, the heels should be seen just above the surface each time.

To learn the improved crawl, the swimmer should practise the arm stroke by pushing off from the side of the bath and then start working the arms alternately, keeping the

legs straight and close together without straining the muscles, and if the legs are inclined to move a little alternately to balance the body the swimmer may do so. He should do this several times until he begins to feel that he is moving forward without much exertion, then he should practise the leg stroke in the following manner:—"Push off from the side of the bath with hands together above the head (as in plunging) after

to balance the body, as follows, "left leg forward and right arm backward, and *vice versa*."

Now in swimming the natural crawl I have found that by starting the arm stroke the legs naturally want to move to balance the body mechanically. When the swimmer is proficient in the stroke, or is capable of doing 50 yards without distress, he should begin to try his speed against the watch, and should practise getting off the mark or side of the



W. F. JAGGS.

G. H. MARTIN.

L. SAVAGE.

the swimmer has mastered the leg stroke." He should then practise the arm and leg movements together, right arm and left leg and *vice versa*, as follows:—"Push off from the side of the bath and commence with the arm stroke, and when the legs begin or want to move, then try and work the legs as in walking backwards." When an individual is walking naturally the arms swing in the opposite directions to the legs as it were,

bath smartly, by taking a good plunge (shallow) and before reaching the surface draw the right arm back. By doing this the swimmer is ready to commence the "crawl" without introducing some other stroke to get a little way on. He should also practise the turn quickly. By experience I have found that a good many swimmers lose ground by not being able to turn quickly.

In breathing I recommend taking a breath

at every other stroke, as it is much better to take a full breath rather than a gasp at every stroke. To take a breath correctly, say for instance on the left side, as soon as the left arm enters the water beyond the head, the swimmer should begin to turn the head to the left and take a breath while the left arm is moving back. Care should be taken not to roll over or raise the head out of the water. The swimmer will soon get over this difficulty with a little practice. Also the learner should get a friend to watch his movements in the water, to see that the feet are not brought out of the water or dragged downwards, and he should also count the number of strokes for 100 yards, which should not be less than 52 or more than 63. I also recommend long distance swimming by taking long steady strokes, letting the heels come to the surface slowly and straighten out smartly.

The learner should not be discouraged if he should not be able to get the speed at first, but should persevere with it. Anyone taking up this stroke after swimming the Trudgen or Over-arm stroke may find it rather difficult at first, but ultimately he will find that he will be able to swim faster and with less exertion in proportion to the speed gained, and not only that, his stroke may be used for any distance, as I have proved that several of my pupils, under 6, can swim from $\frac{1}{4}$ of a mile to a mile without distress and at good speed.

Nearly all the members of the Circle de Natation Water Polo team who have toured England are in the Belgian Army. Our *confrère* Paul de Backer is amongst them; he was good enough to contribute the "Continental Notes," but we have not been able to get in touch with him since the war started. We earnestly hope he is safe and well.

"H.I.M. The Empress of Russia has favoured the Proprietors of Dr. J. Collis Browne's Chlorodyne with a large order for that famous Medicine to be sent to Russia. As is well known, Dr. Browne's Chlorodyne is a sure preventive and curative of Dysentery and other Intestinal complaints.

LOSSES TO SWIMMING.

THE Royal Life Saving Society greatly regrets the loss of a valued supporter of the Art of Swimming and Life Saving by the death of Mr. Robert Topping, who took a particular interest in its work, and when in 1897 the Society promoted the Diamond Jubilee Gala, which was held at the London & India Docks in the presence of H.M. The King and Queen Mary (then Duke and Duchess of York), Mr. Topping being of the opinion that the occasion was a special one, generously presented a number of gold medals set with diamonds which were presented to the successful competitors. It was on this occasion that J. A. Jarvis, of Leicester, won his first National Championship. It was in the Mile, when he beat J. H. Tyers, the holder, Percy Cavill, who came specially from Australia for the event, many continental swimmers, as well as nearly all the best men in the British Clubs. The entry was a record one and produced a record swim. The occasion was also a special one because of the visit of the famous team of Swedish Divers, whose presence was the immediate cause of the Art of Diving taking a firm hold in England. Besides being a generous patron, Mr. Topping was a practical exponent of the Art of Swimming, and on one occasion won a big bet, by staying for six hours in the sea at Brighton.

