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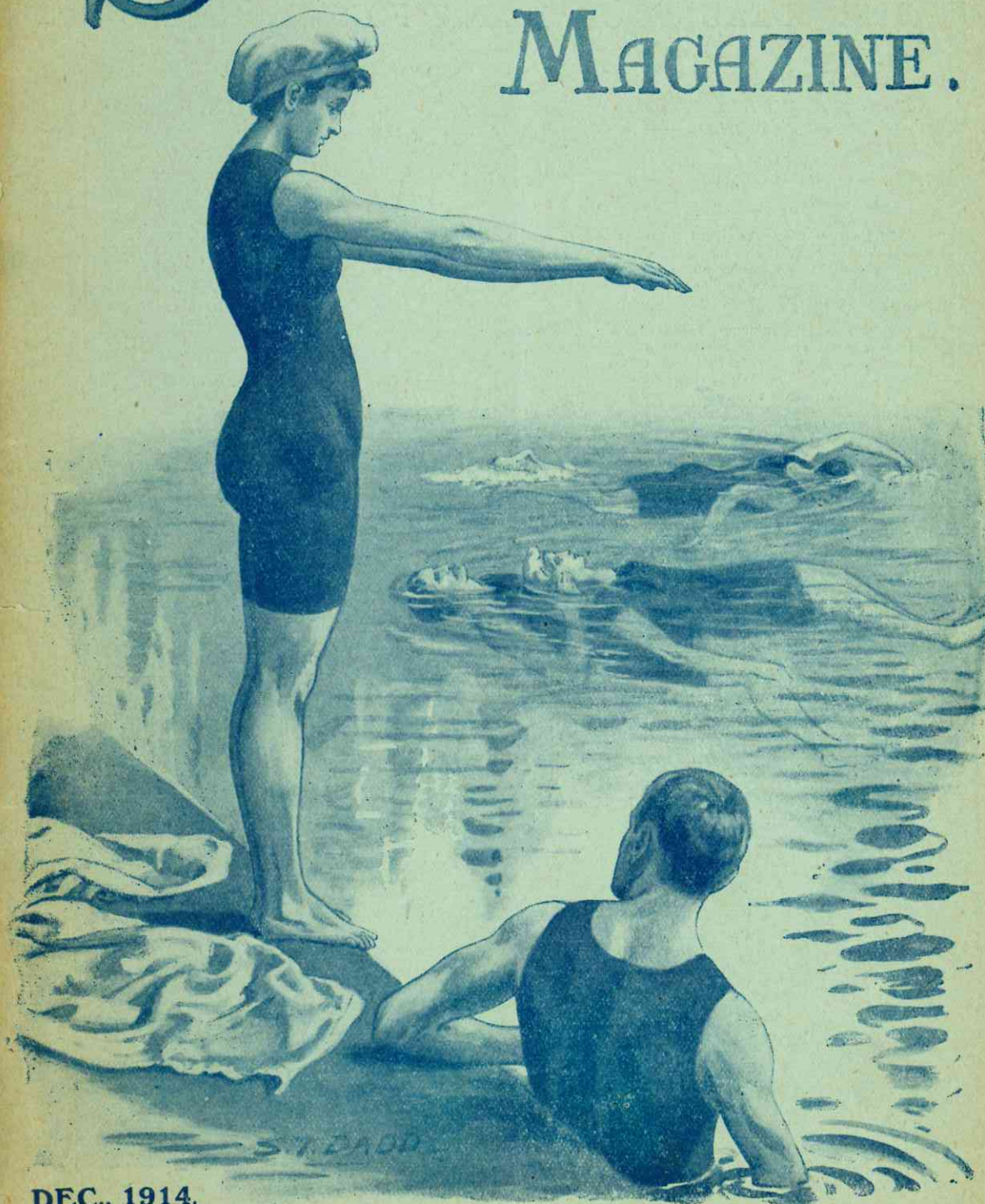
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THE SWIMMING MAGAZINE.



DEC., 1914.

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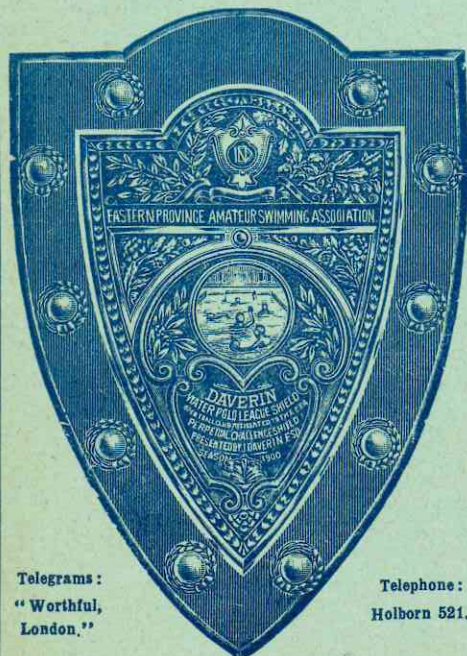
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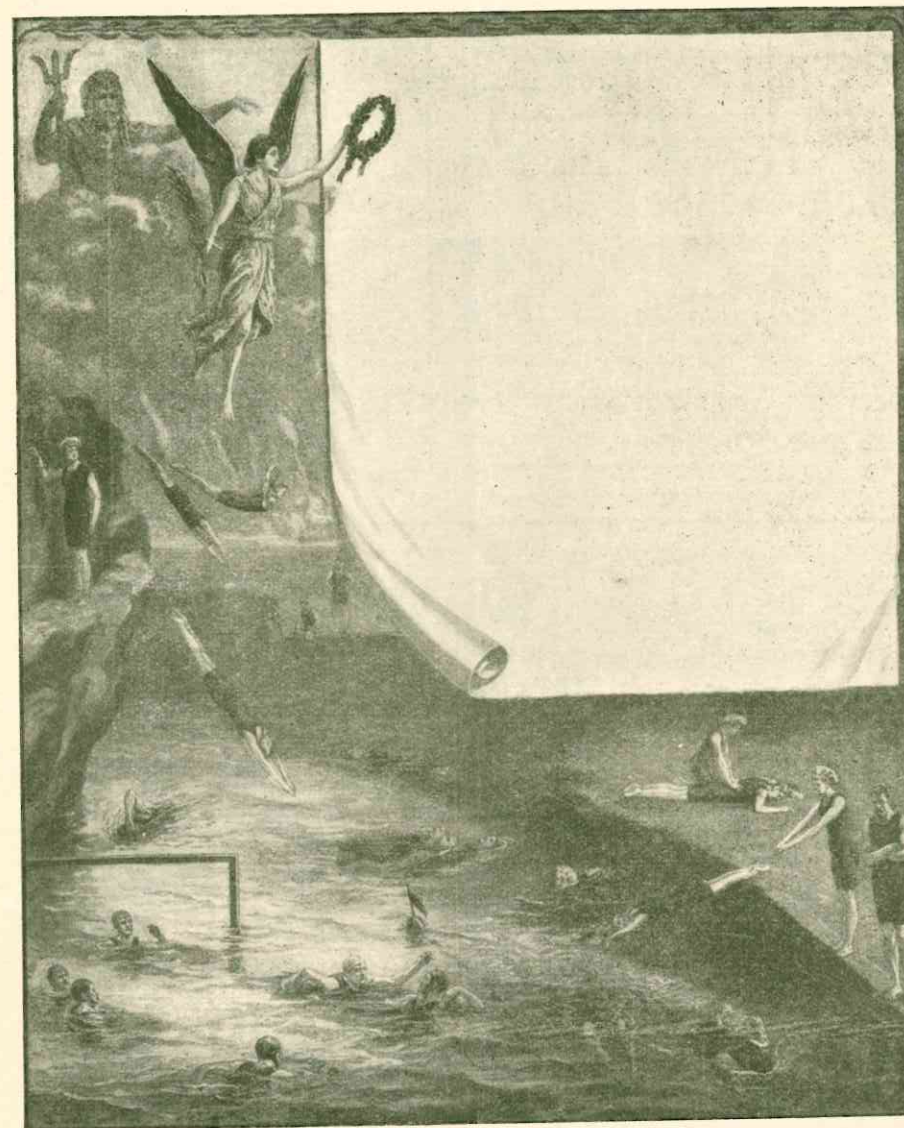
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No. 7. VOL. I.

DECEMBER, 1914.

WINTER SWIMMING.

WHEN summer ends most swimmers are apt to forsake the art for some other pastime. We can understand this result among those who bathe in open water, because of the fact that dressing facilities are withdrawn by those who do not understand, and have never experienced, the exhilarating effect of a dip in the open. In covered baths the conditions are the same all the year round, in fact many are kept really warmer in winter than in the summer; consequently it is not easy to assign a reason for the general closing down that annually takes place among the swimming clubs almost everywhere, seeing that material benefit is to be derived by continuing to practise all the year round.

It has been customary to consider the Swimming Season as starting in May and ending in October, but that fallacy should have long since been dispelled. One of the oldest of the English Clubs which has set a good example is the Serpentine, whose winter races and Christmas morning Handicaps are recorded among the classic events of the year. The members are always keen on the winter dips; several have indulged in them for over a generation, and when ice covers the lake, will chop a hole in it, so as to indulge in a cold water bath. So also will the Highgate Life Buys, who delight in indulging in bathing every morning and conducting several races at Highgate on Christmas Day, without experiencing any ill effects.

At Plymouth, Glasgow, Birmingham and many other centres there are Open Water "All-the-year-round Clubs," and at most seaside resorts there are bathers from the beach, and so the story could be continued by referring to members of the Society, the various Swimming Associations and the Executive of each, who have for years indulged in winter bathing and are the better for it.

If we look beyond these shores, we find that in Canada as well as in Russia, when the ice is too thick, they roll in the snow;

while we know enthusiast divers in Sweden who, besides bathing, have dived from the house-tops into the snow.

In our own land we have the advantage of the tepid swimming baths, but these are not used to the extent they should be during the winter, yet the practice is on the increase. At one time most of these were closed at this period of the year, but the demand has been so great that Municipal Authorities have been compelled to keep many open for training and health culture. The success of winter bathing has been amply proved by many, including the Royal Life Saving Society, whose winter classes have been for years largely attended, likewise by the Amateur S.C., whose members have conducted an extensive programme of winter events since 1869.

With regard to this question it is interesting to note that the subject is being taken up in Australia by no less an authority than Cecil Healy, who won the English Furlong Championship in 1906, and competed in the Olympic Games at Athens, London and Stockholm. The Australian swimming season starts on October 1, but writing on August 26, in the *Sydney Referee* Mr. Healy says: "It is a source of surprise that a bigger percentage of swimmers in this temperate clime do not continue to bathe during our so-called winter. To my way of thinking a dip on a sunny day in July and August (mid-winter in the Antipodes) affords a more pleasurable sensation than anything the hot summer months can offer. It is far more exhilarating."

The old-fashioned idea, to which a great many of the present day appear to cling, was that it was inimical to health to bathe, either in the open or in baths, during the winter, but it is not so, as it has conclusively been proved by hundreds, who have regularly indulged in the practice. It seems to have become a custom and, for that reason, the great majority of the establishments and the clubs close down for the winter.

A SPLENDID EXAMPLE.

BATHS IN SCHOOLS AND PLAYGROUNDS.

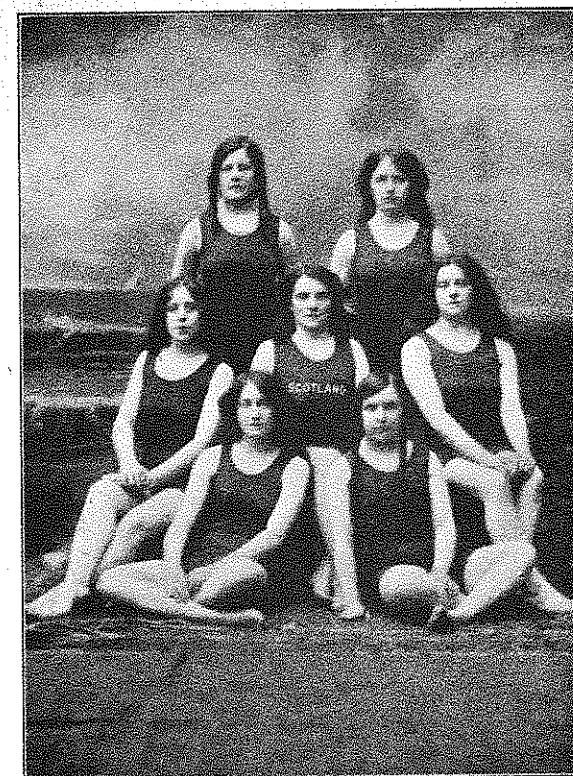
ALTHOUGH we are apt to vaunt ourselves upon our swimming ability, and though we have undoubtedly done much to further the art, we are apt to float and dwell on past work; the few who find fresh fields for our energies are often regarded with disfavour. The scheme for the encouragement of swimming, recently put into operation in England, was a step in the right direction, but it was primarily for the production of speed swimmers for the Olympic Games and not a teaching arrangement for most of the young people. Still the idea was good, and now opportunity offers to enlarge that idea so as to embrace in its action the thorough education of every school boy and girl in this country. To that end we should all strive. The bodies encouraging the art of swimming and the teaching of Life Saving have collectively and through their branches been working energetically for years to combat the prejudices of Education Committees and Borough and Local Councils. In many instances a certain measure of success has attended their efforts, but local success is only a fragmentary portion of the victory that is urgently needed for our national well-being as a healthy and physically fit nation, and that victory must be won. The Over-seas Dominions are giving us a lead in the right direction, notably Victoria, Australia, where Mr. F. E. Beaurepaire, the holder of the 300 metres and 440 yards world's swimming records and winner of the English half-mile and mile championship in 1908 and 1910; the 100 yards in 1910, when he won in 59.4; the 220 yards in 1908 and 1910; the 440 yards salt water in the same year, and the 500 yards in 1910, has for some years been installed as State Inspector, or Minister of Swimming in the Schools. Because he accepted this position there has been much comment about his amateur status, but the governing body of Victoria regards him as an amateur, notwithstanding the fact that in certain international circles they have ruled otherwise, but he has accomplished a great work, and Mr. Beaurepaire's last annual report to the Education Department of the Government of Victoria, at Melbourne, makes interesting reading, and is really an object lesson in management and organ-

isation. The first year he was appointed to the responsible position he now holds (season 1910-11), the schools with organised Swimming and Life Saving Classes numbered 71; last season, 1913-14, they numbered 747, these being made up of 732 State and Higher Elementary Schools and 15 District and Agricultural High Schools. In no fewer than 276 of these schools there are Girls' Classes of Instruction in Swimming and Life Saving. The number of certificates gained during the season was 4,449. It should be remembered by many readers that the season in Australia starts in October, the month our season proper ends. Therefore at the time of writing Australia's 1914-15 season is in progress. Out of 503 State Schools Mr. Beaurepaire reports that 2,225 girls and 6,567 boys learnt to swim in 1913-14, and that the total number of children who could swim was 3,737 girls and 12,864 boys, that the number of children attending the schools was 6,564 girls and 15,436 boys. Those of the swimmers who had a knowledge of Life Saving and could perform the test of the Royal Life Saving Society were 703 girls and 2,774 boys. One of the most instructive features of this interesting report is the number of children who have derived definite physical or mental improvement from the exercise and recreation of swimming and life saving. Furthermore, there are complete returns of rescue or attempted rescues by children in no fewer than forty different schools. Several schools have built baths within their own boundaries, a new movement which has proved itself acceptable to children, parents, school committees and teachers, for the results are remarkable. For instance, at Ballarat 143 children were taught to swim, as against 20 in the previous season, when municipal baths had to be visited. In another school which has a bath in its yard, 92 per cent. of the children can swim. This is Mr. Beaurepaire's doing. It is a lesson which should never be forgotten. There are many in the lists of champions and World's Record Holders who are regarded with reverence by the powers that be, but we have yet to learn whether they have accomplished anything like the work as is here laid to the credit of the greatest of these.

THE PRIDE OF SCOTLAND.

WE have much pleasure in reproducing a team of lady swimmers of the Premier Ladies S. C. who have made history in the art. There is no ladies' club in Scotland which has so many good swimmers, some of them the best that can be produced, for besides holding "premier" position in the land of their birth, at least one of these represented Great Britain at the

In 1911 the Premier Ladies S.C. beat 14 other ladies' clubs for the Trophy of The Royal Life Saving Society, which is given for National Swimming and Life Saving Competition. The test for this event consists of swimming any stroke, breast stroke, back stroke and saving life from drowning by four methods. But before they are permitted to take part in this contest each



MISSSES DINA MACKAY, BELLA MOORE, JESSIE MACKAY, MARY STRATHERN,
JESSIE WILSON AND ELSIE MACKAY.

Olympic Games in Stockholm in 1912, and that one was Miss Bella Moore, a famous speed swimmer, who has made many records. She is particularly good at distance swimming. On the occasion of the Olympic Games she took part in the first heat of 100 metres free style for ladies, and easily beat the best lady representatives of Germany, Austria, Sweden, Finland and Norway that were opposed to her, and when the semi-finals were completed she had the satisfaction of knowing that she was among the six best lady swimmers of the world, all members of the British Empire.

member of the team has to be fully qualified by possessing the Awards of the Society and therefore able to perform correctly not only the rescue methods, but also resuscitation of the apparently drowned. On the occasion of the test, Miss Dina MacKay performed her part of the test in such remarkable fast time that she beat not only all the Ladies engaged but also all the men who took part in a competition under similar conditions. She therefore created a record of which anyone may be proud, and upon which she was heartily congratulated.

ROYAL LIFE SAVING SOCIETY.

SUCCESSFUL WORK IN THE OVERSEA DOMINIONS.

New South Wales Head Centre.

THE twenty-first annual report of the flourishing centre of an Empire Society is just to hand, and, as usual, it is most interesting and instructive, giving evidence of much care being devoted to its compilation. In an introductory chapter to the main body of the report the position of the Society and its aims and objects are clearly stated, and we have no doubt that it will have the desired effect of bringing it into greater public favour, as the lesson of being at all times ready is well put. It is as follows:—

"Prior to the existence of this Society little public interest was taken in the subject of life saving. Many expert swimmers had lost their lives in vain efforts to save those of their fellow creatures, not from any fault in their swimming powers, but simply from want of knowledge how to release themselves from the death grip of the person they had attempted to rescue.

"This knowledge, which enables a swimmer to approach, with confidence, a drowning man, and effect his rescue with a minimum of risk to himself, is imparted to the candidates for the Society's Proficiency Certificate in a course of instruction, consisting of actual practice with living subjects, firstly on the land, and afterwards in the water, employing five distinct methods of rescue and three of release; also, the Schäfer method of resuscitation. These are taught to swimmers by competent honorary instructors in five lessons in the land drill and five in the water. The candidate has also to pass the test in back and breast swimming, and in diving for an object from the surface of the water."

These tests have the effect of promoting efficiency and expertness in the water, as well as general endurance, besides which the Society encourages the art of floating, diving, plunging, and any swimming movement which would assist a person endeavouring

to save life; also to form classes, promote public lectures, demonstrations and competitions, in order to inculcate universal and complete knowledge of the principles which underlie the art of natation, and to convince the non-swimming public that water is man's natural element.