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The late Mr. George Farmer, lessee of Rose Bay and Rushcutters Bay Baths, Sydney, had a thorough swimmer's funeral at the Waverley Cemetery.

Amongst those present were Messrs. W. W. Hill (N.S.W. A.S.A.), Reg., L., and Harold Baker (Stadium), H. Hardwick (Sydney Swimming Club), H. Hellings (Domain Baths), F. Underwood (Sports Club), H. A. Wylie (Coogee Baths), F. C. V. Lane, Cecil Healy, Harold Healy, G. W. Read, A. Wickham, G. Le Breton, W. and H. Wylie. Amongst the senders of wreaths, of which there were many, were the New South Wales Ladies' Swimming Association and the Sydney Ladies' Swimming Club, of which his daughter, Miss Doris Farmer, is a member. The late Mr. Farmer came to England with Messrs. F. C. V. Lane and G. W. Read. He was one of our firm friends, also a most enthusiastic supporter of the art.

THE GAME OF WATER POLO.

ITS ORIGIN AND DEVELOPMENT.

By Archibald Sinclair.

Second Article.

Continued from October Number.

LAST month I took the story of water polo up to 1892 when England won her first international at Liverpool. The sides then were:—

ENGLAND:—G. W. Haarnack, Amateur, goal; R. A. Crawshaw, Manchester Mayfield, and F. J. Whitehurst, Burton on Trent, backs; W. Henry, Zephyr (captain), half back; A. W. Burghard, Nautilus, centre forward; J. McConnell, Manchester Mayfield, and J. H. Hicks, Manchester Osborne, forwards.

SCOTLAND:—W. Phillips, Queen's Park, goal; E. G. Thomson, Pollokshields, and R. Wilkie, Western (captain), backs; C. McKay, Hibernian, Edinburgh, half back; Neil Haldane, Pollokshields, centre forward; T. Dobson, Heart of Midlothian, Edinburgh, and A. Whyte, Victoria, Glasgow, forwards. The referee of this match was Mr. A. Thomson, of Manchester.

With the exception of the year 1897, when Scotland beat England by two goals to one, the English teams have ever since proved successful in matches against Scotland.

The first County match played by Kent was one arranged by the London Water Polo League, and it took place on July 26, 1890, in an open air bath at Tunbridge Wells, the opposing side being Middlesex. This match led to the formation of the Kent County Association, of which Mr. E. J. Plumbridge was the first captain. "Eddie" Plumbridge is well known to Colonial swimmers as one of the hosts at the Thames Camping and Boating Association's quarters at Walton-on-Thames, and many of them have lively recollections of pleasant times spent there. I often receive letters in which the writers ask me to remember them to "Plum."

In 1890 the Surrey Association was formed under the presidency of J. F. Genders, of the Nautilus. Among the ardent workers was E. Harding Payne, the well known architect, who is still as enthusiastic as ever and is always assisting the Amateur Swim-

ming Association when his services are required. The formation of the Middlesex Association occurred the following year. The London Water Polo League granted both bodies the privilege of seats on its Council and thus a valuable body of water polo experts was organised for consultative purposes.

By this time the Northern Counties had become active, notably Lancashire and Yorkshire. The first named County played its opening match in 1892 against Notts, while Yorkshire was stimulated to effort by W. J. Ruddock, an old Norwich swimmer. I well remember refereeing in the final of the Yorkshire inter-club competition at Roundhay Park, Leeds, in the year that J. H. Tyers won the half mile Championship in the same lake, and the kindly hospitality I received from Mr. C. J. Plumpton, of the *Barnsley Chronicle*, as well as from other Yorkshire swimmers. In a sense Mr. Plumpton may be said to be the founder of the present Amateur Swimming Association, for it was only by his clear-sightedness in giving a casting vote when chairman of a meeting at Manchester in 1889 that the various district Associations are now amalgamated.

As the years have gone by there has of course been great increase in the number of Leagues and County Associations. Ireland and Wales have all engaged in international matches with either England or Scotland, and Great Britain has sent successful teams to the Olympic Games. The rules have been greatly altered and made more stringent but the pioneer work that was done in the "eighties" deserves recognition, for by reason of it the game has spread all over the world.

And it is a good game, one greatly beneficial to a swimmer and useful to men who train for life saving, inasmuch as it tends to develop staying power.