"In the close application of business and pursuits it is customary to leave matters of vital public interest to those who, by their training and experience, are especially adapted for carrying them out. This is most evident in the field of life saving. This art should be of the greatest importance to everybody, certainly to those living in cities or towns adjacent to water, no matter how small. Many people do not interest themselves in this noble work, and prefer to leave it entirely to the certificated 'life savers.' Every one, who, at heart, desires to see a diminution in the loss of life by drowning should lend every effort to make the art of swimming more generally taught. Parents should insist on having their children instructed in swimming, not only from the great physical benefit, but to prepare them for the unexpected happening of events, whereby the ability to swim may prove useful, even indispensable, to the preservation of life. Drowning accidents occur under varying conditions, whether engaged in business or pleasure. No age, sex, class of society or occupation is exempt from this possibility.

"The majority of people are firmly convinced that an expert racing man is, *ipso facto*, a good life saver, or, in other words, the fact of being speedy entails proficiency in life saving. They will, therefore, be much surprised to know that such is far from being the case, and that, in fact, many successful sprinters, were they called upon to perform a rescue, would be very much embarrassed to know how to go about it. It is gratifying to note that the leading racing men and women of Sydney hold this Society's awards. The so-called speed strokes are of

Victoria Head Centre.

small value in life saving, and the much neglected breast and back strokes are really the only ones that give satisfactory results. To this may be added that, in dealing with a frantic person, the latter only should be used. The object of these remarks is to demonstrate what service a little instruction and experience will do. There is an open field for all who are inspired to enter. All are welcome, the nobility of the cause should inspire swimmers to desire to be trained in this humanitarian work. Let any one, possessing a little courage and willingness to learn, plunge into the work with all his heart, and it is certain he will never regret it. There is nothing finer in the universe than the feeling of having, in some way, contributed to saving from extinguishment the precious flame of human existence."

The Executive record with great pleasure another year of gratifying progress, and notwithstanding financial stringency, it is the best on record in the matter of awards, as during the season 98 classes were held, which resulted in 1,540 awards being granted. This number includes 55 Awards of Merit, 50 Hon. Instructor's Certificates, 506 Bronze Medallions, and 714 Proficiency Certificates, as well as other awards. Due acknowledgments are recorded to all who have given their aid to make the movement a success. A notable feature of the season was a visit from Sir Edward Schäfer, who tendered some advice of value with regard to bringing a patient out of the surf.

With regard to finance, the balance shows a surplus of assets over liabilities amounting to £142 5s. 4d., although much has been done at considerable expense, by supplying Charts of Instruction, Handbooks, Posters of Advice to the Public Schools, Surf and Life Saving Clubs, Brigades, Police and Signal Stations, Lighthouses, Wharves, Baths and Ocean Beach Resorts, for which no immediate monetary return was obtained.

Finally the Executive return their hearty thanks to the Secretary, Mr. George H. Williams, for his earnestness, energy, vast and all-round ability in advancing the centre to its present flourishing position; also for his efforts on behalf of the cause generally in Australasia and adjacent islands. In this we, who happen to know Mr. Williams, join most heartily, and if space permitted could mention a great many who have done all in their power to help the movement and set a worthy example.

The tenth annual report of this centre continues the story of increased interest and satisfactory progress, which is evidenced by the large number of institutions that have become affiliated, as well as a record year of awards granted. The awards are divided as follows: 14 awards of merit, 8 hon. instructor's certificates 124 bronze medallions, 9 teacher's certificates, 169 proficiency certificates, and 53 elementary certificates, making a total of 377 as against 178 in the preceding year. The affiliated institutions have increased by 19.

In order to stimulate the formation of classes the executive have instituted a premier certificate, which this year was awarded to the Elwood Life Saving Club, who gained this award with a percentage of 205 points.

The annual competitions were again successfully carried through and a number of demonstrations were given; also a visit was paid by the late hon. secretary, Mr. A. P. Newey, to Hobart, Tasmania, where he gave a number of lectures, and conducted several demonstrations, assisted by the Misses Olive Barnard and Eleanor Pocock, who for their continued interest in the work have since been elected hon. associates of the Society. So also has Mr. T. W. Malins, of Melbourne, who was particularly instrumental in teaching a large number for the bronze medallion.

The report contains particulars of visits by Mr. Newey to various outlying centres in the State, all of which have proved successful.

Various rescues are reported by ladies and gentlemen, including one by the President, the Hon. F. G. Tudor, to whom the executive tendered their expression of high appreciation for his prompt and successful action.

The executive have been making experiments with several patterns of surf reels, with the idea of equipping the various bathing stations with these, in order to protect the public.

The new hon. secretary, Mr. Edward J. Harris, has taken up the office most enthusiastically and having regard to the fact that now the centre enjoys a Government grant of £100 and that the financial affairs are in a very satisfactory condition, there is every hope of still greater progress in the future.

For the reasons stated the last report is a particularly cheering document.

Wellington Head Centre.

In the fourth annual report of the Wellington (New Zealand) Head Centre the executive state that the year just closed has been one to be remembered in the history of the centre, and they congratulate the officers and members on the expansion, which has been most marked. There is a manifest indication that the general public is impressed with the work that the centre is doing.

The present position is in a great measure due to the practical assistance of the civic and educational authorities.

There has been a rise of over 100 per cent. in the total number of awards granted and a large increase in the number of affiliated organisations. The work has been extended in the country districts by the appointment of district officers whose work has been eminently successful. Steps have also been taken by the executive to have swimming and life saving placed more prominently in the syllabus of the schools in the Dominion and to persuade the Government of the necessity of admitting life-saving literature and stock free of duty.

A very satisfactory feature of the report is the announcement that the Government have decided to pay the Humane grant to the Dominion Executive Council. Previously this grant has been paid to the Swimming Association, who for some reason or other held it up for a considerable period.

With regard to financial matters, after the Society had assisted two surf clubs towards the purchase of surf reels, the balance in excess of expenditure for the year was £43 8s. 6d.

Acknowledgments are made to all who have assisted the work and thanks are tendered for support received. With regard to the *Swimming Magazine* the statement is made that by the institution of this journal a long felt want has been appeased.

The report is the work of Mr. W. C. Collier, the hon. secretary, who is hard to be matched for enthusiasm. To give an idea of this we have only to mention the fact that on the occasion of our visit we found that being unable to obtain a supply of handbooks for the use of classes, Mr. Collier had made typewritten copies, one of which he issued to all who were anxious to promote classes. For this work he will always be remembered by us. Mr. G. S. Hill, the chairman of the executive, is another enthusiast of great ability.

Central Executive.

The usual monthly meeting was held on November 19, when owing to several members being engaged in service of the country, the attendance was not so large as usual. The awards granted for the month totalled 1,863, including four Diplomas, three of which were in favour of candidates who had taken their test under the auspices of the Quebec Branch at Montreal. Having regard to the disbanding of classes and the closing of baths, the number of awards gained by candidates must be regarded as very satisfactory. The Distinguished Service Medal was awarded to Mr. William H. Cooke, of Sydney, Australia, who for many years has served the cause, and has for ten years acted as Chairman of the New South Wales Head Centre, which was the first Centre to be formed after the foundation of the Society in 1891. Mr. Cooke has been on a home holiday visit, but has now left for Sydney.

Application for an examination of three candidates for the Diploma and other awards on December 12, at Bolton, was received from Mr. T. W. Grundy and Mr. W. H. Broom, Hon. Secretary of the Manchester Branch, was invited to act as one of the Examiners. The Hon. Associates elected were: J. le Tellier, R. D. Eaton, President and Hon. Secretary respectively of the Birmingham Branch, also Mrs. Edith Smithies Rugby, and Mrs. Rosa Enderby, Halifax, all of whom had qualified for election by work accomplished.

The Boys' Life Brigade reported that the "Darnell" Trophy for Swimming and Life Saving had been won by the 18th Manchester Company in 6.56.3. The 2nd Glasgow were second, and 7th Sheffield third.

In order to recognise the valuable services rendered by Mr. M. C. Bye since 1907 in the exercise of his duties as Hon. Representative for Gloucester, it was resolved to invite him to accept the thanks of the Society, engrossed on its Certificate.

Several letters were read from friends of the Society in America, which stated that considerable opportunity exists for the development of the teaching of Life Saving in many important centres. The Annual Report of the Glasgow and District Branch of the Scottish Centre, issued by Mr. A. Galbraith, was regarded as particularly satisfactory, no fewer than 364 awards being granted.

THE LADIES' SECTION.

By our "Lady Dorothy."

DISTANCE RECORDS, WHY SELDOM LOWERED.**THE LADIES' DIVING ASSOCIATION. STOCKINGS FOR DIVING.**

MISS DAISY CURWEN has been rounding up her swimming season by breaking some of the existing records. The 300 yards world's record, which she herself held, she has again lowered. At Birkenhead Baths on October 26 she made an attempt on her own record, which stood at 3.8.4 for 220 yards. As is well known, Miss Curwen is far and away the best swimmer over this distance, which seems to be the one most suited to her. Until recent years any distance more than 100 yards has rarely been encouraged for ladies. Now that there are in most parts 220 yards championships individual times are of course improving rapidly, and Miss Vera Neave, for one, yearly approaches nearer to the record. Still I do think that the 220 yards course has been rather neglected in favour of the shorter crawl sprints, and undoubtedly this is a pity.

On the occasion of Miss Curwen's attempt on this distance the bath was crowded. Her time for the first 100 yards—1.17.2—was very much better than that for the second 100—1.35; the remaining 20 yards she did in 16 seconds. Thus she completed the distance in 3.8.2, which is two-fifths of a second inside the record. When one analyses the swim it seems remarkable that such a fast swimmer as Miss Curwen should take so long to swim her second 100 yards. It seems probable that Miss Curwen could still knock this record down a good bit if she were paced over the latter half of her swim.

There are several swimmers who, if they were fit, ought to be able to swim their first 100 yards in about 1.22, the second in 1.28, and, allowing 17 seconds for the remaining 20 yards, should do the whole in 3.7. Instead of this they take 3 minutes 20 to 3 minutes 30 seconds by continually slowing down. In most of these 220 yards championships, after the first 120 yards the race becomes a procession. No one seems to have any life left to hurry; I really think that, in most cases, the cause is the rushing

away at the start. People rarely will realise that whatever they do for the first 50 yards or more they will go fast because they are fresh and do not feel the effort. It is after this that strength becomes necessary, and then it need not be used up. If gradually a little energy is put into the stroke, increasing until the final spurt, the swim must be more even. I know one is bound to slow down slightly in any case, but not so much as 18 seconds from one 100 yards to the next, as Miss Curwen is seen to have done. Her first hundred shows a very fast time, which I have no hesitation in believing she could have kept up, comparatively speaking, for the remaining distance. Such an experienced swimmer does not make mistakes, and I have no doubt that Miss Curwen ought to have been able to lower her own record considerably more had she not, for some reason, fallen off so much.

There is a class of swimmer who should appear in a 220 yards race but rarely does, and when she does she generally shows herself a bad racer. I refer to the swimmer who is consistent over several lengths of the bath, but does not shine in short sprints. There are many such, and it is unfortunate that as a rule club officials do not greatly encourage them. It is the swimmer who has stamina and a good steady stroke who should be trained for the longer courses. With few exceptions the competitors for 220 yards championships are drawn from those who compete in the 100 yards and take part, somewhere near the scratch mark, in short handicaps. These swimmers often do not attempt to practise or train for the 220 yards until almost a week before their competitions, and consequently the result is not creditable. It is the swimmer who can last at an average speed who should enter for 220 and 300 yards races, and club instructors should select such members carefully and encourage them to enter. They have not the advantages of sprint swimmers in gaining experience by often racing the

distance. Races for ladies of more than 100 yards are rarely organised, and not often at club meetings, and if they were they would probably not, at present, be greatly patronised. Therefore this class of swimmer has not the same chance of learning to be a successful racer over her distance and does not come to the fore as she undoubtedly should. The art of winning a sprint race or putting up a good time over anything less than a 100 yards is entirely a different matter to a 220 or 300 yards race. The sooner this is generally recognised the sooner we shall have existing records lowered.

* * * *

In the girls' 33 yards school championship of Derby, the holder, Miss Elsie Fawcett, was beaten by Miss Eileen Dexter, a genuine novice. She learnt to swim last January, and having gained the R.L.S.S. elementary certificate and completed a quarter-mile swim, she entered for this championship and swimming trudge, completed the course in 0.33. beating the holder by two yards.

* * * *

In the 100 yards ladies' championship of Yorkshire, Miss M. Marshall, Bradford, was again successful (though only by a touch). Miss J. Rearney, Sheffield, was second; and Miss A. Bottomley, Halifax, third. Time, 1.25.

* * * *

At the Ladies' Diving Association annual competitions at Holborn on November 12 the diving was decidedly better than usual. Mrs. Lewis and Madame Vautier, who are the pioneers of the association, have done a very great deal for the art. They are also keen workers for the R.L.S.S., and are almost daily teaching or examining candidates for the various awards. There was a large audience at the Holborn Baths, and the proceeds from the sale of tickets are to be given to the Relief Fund. The affiliated clubs' final competition for the Donegan shield and medals resulted in a win for the Victoria ladies, Miss E. Malcolm being the successful competitor. There was not much doubt as to the winners, as Miss Malcolm did not make a mistake. Miss Belle White, Ilford, the holder, was second, and Miss Edna Smith, the other Victoria candidate, was third.

The members of the clubs had previously been judged by judges appointed by the L.D.A., and the best two members received a silver and a bronze medal respectively, and the right to represent their club in the

final of this competition. Twenty clubs entered, and these were sub-divided into four groups for the final. Thus, five clubs in each group consisted of ten divers who followed one another in a succession of dives, and were judged and allotted their marks. This is a really excellently arranged competition, as each competitor is not kept waiting when cold and wet while 39 others dive between each of her dives. On the whole the standard of diving in this competition was fairly good, though many of the divers should practise from higher boards than one is led to think must be their custom. The average was excellent until the higher boards were reached, when in this, as indeed in all the other competitions, there was a great tendency in many to get down into the water as quickly as possible. Of course this is simply "nerves," and only requires constant practice and a good deal of perseverance.

Miss E. Johnson proved herself the best diver, and again won the professionals' cup, and Miss E. Blanchard was second.

There were five entries for the Willford shield for diving by club teams of four members each. The holders, Mermaid S.C., were again successful, while Fulham were second and Natantes third. The winning team consisted of Miss E. Armstrong and Miss D. Marx, both well known amongst divers, Mrs. J. D. Forsyth, captain of the team, and Miss Enid Harrison, holder of the A.D.A. Pott cup for juniors.

The Pott cup always attracts a large number of entries. It was held last year by Miss Edna Smith, Victoria L.S.C., whom I have already mentioned as third in the affiliated clubs final. This year, however, she was beaten by Miss Enid Harrison, who did a remarkable series of dives. It is gratifying to note that so many of the younger divers are very keen, and are rapidly coming to the fore.

But to return to the L.D.A. programme. The Howard-Thompson cup for individual diving was won by Miss D. Marx, Mermaid, with Miss E. Armstrong, Mermaid, second. Every one was very pleased to see Miss N. Pennington, of Hounslow, win the Nixon cup for fancy diving. Miss Pennington is really keen on diving; she has practised very thoroughly and quite deserves to win.

A new competition was that of fancy diving for professionals, which is a very good item, and one which, I hope, will find a permanent place on the programme in

future. The 120 yards ladies' team race attracted 11 teams—this rather points to the general interest in the L.D.A. shown by London clubs. Other events were a display of ornamental and scientific swimming by Miss Eva Johnson, and an exhibition water polo match by members of the London Ladies' Water Polo Clubs.

Amongst the competitors there were very few who really appeared to have any confidence in diving off the top board. Some, but a very small percentage, left the board gracefully and strongly with an upward and outward sweep and subsequent volplane to the surface of the water. The majority made a sudden dart downwards, or else threw themselves from the board with a resultant heavy and ungainly dive. These competitors should try to cultivate style and confidence, and endeavour to let themselves go a little. Then there are others who affect particular movements of their own invention, with their arms, hands, or heads. If some of these could only see themselves they would not spoil what are often otherwise good dives. There is nothing better than style and personality in diving, but these can be achieved without affectation. I am very glad to see that fancy diving is becoming more popular, and that it is being encouraged by the L.D.A., though I think it is time that some of the more prominent divers led the way with other of the variety dives than those at present practised by ladies.

* * * *

Speaking of the top board at Holborn reminds me that I think the authorities should be approached with regard to the two lamps directly facing the diver on the top spring-board. They make a horrid glare for the diver to face, and they also cast too lurid a light on the diver herself. Perhaps it would be possible to lower these somewhat, as it is very objectionable for ladies at galas to have to take up their position on such a dazzling spot. Either the light could be turned down a little or turned out altogether, as there are plenty other such lights suspended from the roof of the bath. It remains for one of the ladies' clubs using the bath to point this matter out to the proper authorities.

* * * *

I should be very interested to hear from some of our divers reasons for and against the wearing of stockings, which is so dear to

the hearts of some people and so hated by others. To the uninitiated it seems that stockings are ungainly, untidy, never match the bathing dress in colour, hang off the ends of the feet when wet, tend to make the wearer slip, pull the costume out of shape, generally are full of holes, and make the wearer look ridiculously over-dressed! For them one may say they tend to alleviate the splash often caused by the feet when entering the water—the rougher the stocking the more it deadens the splash. However, they also give the wearer a very professional and almost stagey appearance—in fact, one rather expects to see some ribbons or lace work around the top of the costume! Very few people look nice in them even if the stockings or tights are perfect. One is beginning to hear divers who were keen on wearing them turn against them, and I believe their days are numbered—personally, I must say I shall be very glad to have them abolished. I should really like to have the opinion of some of our readers on this matter.

—————

Can we cast away the ideas which have caused us to place individuals in a high plane simply because they happen to swim fast? Many of these have no time or inclination to help the spreading of the movement in such a way as to make it a national one, and a part of the general educational system. The ordinary teachers at the baths and bathing places have done much more in this direction; therefore in our opinion should be remembered when honours are conferred, as they are in direct touch with those whom we wish to make swimmers, and should therefore be encouraged in order that they may encourage others. At present they are not regarded in the light they should be, or are even mentioned in reports.

* * * *

This year the Leicester Baths Committee have again offered fifty free swimming scholarships to the boys and girls of the town, who are about to leave school, or who have left school and are not more than fifteen years old, on or before December 31. The scholarship consists of a free ticket, value £1 rs., and available at any local swimming bath at any time, and in addition to which each child is taken into an affiliated club, as a free member, for twelve months, and given free tuition for that time.

THE ART OF DIVING.

TECHNICAL LESSONS. By WILLIAM HENRY.

Sixth Article.

Continued from June, July, August, September and October Numbers.

(Copyright.)