There is one matter I have not yet referred to and that is the origin of the inter-University matches. These were due to the enthusiasm of Mr. A. T. Masterman of Christ's, Cambridge, and the president of the C.U.S.C., and the Rev. E. D. Finch Smith, Worcester

College, Oxford, the first hon. secretary of the O.U.S.C. The Rev. E. D. Finch Smith had previously played for Longton and Mr. Masterman for Tunbridge Wells Cygnas and Kent. I have at home a letter from Mr. Masterman suggesting a match, and it was arranged in 1891 and was played at the Nautilus Entertainment at the old Crown Baths, at the side of the Surrey County Cricket Ground, Kensington Oval, on Oct. 16 of that year. The sides were:—

OXFORD:—W. G. Hayter, New, goal; Lord Amptill, New, and W. A. L. Fletcher, Christchurch, backs; R. P. P. Rowe, Magdalen, half back; A. M. Langdon, New (captain), A. S. J. Grant, New, and E. D. Finch Smith, Worcester, forwards.

CAMBRIDGE:—G. W. Picton, Clare, goal; A. T. Masterman, Christ's (captain), and A. L. Jackson, Clare, backs; G. Franklyn, Trinity, half back; G. Elin, Trinity, J. J. Guest, Trinity, and E. A. Newton, King's, forwards. Oxford won this match very easily by four goals to one. Many of the players have since distinguished themselves in the realms of art and science, and Lord Amptill, as we all know, has been Governor of Madras and Acting Viceroy of India.

(To be continued.)

There were thirteen entries for the Junior Diving Championship of the Southern Counties, but two from West Ham failed to appear until the others had nearly finished. The judges allowed them to dive, and in the end one of them won, but a protest was lodged and the Association has settled the matter by disqualifying the winner. The brothers Dickens both dived well, and now tied for first place, whilst the West Ham boy obtains sympathy.

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As a result of extra time Aston won the Midland Counties Water Polo Championship. Three weeks ago the final between Aston and Westminster resulted in a draw of four goals each, after extra time. The match should have been played to a finish, but the late hour precluded this, so the game was continued three weeks later. As a result of three minutes each way Aston scored three goals, Hughes scoring twice and Rose once, the result being: Aston, seven; Westminster, Handsworth, four. It seems that the best thing to have done was to play the match over again the full time and not as extra time.

RHYTHM OF THE CRAWL.

Comparison of Styles.

THE study of the physiological effects of exercise and the analyses of the various strokes with their variations is the forte of Mr. Norman C. B. Cox, formerly of Australia, but now Director of Instruction, American Life Saving Society, and Swimming Director of the Chicago Athletic Association. "Learn to save lives," is his motto. In an informing letter he tells us that there are "Five distinct crawl strokes easily distinguishable from each other, but all of them true strokes, as all of them have been successfully used by some great international swimmer. In these crawls the armwork is practically the same, the difference lying in the use of the legs. Each is as different from the other in timing and rhythm as the one-step, two-step and waltz are different from each other in timing and rhythm. The names of the crawls and the famous swimmers who respectively used them are:—Two-beat crawl, used by Cecil Henly and Max Ritler; Trudge crawl (scissor kick followed by two perpendicular leg beats), used by Frank E. Beaurepaire; four-beat crawl, used by Charles M. Daniels; six-beat crawl, used by Duke Kohanamoko, P. McGillivray and Harry Hebner; eight-beat crawl (lately invented), used by T. G. Whitaker, of St. Louis. Whitaker has been authentically timed at 57.4 for 100 yards in an 80-foot tank. While Mr. Cox can produce all these strokes he finds it easiest to swim the Trudgeon, as used by F. C. V. Lane, the trudge crawl and the four-beat crawl. We believe that this life-saving expert gained his certificate of the Royal Life Saving Society in Australia, his bronze medallion in Canada, and his award of merit in the United States. He has now been elected Hon. Representative of the Society at Chicago in the place of Mr. T. G. Diplock, who has left for Toronto.

Percy McGillivray, the American speed swimmer who won the 100 yards English Amateur Championship in 1912, in the fast time of 0.57.3, has tried his powers at long distances by taking part in the annual Mississippi River 10 mile race at St. Louis and was beaten by a local youth named H. Laubis after keeping level for nearly eight miles.

SOUTH AFRICAN SWIMMING.