IN the first article, which appeared in the June number of this Magazine, I dealt with the rise and progress of diving in this country, the Apparatus, Directions of a Dive, as well as various technical terms and definitions. In the second article, dives with arms at the side of the body and placing arms at the side during flight through air, also leap dives were explained. The third article dealt chiefly with fall dives which ended by the body entering the water hands first; the fourth related the method of performing various kinds of "headers." The last one explained the hand balance dives as also what are known as "pike" dives, so named because they somewhat resemble the action of a fish when rising above the surface of the water in its effort to take a fly or free itself from the fisherman's hook. On the present occasion I shall deal with those somersault dives that are usually performed in competition and exhibitions.

These dives are executed with half, one, one-and-a-half, two or two-and-a-half turns of the body on the horizontal axes of the body, either from the forward or backward starting positions.

As most somersault dives have the "header" or "leap" dives as their foundation, it follows that in each case the diver should have his body properly extended when entering the water. He should not drop into it in a confused heap of arms, legs and body, as is often the case with those who are novices.

Every such dive, if correctly executed, should end by the body entering the water hands first or feet first in the proper extended position.

When performing the single or double somersault, the entry into the water is made feet first, on the other hand when performing one-half, one-and-a-half or two-and-a-half somersaults, the entry is made hands first.

Somersaults are executed when the body is

extended in a straight line or drawn up into a squatting position, according to direction, but it must be remembered that it is more difficult to make a somersault with the body extended than when it is in a squatting position, yet both require much practice, if the diver wishes to enter the water correctly.

(36) Forward Somersault made with the Body in the Squatting Position.

Start from the primary position, free take-off, with a powerful run and spring off equally from both feet as high as possible, and draw the legs up to the body. The hands, which at first were in front, will now be in line with the lower part of the legs. When the body is at the highest part of the trajectory make a sharp forward jerk and complete a forward turn on the horizontal axis. On the completion of this turn the body will be descending perpendicularly, when the legs should be extended downwards and the arms upward, the shoulders pulled back, with the head erect between the arms. In this position

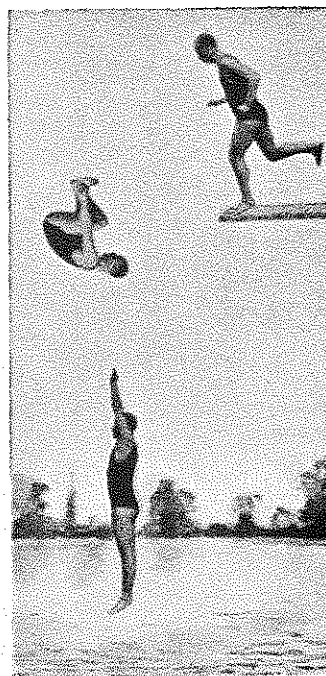


Diagram 28.

the diver will enter the water feet first as nearly as possible perpendicularly (see diagram 28). This dive is also made from the standing position, but in order to accomplish it neatly, an extra powerful spring-off is necessary.

(37) Forward Somersault in the extended position with the arms at right angles to the body.

The instructions for this dive are the same as for No. 36, except that the diver has to keep in the extended position as stated in the title. On the completion of the turn he places his hands along the sides of his body before entering the water. (See Diagram 29.)

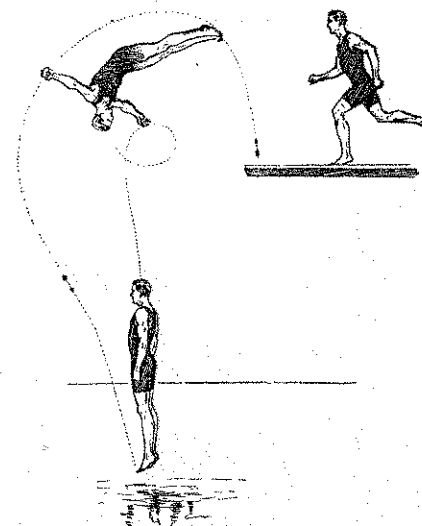


Diagram 29.

(38) Forward Somersault, full length with the arms placed to the sides of the body just after the spring-off.

This dive is a rather difficult one to perform, inasmuch as the diver has not the advantage of the swing of the arms in making the turn for the somersault, therefore it is generally made from a spring board, as a powerful jump on to the end of it greatly assists the turn of the body in the air. (See diagram 30.)

(39) Forward one-and-a-half Somersaults in the squatting position.

This is a running dive with $1\frac{1}{2}$ forward turns on the horizontal axis of the body. The start is made with a powerful spring-off, as for the ordinary somersault. After the

spring-off draw the knees up to the chest, when the hands will be near to the ankle joints, and by jerking the head forward toward the knees the body will gain the necessary impetus for the $1\frac{1}{2}$ turns forward, which should be completed a little after the highest point of the trajectory has been reached. The arms are then swung forwards at full

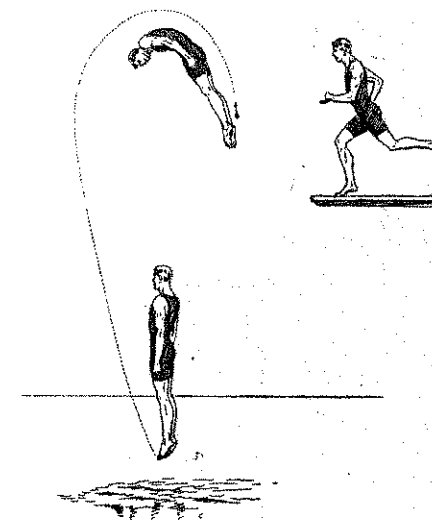


Diagram 30.

stretch, the head drawn back, the legs straightened, the back hollowed, and the diver will enter the water in the same position as for an ordinary header. Because the entry into the water is made head first, this dive is rather more dangerous than the ordinary somersault. Novices therefore should always select a diving stage beneath which there is plenty of depth, and if possible, a soft bottom, from which to make their first attempts.

(40) Forward one-and-a-half Somersaults in the extended position.

The instructions for this dive are the same as for No. 39, except that in this instance the body is kept extended, and the arms used as a medium for making the turn. (See diagram 31.)

(41) Forward one and a half Somersaults in the extended position with hands placed at the sides of the body.

The start is made as for the somersault No. 38 but the spring off must be more vigorous, in order to carry the body higher.

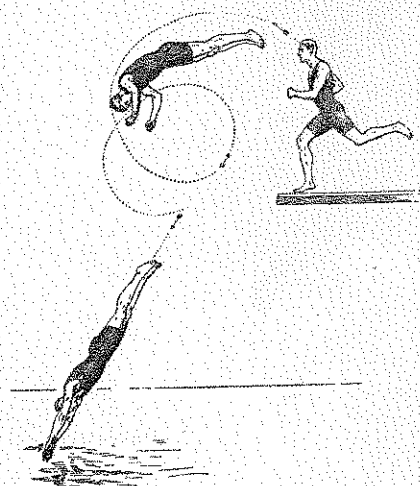


Diagram 31.

With a quick depression of the head a sharp turn is made, retaining the arms at the sides until the entry into the water is made. (See diagram 32.) This also is a rather

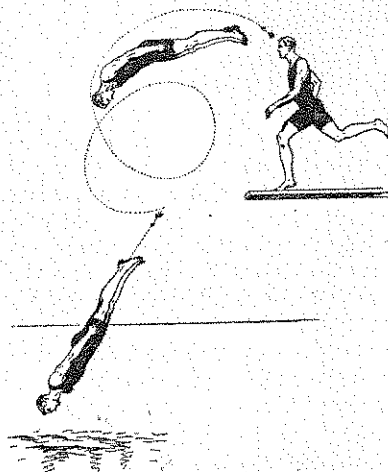


Diagram 32.

dangerous dive, because the diver has not the protection of his hands. It therefore should never be attempted in baths with hard bottoms, nor in the open unless the water is of considerable depth.

(42) *Forward Double Somersault, in the extended position.*

This dive is seldom seen in baths as it is generally performed from heights up to about 30 feet. The instructions to be observed

are the same as for dive No. 40, and as it embraces an extra half somersault the turns in the air must naturally be sharper or more quickly carried out, consequently a slight bending of the body is necessary. (See Diagram 33.) When the dive is performed in a bath the squatting position is nearly always adopted, as this position permits of the turns being more quickly executed.

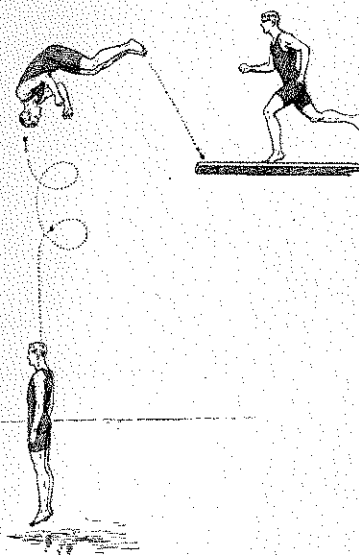


Diagram 33.

(43) *Backward Somersault.*

For this dive the body rests on the toes and the balls of the feet, the heels being extended over the front edge of the diving board and the body balanced in an upright position, with the knees slightly bent forward. By means of a forcible forward and upward swing of the arms as well as a spring from the diving board the legs are carried in a semicircle over the head, towards the water. At the highest point of the trajectory the head is thrown back with a jerk, the back is straightened and the arms are swung from the right angle position, downwards to the side of the body. By these means a complete turn on the horizontal axis is effected, and the diver enters the water feet first, in a perpendicular position, facing the diving board. (See Diagram 34.)

(44) *Backward one-and-a-half or double Somersaults.*

These are begun and carried out in the same way as the single backward somersaults but in order to facilitate the required

turns it is necessary to assume a more or less squatting or bent position of the body.