Durban and District Notes.

HAD it not been for the Great War the swimming season, which is just starting in Durban, would have been a record one in every way, as the interest taken has from various causes been greatly increased.

As it is we must hope for the best, but with many of our prominent swimmers away the clubs will have to "Hambe Gahle" (go carefully) in order to husband finances.

Possibly it may be a blessing in disguise, as we shall have more time to devote to School Swimming and Life Saving, also to encouraging the art among the fair sex.

Annual General Meetings have been the order of the day, and the reports and balance sheets submitted have been most satisfactory.

Dealing with them in order of importance we find the South African Swimming Union in a very strong financial position, having had a very successful year under the Presidency of Mr. S. C. Dowsett. The headquarters of the Union under the Association rules change to a fresh centre each year, and during the coming season Durban is to be the headquarters, and the Officials of the Union for the year are President J. Ellis Brown, Esq. (at present in London), Vice-President H. Ramsay Rae, Esq., and Hon. Secretary and Treasurer Mr. Gilbert Reynolds, 13, Castle Arcade, Durban. The South African Championships and the Currie Cup Water polo tournament are to take place in February or March next year in Durban, and it is hoped there will be a representative entry.

The Natal Swimming Association have also had a good year, though their annual report has not yet been published, as the meeting does not take place in time to be included in this notice. For the coming season Maritzburg for the first time are to have the headquarters of the Association; this should do much to stimulate swimmers in that centre, and at the same time relieve Durban of a certain amount of executive work.

The Durban and District A.S.A., who were only formed during the past season, have had a remarkably successful time, mainly owing to the energy displayed by the Hon. Secretary, Mr. S. Inman Bamber, one time Hon. Secretary of the Port Sunlight S. and

L.S.S.; he has thrown himself heart and soul into the work, and has organised splendidly, so that the new body now controls over 1000 adult swimmers and about 3,000 members of the schools swimming association. The latter has just been started, and will fill a long felt want. Mr. J. S. Partington, well known as Life Saving Coach at the Technical Institute, is the Hon. Secretary, and has got to work in earnest.

Another splendid feature of the Durban District A.S.A. has been its Business House League, which has brought out many swimmers and has provided many keen team races. Appropriately enough Messrs. Lever Bros., with whom Mr. Bamber is connected, were the first winners of the league, being hard pushed for first place by the railway team. The District Association is fortunate in having secured the services of its principal officials for another season, and we are looking forward to many old records being set aside.

Among the clubs the Otter can show a splendid record, having, mainly through the swimming of G. A. Godfrey, secured most of the principal events of the season, including the Club Team race hitherto always held by the Queen's Park Club. The 100, 220 and $\frac{1}{2}$ -mile championships were all won by G. A. Godfrey, who also holds the 100 back stroke record time 1.22.

The Queen's Park also had a splendid year, and succeeded in winning premier honours at water polo and the Junior Championship of Natal. During the coming season they will have the assistance of Mr. R. A. Simons, who has lately returned from England, where he played for the Amateur S.C., London, in its first team; he will be a great acquisition to water polo, and to swimming in the district.

The Cygnus Ladies' Club hold their meeting this week, and here again success has attended them in the past year; Miss K. M. Biggs, their Champion, succeeded in lowering the South African Ladies 50 yards' record on three occasions, and her time 0.34.1 is regarded as particularly good.

The Local Branch of the Royal Life Saving Society, thanks to the visit of Mr. William Henry, have done splendid work, and the improvement in back and breast stroke swimming is very marked. The times put up by the Queen's Park in the Darnall Team Competition and later by the Otter will show when published how this branch has gone ahead.

NEW YORK MARATHON SWIM

A Test of Staying Ability.

THE famous Marathon swim, promoted by the *New York Tribune*, took place as usual from the Battery to Sandy Hook, a distance of about twenty-two miles.

George R. Meehan, of Charlestown, a member of the Brookline Swimming Club, won the race in the record time of 7 hrs. 18 mins., bettering the record of Sam Richards, of the L-St. Swimmers' Club of South Boston, made in 1913, by 1 hr. 1 min.

Richards, until to-day, the undefeated long-distance champion of America, finished in second place and thereby proved his 1913 performance. He finished the course in 8 hrs. 26 mins., 7 mins. longer than his time last year.

The third Bostonian to finish was Walter G. Dunn, of Atlantic, Mass., a member of the L-St. Swimmers' Club. Dunn finished only 0.20 behind his big club-mate, the race between them being the most sensational ever witnessed.

Until this event Dunn was unheard of as a long-distance swimmer. Twice before he has engaged in competition, but never before in such an endurance swim. A number of years ago he finished second to Richards in a two-mile race at South Boston and last Christmas Day he was second in the 100 yard race of the L-St. Club. He was not considered to have the slightest chance in the field of 30 of the best swimmers of the country. But he stuck to Richards at the very outset and remained with him until the sandy shores of the Hook were almost within reach.

He fell back when going against the incoming tide, but he rallied wonderfully in the last 10, and he was beaten for second place only by feet. It was the most stirring finish to a long-distance race ever witnessed.

The finish of Dunn's swim marked the triumph of Boston's long-distance swimming exponents; but before the cheers and sirens on the pleasure craft had died away Charles B. Durborow, of Philadelphia, well known to Boston followers of this style of swimming, because of his efforts to reach Boston Light, hove in sight.

He swam a game and persevering race from the start, and finally managed to achieve his life's ambition—to land at Sandy Hook. It was his fourth attempt, and his time—8.46 entitles him to rank above Capt. Alfred Brown, the first man to swim from the

Battery to the Hook. These were the only four of the original starters able to finish the race, and that the first three were Boston men, with the winner setting up a record that promises to withstand attack for some time to come, Boston has every reason to feel proud.

Opposed to the fastest and strongest swimmers in the land, including a score or more of New York representatives, demonstrated to the complete satisfaction of the most sceptical critic that Richards' performance a year ago was legitimate beyond suspicion.

The first three were content to plug along methodically during the first half of the race, permitting the zealous and less hardly sun-browned men of New York to set the pace. But it was a pace that killed which they set and they themselves were the first to succumb.

The race was started at 4.45 a.m., and when the winner touched the finishing point the clock registered 12.03 p.m.

The winner is 26 years of age and was born in Charlestown. He attends Boston College, and has been a member of the Brookline Swimming Club during the three years he has been swimming in competition.

He attempted to swim from Charlestown Bridge to Boston Light in 1912, and when within less than a mile of the light and while a long distance in front of Richards, he was forced to retire. That year, as well as last year, he won the New England three-mile amateur championships and he has also competed in a number of shorter distance races, always acquitting himself with credit.

Miss Nell Kenny, of Australia, is the only lady to accomplish this course. She did the distance on September 21 in 9h. 25.

L. "Bud" Goodwin, of the New York Athletic Club (Mile Amateur Champion of America), is undoubtedly better this year than ever before in his long and marvellous career. He certainly is a wonder. He won his novice race in 1897, and his first national championship at Buffalo in 1901, and the seventeenth year of his connection with competitive swimming finds him still a champion. His victory in the national mile championship this year completed his fourteenth year of consecutive wins. "Bud" at some time or other in his career has held every title from 220 yards up to the ten miles.

GENERAL NOTES ON NEWS.

INTERESTING ITEMS FROM MANY QUARTERS.

Jim Paddon, who was beaten by Ernest Barry on the Thames last month for the sculling championship of the world, holds the Royal Life Saving Society's award of merit.

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Our readers will be interested to learn that Mr. Harry J. Barclay, the Hon. Treasurer of the Royal Life Saving Society, and Mr. D. F. Cooke, Vice-President of the Amateur Diving Association, both of whom are prominent members of the Royal Life Saving Lodge of Freemasons, had sons in the Naval Brigade which took part in the defence of Antwerp, and were among the last to leave. They will also be pleased to learn that after much experience and many trials they have safely returned.

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We learn from Sydney that Mr. W. W. Hill, the Olympic Hon. Secretary of New South Wales, has called in all subscription sheets, as it is now thought proper to close the fund, which was intended to help in sending competitors to Berlin in 1916.

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The importance of boys and girls having facilities for acquiring the art of natation cannot be too strongly insisted upon. With the self-denying help of the teachers, to whom a meed of praise is due, the number of school children who are being taught to swim is continually increasing. The annual gala, which is arranged by the Hammer-smith Schools' Swimming Association, is an incentive to boys and girls to perfect themselves in the art so that they may be able to compete in friendly rivalry, and uphold the honour of their various schools. The Borough Council is helping to promote efficiency in swimming by distributing each year season tickets of admission to the baths to a number of scholars, but as stated by Mr. F. Nichols, the Chairman of the Association, there is not enough bathing accommodation in the Borough.