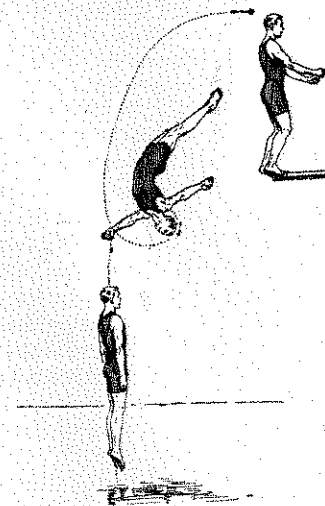


Diagram 34.

For the one-and-a-half Somersaults the diver will enter the water hands first, and for the double one, feet first. (See diagram 35.)

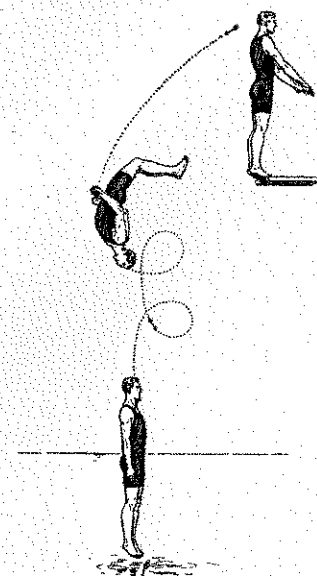


Diagram 35.

(45) *The Isander.*

This is a well known Swedish dive with a half turn full length backwards on the horizontal axes, started either with a run or from the standing position, the latter of course

is the more difficult. Spring out upwards and forwards, feet first, with force, and swing the legs in front high up as if wishing to clear a rope a yard or so away and as high as oneself. As the highest point of the trajectory is reached the legs are straightened and the arms are at the same time swung forwards and upwards, until the body is in a straight line. When in this position it has the effect of being momentarily suspended

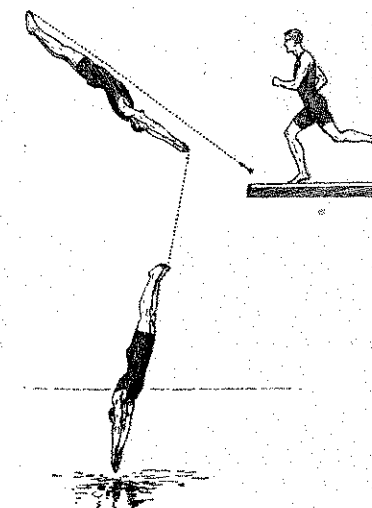


Diagram 36.

face upward in the air parallel with the water. At this point the arms are forced backwards, the upper part of the body and head are bent back, and the necessary turn made for the diver to enter the water, hands first, in the same position as for an ordinary header but a little more perpendicularly. (See Diagram 36.) This dive has often been named as a "Reverse Dive" or an "Overback Dive" and when completed into a Somersault, the diver entering the water feet first, it is referred to as a "Reverse Somersault."

(To be continued.)

Sergeant Cropp, of the Royal Scots Fusiliers, has been promoted to the rank of Sergeant-Major, for saving the life of a lieutenant of his company. The lieutenant was wounded while standing on a bridge, and although Sergeant Cropp had himself been shot through the arm, he went to the bridge under heavy fire, and swam with him across a canal to a place of safety.

NOTES ON NEWS.

INTERESTING ITEMS FROM MANY QUARTERS.

A leading citizen of Durban, has offered prizes to the first male swimmer who covers 100 yards in a minute, and to the lady swimmer whose time is 1.15 or under.

For the eighth year in succession the Hanley S.C. has won the North Staffordshire Team Championship. This year they defeated Tunstall S.C. in the final.

Many swimmers have joined the Australian contingent on its way to the front, including Leslie Boardman, who was a member of the Australian team at Stockholm in 1912. Douglas Sinclair, eldest son of Mr. Archie Sinclair, is with the same force. He joined at Sydney.

It is again reported that Duke Kahana-moku, the Hawaiian, who won the 100 metres at the Stockholm Olympia games in 1912, will form one of a party of Honolulu swimmers on a visit to Australia. They are expected about December 20.

We are pleased to note that many of our special articles are regarded as particularly useful. Most of them are being reproduced in the press in various parts of the country. We shall be glad that when these are acknowledged the proper title of *The Swimming Magazine* will be given, as at present in several instances fresh titles have been invented. Whilst on this subject we may state that, owing to the war, *The Swimming Magazine* is the only organ of its kind in existence at present.

In his report of the work done by the scholars of Church Square Schools, Harrogate, the head master says, "It is surprising that more scholars do not go in for swimming, as in addition to being a very healthy exercise it is an extremely useful art. Many boys commenced early in the season, but became slack. The girls have attended better than the boys, and there are more girl swimmers than boy swimmers. The boys ought to see that this does not occur again."

The Reddish Ladies' Swimming Club was formed in June last, and is progressing most favourably. They have been fortunate in securing the assistance of Miss Warwick as instructress for life saving, and she has kindly given her services to the club without any remuneration. The class has done extremely well under her guidance, owing to the kindly manner in which the knowledge has been imparted to her pupils. There is no doubt that the club will provide a splendid opportunity for development of the girls of Reddish and district and the promotion of the usefulness of life saving.

A Mrs. Barton, of Mevagsisey, St. Austell, experienced a trying ordeal recently. Walking on the pier with her two children, her boy, who was walking by her side, seems to have approached too near the pier edge, and the mother momentarily left the perambulator containing her fifteen-months-old baby to prevent him falling over. Having regained her little boy, she was horrified to see the perambulator plunging into the water many feet below. Fortunately, Mr. Roy Evans sprang in and succeeded in rescuing the child, and by artificial respiration the little one was restored.

The Coventry Swimming and Life-Saving Society has won the Midland District Life Saving Championship by defeating Aston S.C. (holders) in the final. The contest was remarkably close; in the land work the Coventry team was much superior and smarter than their competitors. In the water tests the Aston men were somewhat speedier, but lacked finish, and in several instances lost their positions on reaching home through bad finishes. The judges, Messrs. G. Newton and L. Mackley, both of Leicester, gave the result of their judging as follows: Coventry 69½ points, Aston 68½ points. The winning team consisted of F. C. Sparkes, F. C. Payne, S. Moore, and E. H. Daniels. It is twenty years since this Society took part in the first Life Saving Contest, when they were defeated in the National competition by the Birmingham S.C.

Mr. Charles W. Helsham, the president of the Sydney Swimming Club, is a sergeant in the Army Medical Corps attached to the Australian Light Horse. He says that his daily swim has stood him in good stead, and to this he mostly attributes his ability to keep going alongside younger men.

There is no better known man in the water-polo world than J. Pilkington Hunt, who, to those of the nineties, was familiarly known as "Jimmy" Hunt of the Mayfield. He gained his cap for England against Scotland in 1891, '93 and '94, '95 and '96, and in 1894 was the captain of the side which won by four goals to one at Nottingham. For years there was hardly a Lancashire County team in which he was not included. He was Chairman of the Northern Counties A.S.A. Committee, the Lancashire County Association, and the Manchester Branch of the Royal Life Saving Society, also served in the South African war with the Imperial Yeomanry, and received the Queen's Medal, the King's Medal, and a special award for bravery, for a rescue in the Modder River. Now Mr. Hunt has been gazetted first lieutenant in the 1st Battalion South Staffordshire Regiment. Several seasons ago he contributed interesting columns to the press relating to swimming, and in fact, was a prolific writer, always keen on exchanging views, and ever ready to cross swords with those who did not agree with him. His sterling merit as a sportsman is evidenced by his Imperial service. All good wishes are extended to him.

The Northampton Life Saving Society will sustain a regrettable loss by the resignation of Mr. Fredk. J. Butlin, the President, who will retire from office at the annual meeting. Mr. Butlin has for many years been an enthusiastic worker on behalf of life saving in the district. He has been hon. treasurer for seven years, and President for four years. He has rendered splendid service to the cause, and we, in common with all Northampton enthusiasts, regret the step he has decided to take, especially at a time when the nation's desire is to be fit and ready for every emergency, not only on land but also on the sea. How valuable the knowledge of swimming and life saving has proved is easily demonstrated by those who have been in the thick of the present fight.

The Executive of the Southern Counties' A.S.A. have recommended their Council to propose that the Amateur Swimming Association should send donations of £100 and £50 respectively to the National Relief Fund and the Belgian Refugee Fund, or such other National funds as the A.S.A. may select. Further, that should the A.S.A. take no action thereon, the Council authorise the Executive to make donations to the respective funds.

The only Swimming Championships decided in Wales this season was that for School Girls. The event was held at Penarth and was easily won by Miss E. Doherty, of Swansea. She is also the holder of the Trophy for the Swansea Ladies' Championship, for which there will be no competition, but had one taken place there is no doubt that she would have made the Trophy her own property. As there is an age limit in the conditions the Committee have decided to extend it by a year and thus afford the holder another chance. This decision seems open to question, we think that it would have been better to have held the event, particularly as it is one for the encouragement of young people.

We are pleased to learn that Mr. T. W. Paine, one of the Hon. Instructors of the Royal Life Saving Society at Woolwich and holder of the Proficiency Certificate and Bronze Medallions, has been appointed superintendent of the new Baths at Sevenoaks, Kent. For his labour in the promotion of its aims and objects he was recently elected an Hon. Associate of the Society.

On the occasion of a water frolic in the "Cherry Circle" Swimming Bath of Chicago, when those engaged appeared to have pushed back the calendar some twenty years and become boys again, Mr. Norman C. B. Cox opened the festivities with a submarine display of swimming, for which purpose he was covered from head to foot (hair included) with a water repellent white, and looked like a marble statue; but when in the water he became as silver-glistening in the light as a fish. Among other movements he performed the difficult feat of floating motionless in suspension, midway between the surface and the bottom of the Bath. The only person we have seen perform this movement was Prof. Beaton, of Glasgow and Edinburgh.