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In connection with the Southern Counties 100 Yards' Championship, Miss Vera Neave had a rather startling experience. With her father she went to Eastbourne to train,

have the benefit of the sea air, and get used to the Bath. The first day she did 1.19 for the hundred yards, and naturally thought she could easily do better on the day of the race, but, unfortunately for her, her time got worse each day until in the race she could not do better than 1.27. She is not alone in this experience, as we know of several similar cases, and it has been proved to our satisfaction that it is a mistake to make such a change several days before the race, as this often has a relaxing effect.

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Until quite recently, the swimming facilities for women around St. Louis, amounted to little. The Mississippi is out of the question, owing to muddy water and the fact that it is only suitable for the expert. Hence St. Louis lady swimmers have been much behind those of the other cities of the United States where the facilities are better. But now a fine open air bath has been opened for the ladies and the progress has already been most marked.

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At the Public Baths, Bradford, Wiltshire, on October 6, Inspector Beamish, of the Bath Police, an examiner of the Royal Life Saving Society and member of the Central Executive, gave an instructive lecture on the aims and objects of the Society, and also directed an exhibition by members of the Bradford Swimming Club of the best methods of rescuing the drowning and the principles of resuscitation. Inspector Beamish also gave a finished exhibition of scientific swimming which was highly appreciated.

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Dr. Burn, presenting certificates and medals of the Royal Life-saving Society at Halifax, spoke of the qualities developed by swimming and life-saving practice. Referring to the proverb "Sink or swim," he said that in after-life the principles involved in life-saving must be applied to the whole of life, and that we are all responsible for those around us. We must help people to swim and save them from sinking.

In the London Schools Championships Hammersmith representatives did wonderfully well. It was remarked by many good judges that a lot of the boys swim much the same stroke, some even said that they were a company of little Derbyshires. It now turns out that Mr. J. H. Derbyshire, the famous champion swimmer, has interested himself in these youths, and imbued them with his methods to an extent that has quickly helped them into the front rank. This goes to show that the boys only need advice of the right sort, and they soon acquire the correct stroke. At the present time most of London's speed swimmers practically come from three baths; these are Croydon, Hammersmith and Sutton; at each of these good advice is provided.

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Writing to the papers on the subject "Why unable to swim?" Mr. A. R. Bennett states.—

"I am sure everyone has read with deep regret of the sad deaths of two boys from drowning off Chiswick and Hammersmith Malls, due in both cases to want of knowledge of swimming. In the first case at Chiswick the boy seems to have been able to swim a little, but as one knows the current is very strong there for a small boy; but what of the seven men who watched him drown? It is as well not to express one's opinion of them in print, but their excuse was "not able to swim." With the poor little boy drowned off the Upper Mall, again it was a case of could not swim. Why can't they swim? Every child ought to be taught to swim, it should be as much a part of their education as learning to read, yet how many there are who have no idea how to. Cannot the schools see that every child, boy and girl alike, holds a swimming certificate?"

"I am very pleased indeed to see how very nicely some of the boys about here do swim, but why some, why not all? With the generation that is growing up now the phrase 'unable to swim' is one which should never be heard."

Those who are in a position to prevent the state of affairs as mentioned in this letter should make answer. We know that there are many schools in the British Isles which do not teach swimming, yet it is an art which once learned is never forgotten.

In Bradford swimmers have some of the best baths in the United Kingdom, yet it was not until this season that a Bradford man has been able to win a County Championship. The honour of making a start has fallen to H. V. Binns, who won the Yorkshire 440 yards in September in 5.55.

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At a gala organized by the Loughborough Ladies Town S.C. in aid of the Prince of Wales' War Fund, a substantial sum was collected for gifts to members of the Loughborough Club who are with the colours, by the audience throwing coppers and silver into the bath, which were dived for by the members. We hope no one will attempt to find fault with the members because they dived for coins under such conditions. As the result of the gala, which was held in the afternoon and evening, the sum of £20 has been handed to the Relief Fund.