Twenty-three years ago the Nottingham Schools Swimming Association was organized by a few enthusiasts. After four years of successful work the results were so striking that the Education Committee expressed a desire for swimming instruction to be included in the curriculum of all the senior schools. Since that time upwards of 30,000 have learnt to swim. Attendance at the baths is free during school hours for instruction. The principal aim of the Association has always been to impart a knowledge of Swimming and Life Saving to the greatest possible number, and as a result in the Upper forms of each school from 60 to 80 per cent. are capable swimmers. Last year 203 Elementary, 139 Proficiency Certificates, and 21 Bronze Medallions were gained from the Royal Life Saving Society. The organization of the work is in the hands of Mr. Joe Wilson, Hon. Sec., who is also a member of the R.L.S.S. Central Executive and the A.S.A. Committee.

* * * *

Writing from Neutbury, Selby Hill, Birmingham, on the subject of "The Improved Crawl Stroke," Mr. N. S. Harrison says that, "it ought to be explained that the Martin crawl is not the only fast stroke. Early this year a team of four Croydon swimmers defeated the four Sutton cracks in a team race over 400 yards. We only won by a touch, it is true, but two of our men each did 4 secs. worse than their usual time on account of the strange bath. The Croydon team was H. E. Annison, E. E. Morgan, N. S. Harrison, and K. B. MacLennan. Annison was taught his crawl by the Croydon trainer, Rossley Eagle, and was with him for some years before going to Brickett, and the other three are regular pupils of 'Ross's.' Again, in a team race over 132 yards for a team of four boys under sixteen, the Croydon boys, all 'Flying Eagle Crawlers,' beat the Sutton boys, representing Martin's pupils, by quite 15 yards. I think it is evident from this that there are other crawls besides the 'Improved Crawl,' as taught by Martin." That this is so, is proved by what we said in our last issue, when we drew attention to opinions which had come to hand from friends in America. Even in Australia, where this stroke was first developed for racing, it is being studied on new lines. We are rather glad that opinions differ, as by an exchange of views and a careful study of the subject, even greater speed may be attained than at present.

Swimmers of a few years back were under the impression that the crawl was a stroke to be used for the short distances only; to use it beyond 100 yards was a mistake. But with the introduction of the loose leg thresh and a more complete relaxation of all the muscles of the body, swimmers are beginning to appreciate that here is a stroke that can be safely used over any distance and with telling effect. The difference between the crawl used in the sprints and that used in long distances is merely a matter of putting in a little more power or getting a stronger and more positive action from the arms and legs. It has taken swimmers a long time to recognise its advantages and to adapt themselves to what is now an easy stroke.

* * * *

A professional who is said to have taught swimming in the Danish navy has declared that he can teach any person to swim in fifteen minutes. He first makes the pupil float and next to swim on his back. With regard to floating, he says:—

"Your head weighs about twenty-five pounds. Now the minute you raise your head—and every beginner does that instinctively to see where he is—you go down. You are simply trying to break a natural law that refuses to be broken. If you raise that 25-pound lump from contact with the water how can you expect the water to carry it?"

Evidently this instructor is a polite chap, for he does not suggest that the 25-pound lump is wooden.

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With regard to a letter received in reference to a comment in the October issue of this Magazine (*re* the City of London Ladies' A.S.C. Charity Gala), objecting to a certain line that patrons often bear expenses, we may point out that the programme of the Gala contains the following:—The Committee and Members of the City of London Ladies' Amateur Swimming Club wish to thank all donors who have contributed towards the expenses of the Gala."

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Lance-Sergeant F. W. Hillsdon, who has rejoined the Durham Light Infantry and who at the time of writing was stationed at Newcastle-on-Tyne, was prior to his re-enlistment the swimming instructor to the Southport Education Committee, and some years ago occupied for eleven years a similar position at the North-Eastern Counties School, Barnard Castle, Durham.

We learn from Miss Mary Beaton, who obtained her diploma while residing at Portobello, near Edinburgh, and now is in Toronto in Canada, that the war has made very little difference to the teaching of swimming and life saving in that city. Miss Beaton has 200 girls under instruction, beside which there are thirty seniors who are taking lessons on life saving. She hopes to have these examined before Christmas. Several are so good that they intend to enter for the Award of Merit. Miss Beaton states that the average Canadian woman is so full of spirit that she is not content with the small awards and is always anxious to work up for the higher ones.

* * * *

We are glad to learn that Mr. L. F. O. King, of Windermere, a bronze medallist of the Society, is carrying on his good work. He is serving with the 1st Anglo-Belgian Ambulance Corps (British Red Cross) at Dunkirk. They sailed from Dover on Saturday, October 31, in the Admiralty transport "Invicta" and were instrumental, along with the crew, in saving many lives from the cruiser "Hermes" which was torpedoed off Dunkirk that morning.

* * * *

More than 200 years ago Daniel De Foe complained that the English people had ceased to understand the art of war, and was one of the first to advocate the creation of a Royal Academy for Military Exercises, and the making of the profession of arms one of the learned professions. But he also argued in favour of several special forms of exercise, as apart from study, and one of the forms he insisted men should be instructed in was "Swimming, which no soldier, and indeed no man whatever, ought to be without." This was a voice crying in the wilderness 200 years ago, and yet we have still the same cry to make and the same story of public apathy and ignorance to tell.

* * * *

Whilst practising water polo some months ago in the Blackrock Baths, Mr. Louis Culhane, Hon. Treasurer of the Dublin S.C., met with a rather novel accident which proved serious later. The accident was caused by his forearm coming into violent contact with another player's teeth, with the result that a broken tooth was embedded in his flesh, blood poisoning set in, and he had to be taken to the hospital,

where he was detained for over two months. We are glad to learn that he is now convalescent.

* * * *

Writing about our Belgian friends, Mr. Cecil Healy says, in the *Sydney Referee*, "Belgium figured prominently in the tour of the Continent made by Leslie Boardman and myself after the conclusion of the Olympic Games at Stockholm, and we were made familiar with many places which have since been the scenes of awful carnage. For instance, we spent a few delightful days on the Meuse River near Dinant, paddling about in Canadian canoes, and swimming to our hearts' content in the glassy clear stream. The country thereabouts is charming in the extreme, and it is hard to reconcile the sleepy little hamlets that nestle along the river's banks in an habitual atmosphere of perfect peace and contentment, with the dreadful ravages of war."

* * * *

Cambridge University Swimming Club is anxious to enrol new members for winter bathing, and has arranged to have Leys Bath available for the University from 4.30 till 6 on week-days. Water polo matches will be played from time to time. Those wishing to join should communicate with R. D. Whitehorn, Westminster College, or H. Sandon, of Queen's. The last mentioned swimmer is a son of Mr. Robert Sandon, life president of the Amateur Swimming Club.

* * * *

Newington Mixed Bathing Club, which was the pioneer club of mixed bathing in baths, it being started in 1904 by the energetic advocacy of Mr. W. E. Bull, Life member of the Royal Life Saving Society, has just issued its annual report. During the year there were 1,425 attendances. Mr. A. A. D. Bailey has been hon. secretary ever since the formation of the club, and at the annual general meeting early last month was the recipient of a handsome gold watch as a souvenir of his work. He has been greatly assisted by Mr. J. A. Chadwick, the bath superintendent, who has all along been in sympathy with the objects of the club, and who helped in "no" small measure to foil the hostile criticism which was at one time directed at it. "A quick downfall was confidently predicted, but it has outlived attack, and those who at one time opposed it have in nearly every case been converted and are loud in the praises of its utility."

A GALLANT RESCUER.

Utility of Surf Clubs.

WE have this month the honour of welcoming amongst us a well known swimmer and rescuer of Manly, Sydney, New South Wales, in the person of Mr. L. B. Nott, who in February last performed several thrilling rescues on Manly Beach. Mr. Nott is a member of the Manly Life Saving Club, which voluntarily undertakes the duty of guarding the beaches against drowning accidents. On the occasion under notice a big surf was running, when it naturally follows that a treacherous undertow becomes evident in many places; yet because the surf is good many bathers take risks. They feel that they cannot keep out, it is so enjoyable, and probably also, because they feel that they are under the watchful eyes of the voluntary life savers on the beach.

It frequently happens that some of the bathers get caught in the undertow, or outward flow of the water, and are swiftly carried out to sea, therefore unless prompt measures are taken by the life savers, a life is sure to be lost.

Mr. Nott was on duty, and in the morning was instrumental in saving a life under such circumstances. He was "the beltman" of the day, and when a cry for help was raised he dashed into the tumbling foam of water and swam through one breaker after another to the helpless bather, and after securing him, was drawn ashore by aid of the Reel. By the time he had reached his man there were thousands of people on the rocks looking down on the struggle for life. The sands were thronged with a vast crowd, worked up to a high pitch of suspense and excitement, and when Mr. Nott with his man was brought in, there was great cheering. No sooner had he got out of his belt when there was a third call for help, and Mr. Nott again rushed out with the belt, and another magnificent swim was put up by him. Minutes passed, and the only sight that could be obtained of the men in the water was the occasional bobbing of their heads like corks on the big breakers. The drowning person was landed this time in an unconscious condition, the patient was in a bad way, and it was a long time before he was completely resuscitated by the life savers on the beach and a medical man, who worked on him for over three hours.

Of course there were other cases of rescue

in which other life savers took part, which proves the value of the clubs and the voluntary teams who patrol the beaches in order to prevent loss of life, but all agree that on this particular occasion Mr. Nott was the central figure who provided the most exciting incidents ever witnessed on Manly beach. Not only is Mr. Nott a first-class life saver, but he has also taken a prominent part in the teaching of Life Saving in accordance with the methods of the Royal Life Saving Society. He holds many awards, including the Hon. Instructors' Certificate, and we feel sure that every swimmer who comes in touch with him will welcome him here and make him feel, that although far from the scene of these rescues, they appreciate his humane work.