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Frank Tilton, junior, the 16-year-old son of the Superintendent of the Lambeth Baths, won the Henry Terrell Cup in a quarter mile race open to the West of England, held at Gloucester. Having now won this trophy three times in succession, competing against some of the finest swimmers in the West of England, the handsome cup becomes his own. This makes the seventy-eighth prize won by him.

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The following members of the Leicester Borough Police Swimming Club passed the necessary qualification of the Royal Life-saving Society for the bronze medal and certificate:—Dr. Spriggs, Inspector Croyce, P.C.'s H. Ashburner, J. Perkins, J. Ford, B. Newman, J. Cook, H. Root, J. Beaver, E. Maddock, E. Harris, and E. Grayham. Great efficiency was displayed, especially as the men have had little time to practise owing to pressure of duty caused by the war. Inspector Kendall, who instructed them, also obtained his certificate as hon. instructor. The class was examined by Mr. T. H. Jayes, always ready to devote his time to the work in order to make the practice of life-saving more general.

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Over 800 Boys and Girls have this year taken part in the annual matches of the Leicester Schools Swimming Association.

The Harbour Police of Montreal are learning life-saving from an instructor who is a member of Y.M.C.A. The class includes Chief Constable Coleman and some of his sergeants. They practise at the Laurentian Baths.

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We observe that Mr. Chris. H. Goulden is now president of the Canadian Amateur Swimming Association. Of course Leonard G. Norris, once a resident at Plymouth, is the Hon. Sec. He was responsible for the foundation of the Association and is well known as a first class organizer. Both are keen on life-saving work and have done much to make the subject popular.

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The London Schools Team Championship has for the fifth time been won by a team of little boys—some of them very little yet fine swimmers in the making—of the Canal Road L.C.C. School, which seems to indicate that the Schoolmasters who have these boys in training appear to know their business, as such consistency in winning could hardly be due to the accident of selections. We wonder whether one of the masters of this victorious school would volunteer the information how this is done, for the benefit of the several thousands of Masters and Mistresses of the other London Schools.

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G. W. Sainsbury, of Stafford, whose style, speed and method of Swimming was admired by all good judges as well as by the public, has joined the colours. He was regarded a certain winner of the Midland 100 yards championship.

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The Bacup Amateur Swimming Club make it their aim to give that encouragement which the art of Swimming so much needed, and they also make it as cheap as possible. The club, during the past season, had maintained its reputation as one of the foremost in the country, and the juniors, as well as the seniors, ranked high in the point of efficiency. During the season life-saving classes had been held, Mr. Herbert Allen being the instructor, and an examination was to be held on October 5th. Since the formation of the club thirty life-saving medallions had been won, and that meant that thirty persons had qualified themselves for the work of rescuing drowning people.

An announcement that one named Cliff Bowes, who is a first class swimmer, is supposed to be a paid life saver at Los Angeles and at the same time competing as an amateur, has caused much fuss amongst the officials of the Southern Pacific Association. It is said that because a man acts as a life-saver for which he is paid, and then competes as an amateur, it is against all rules of the amateur gospel. It is evident that those who are of that opinion do not happen to know *all* the rules "of the amateur gospel," as in most countries life-savers are exempt because life saving is not sport. The prize in these cases is the saving of a life and not the getting of a pot.

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The Executive of the Yorkshire Amateur Swimming Association have approved the action of the Emergency Committee in sending out circulars to clubs recommending them to carry through their arranged programmes wherever possible. By so doing, the national interests would be best served. Swimming, as a recreation and a sport, was a means of keeping its devotees in a healthy and vigorous condition, and fit to cope with such emergencies as may arise. Further, recreation and the entertainment obtained at swimming galas would be a benefit to those who would otherwise find time hang heavily. The circular also recommended that, where finances would allow, the proceeds of galas should be given to special relief funds, adding that many of the best swimmers, including past and present champions, were serving in the Regular and Territorial Forces.

The Emergency Committee also suggested that where a district winner could not compete in the final owing to having been called to the front, he might plunge or swim at some future time. If he should then beat the time made by the winner he should receive a duplicate of the first prize. The Championship Committee, however, brought up a resolution dealing with the same question, and this was carried. It provided that winners of district championships who had been called upon to serve in the war should be awarded a district medal without being compelled to swim in the final. Three swimmers already affected are:—H. Wilson (Hull), district mile; A. C. Wadsworth (Leeds), breast stroke; and T. P. Wright (Hull), 440 yards. These, and any subsequent winners, will be awarded medals.

For saving the life of four persons at one time when spending his holidays at Torquay this year, Mr. J. Brearley, Hon. Sec. Derby Schools Association, was recently presented with the certificate on vellum of the Royal Humane Society. A year ago he was the recipient of a similar testimonial, having saved a lady from drowning, also during his summer holidays. The details of his brave act this year are that while reading, his attention was attracted to the women and children struggling in deep water. Discarding only his coat and waistcoat he went to their assistance and seizing one child, to whom the other two were clinging, and the woman, swam on his back with them until he could touch the bottom. By means of this human chain the whole party were then drawn to shore. It was through one of the children slipping on some seaweed and falling into deep water, that nearly brought about a fourfold tragedy, as the other children and the woman got into difficulties in trying to effect a rescue.

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H. V. Binns (Bradford), G. H. Webster (Sowerby Bridge), the back stroke champion, and Foster (the Sheffield Croft House goal-keeper) were competitors in the one-mile championship of Yorkshire. Binns, who won the quarter-mile championship a few weeks ago, led at the outset, and was never headed, and finished in 25.54., Webster in 27.11., and Foster in 28.15.

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The saving of human life is the profession and the business of Prof. John A. Jackson, instructor of Swimming at the Lurline Baths, San Francisco. He frequently travels long distances along the coast of California to organise branches of life saving corps in the cities on the ocean, gulfs, lakes and rivers. These branches are conducted much on the same lines as the Australian and New Zealand Surf Clubs; they have only one object in view and that is to be prompt in answering the cry for help. Prof. Jackson holds the rank of Captain in the United States Volunteer Life-Saving Corps and is much interested in the National Women's Life Saving League, the membership form of which contains the question—"Do you promise to uphold the dignity and welfare of the N.W.L.S.L., further its purposes and abide by the decisions of its Directors?"

The Health Culture Society of Glasgow, notwithstanding that many members have gone on active service, have decided to carry on their winter session and devote special attention to the teaching of swimming and promotion of the art of life-saving.

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The Wandsworth Club, in consequence of the war, has abandoned the proposed galas, and has, for the present, suspended operations. A large number of the members are serving with the forces, and three of the prominent polo players, Messrs. E. F. Ellis, R. E. Brewer, and W. G. Poore, have obtained commissions, the first two as sub-lieutenants in the Royal Field Artillery. Old members of the Club will be interested to know that a former polo captain and club champion, Mr. C. Fred Milnes, is on the way to Europe with the New Zealand contingent.

SPECIAL NOTICES.

Royal Life Saving Society.

For the improvement and instruction of swimmers in the higher arts of natation, including floating, diving and life saving, the winter classes which have proved such a gratifying success in years past will be resumed on November 2 at the Holborn Baths, Broad Street, London, W.C. All interested who desire to participate in these instructive meetings are requested to communicate with the Chief Secretary of the Royal Life Saving Society, 8, Bayley Street, London, W.C., at once.

As heretofore individual members of the Society, as well as members of affiliated clubs, will be admitted upon production of a pass, which can only be obtained from the Society. The charges are fourpence for those who enter the water and twopence for spectators. These charges have to be paid before entrance, and in every case an official pass must be produced. The meetings are open to ladies and gentlemen.

Swimming Magazine.

WE beg to notify intending subscribers that the demand for the *Swimming Magazine* has been so great that the July number is now out of print.

The Article on Diving, by William Henry, will be resumed in the next issue.

CURACHO

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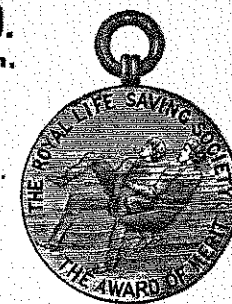
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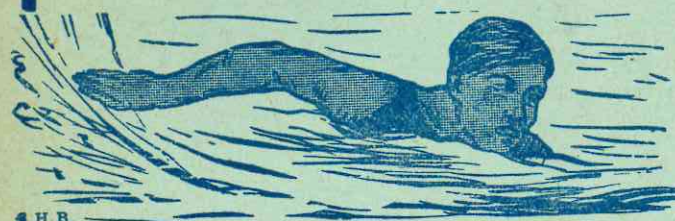
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