* * * * *

Nearly fifty of the members of the Manly Life Saving Club are in the fighting Units, and these brown men of the surf are training on for active service with the colours. Frank Winters, one of "Bull" Helling's assistants at the Dowain Baths, Sydney, is also serving, he having rejoined the Artillery.

* * * * *

Much good work has been done at Lowestoft this season, particularly by Mr. A. G. Cutts, the lessee and manager of the baths. Nearly 200 boys and 100 girls have been passed out this season. Special facilities have been granted to school children by Mr. Cutts, and also to men of the navy and army, policemen and scouts. The school children have been strongly encouraged by their teachers, who have done extremely good work, for they have secured no fewer than 7,927 attendances at the Baths during the past year. In reporting the facts, the Education Committee of Lowestoft paid hearty tribute to their energies and the great kindness of Mr. Cutts, whose encouragement, in addition to highly reduced charges, has also taken the practical form of presenting silver medals to the most proficient. This has been a great incentive to the boys and girls to gain a knowledge of the invaluable art of swimming and life saving.

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A deputation of the A.S.A. and the N.U.T. waited on the Minister of Education on November 6, and asked the Board to encourage Local Authorities to increase facilities for teaching Swimming and Life Saving; also that it be regarded equal to Physical Exercise. We learn that hopes are entertained of good results.

THE GAME OF WATER POLO.

ITS ORIGIN AND DEVELOPMENT.

By Archibald Sinclair.

Third Article.

(Continued from October and Nov. Numbers)

THE game has not progressed at the Universities as one would wish, but nevertheless several good players have come down, many of whom have done yeoman service for the Otter club, an organisation which, as I have previously stated, was one of the pioneers of the game and assisted in the foundation of the London Water Polo League.

From 1890 until 1897 there was continual progress among the clubs, and numerous competitions were started by the country and house clubs associations, the City and West End House Clubs being particularly prominent. The London League toured the West of England and introduced the game there. The goal posts, being of novel construction, very often turned over in the water, much to the delight of the onlookers. In one of these years Middlesex took a team to Portsmouth—classic in the history of water polo—to play Hants. It was one of the roughest games in which I ever took part. Doubtless Mr. Sidney Monks, who was playing for Hants, remembers it well. While we were playing the tide receded, and there we were scrambling about in 3 feet of water, being ground all the time by rough shingle. Referee Macrae had a difficult task to control us. Soon after there were teams all round the coast.

In 1897 a Diamond Jubilee gala was given by the Royal Life Saving Society at the East and West India Docks, at which their Majesties the King and Queen (then Duke and Duchess of York) were present. Thereat attended a team of Swedish divers from whom we learnt much. They also learnt from us the game of water polo, and when the Royal Life Saving Society sent a team to Sweden in 1898 they were able to get a side to meet us. About this time the Brussels Club was holding inter-club meetings with the Otters, and on one visit here Sounemann, a prominent member, saw and liked the game. I think it was through his instrumentality that the rules were translated into French, but anyhow it was curious that upon our visit to Paris for the Olympic Games of 1900 we found

the game credited to Belgium. It should be noted that water polo was not included in the schedule of the Olympic Games at Athens in 1896, but it was in the Paris schedule.

The English team at Paris consisted of J. A. Jarvis, F. Stapleton, T. Coe, R. A. Crawshaw, P. Kemp, A. J. Gough, and W. Henry. Reserves, F. C. V. Lane and D. Lindberg.

This combination was so strong that we won by twenty goals to one, the opposing side in the final being Belgium. But since then Belgian swimmers have vastly improved in style and ideas of combination.

In this particular match one of the goal scorers was getting excited. So did our reserves, who in their excitement jumped from a barge on to the end of the punt, with the result that the goal scorer shot up into the air and went head first into the water, there to wait for rescue. He wanted to know who had pushed him. The referee was Mr. W. R. Lewis, of Welsh origin, residing in Paris. There were many little tricks practised in this match which would be regarded as bad fouls nowadays, and the fault was not all on the Belgian side. Our own men had such an easy task that they did not trouble much about rules and carrying the ball under water was common. It was more like a comic item in a club gala than actual water polo. Still, it served the purpose of introducing the game to France, and moreover incidentally led to very friendly relations between the swimmers of Belgium, France and England, relations which we hope may never be severed.

England did not send a team to the Olympic Games at St. Louis in 1904, but it won the water polo competition at the Olympic Games of London in 1908. The matches were played in a special open-air bath, 100 metres long, in the Stadium at Shepherd's Bush. In the first round Belgium easily beat Holland by eight goals to one, Hungary scratched to Sweden, and Austria to Great Britain and Ireland. Germany did not have a team, the reason of their want of knowledge of water polo being the peculiar construction of their baths. The Belgians had an easy victory over Sweden in the semi-final, but in the final they had no chance

against Great Britain and Ireland. In the opening half we scored five goals to two, and after change of ends had everything our own way, eventually winning by nine goals to two. The side representing Great Britain on this occasion was:

C. S. Smith (Captain), Salford, goal; G. Nevinston, Salford, and G. Cornet, Inverness, backs; E. Thould, Weston-super-Mare, half back; G. Wilkinson, Hyde Seal, P. Radmilovic, Weston-super-Mare, and G. Forsyth, Salford, forwards.

And now I come to the Olympic Games at Stockholm in 1912, reference to which will finish the present series of articles, as all international games are over for the time being. In this contest Great Britain met Belgium in the first round, and the result of the match, seven goals to five in favour of Great Britain, shows how vastly improved Belgium had become in four years. They played a very strenuous game, and it was only by reason of Radmilovic's speed that we were able to draw level at 4 all just when time was called. It was a great effort on the part of Belgium. According to the rules of the game extra time had to be played, and in that period Great Britain scored three goals and Belgium one. The players in this match were:

GREAT BRITAIN.—C. S. Smith, goal; G. Thomson Cornet, and C. Bugbee, backs; A. E. Hill, half back; G. Wilkinson, P. Radmilovic and J. Bentham, forwards.

BELGIUM.—A. Durrant, goal; H. Donners and V. Boin, backs; J. Pletinez, half back; O. Gregoire, H. Meyboom and F. Courbet, forwards.

Sweden easily defeated France by seven goals to two and Austria beat Hungary by five goals to four, after a keen fight. There was a qualifying match between Belgium and Hungary, which Belgium won by six goals to five, and Great Britain then met Sweden in the semi-final. The representatives of the last named country put up a good game, but were beaten by six goals to three. Belgium met France in another qualifying round and won by four goals to one, and then came the final, in which Great Britain beat Austria by eight goals to none. The match did not excite much interest, for the Great Britain and Belgium match in the first round had decided the destination of the Olympic medals. The competition has, however, taught us that we must look to our laurels in the future.

GOOD WORK IN AMERICA.

The Swimming Director of the St. Louis Y.M.C.A., Central Branch, Mr. H.W. Spurrier, who obtained his Proficiency Certificate, Bronze Medallion and Award of Merit of the R.L.S.S., through the Quebec Branch, at Montreal, went to Halifax, Nova Scotia, and now is attached to the Physical Department as above, writing on the aims and objects of the Society says that "there is no question but what the outlook is good and with the careful consideration and advice of the Central Executive, which I know will be forthcoming, I can foresee an advance here. There is an alarming number of drowning accidents in St. Louis annually. There is an abundance of water and a lot of swimmers, so in view of these facts, the future outlook is bright." We hope that the future is as bright as Mr. Spurrier thinks, and that in order to reduce the number of drowning accidents many classes of instruction in Life Saving will be started. Such classes have already been held in various parts of the United States, including New York, Chicago and Brooklyn; furthermore this season we had a visit from two Lady Swimmers of Los Angeles, who took a great interest in the subject and qualified for the Proficiency Certificates, Bronze Medallions, Awards of Merit and Hon. Instructors' Certificates under the careful tuition of Miss E. Laughner, of the Weston-super-Mare Ladies S.C. The two ladies are Miss Marguerite Millier and Miss Clara L. Ward. They have now returned and hope to start classes at once; they have also expressed a desire to take the exercise for the Society's Diploma some time next season, and for this purpose may pay a visit to Toronto in order to go through the test under the auspices of the Executive of the Ontario Branch. Thus the work of the Society is continually spreading, not only the Branches but also individuals who have the Society's awards are helping this great movement to be of benefit to peoples far from the city of its birth.

During the present winter every effort is to be made to revive the old Leicester S.C., and with this object in view a series of competitions are to be held. A few years ago this club was one of the most famous in England, but for some reason or the other it seems to have fallen from its high estate.

THE PLYMOUTH A.S. AND LIFE SAVING SOCIETY.

THIS Society is now in its twentieth year, and was started to promote a knowledge much needed in the district at the time, and still continues to specialise in its work amongst school children and in Life Saving.

Five events for School Children are competed for annually under the direction of the Society. These include: Girls' School Championship, Boys' School Championship, Bronze Shield Championship for School teams, Silver Shield for School showing highest proportion of swimmers, and the "Isis" Trophy for Boys' Schools showing highest proportion of swimmers. There is also a Schools' Championship for Water Polo which is a novelty in School work, and is very popular. It should do much for the game in the locality in years to come.

The Life Saving work is practically entirely in the hands of the Hon. Representative of the Royal Life Saving Society, Mr. H. S. Joyce, who gained his enthusiasm for the work when at Croydon, and has continued to do his best for the cause at Plymouth. Last year showed a considerable increase in the number of awards gained through the medium of the P.A.S. and L.S.S. This year there has been so much extra work given to the School Teachers, owing to the adoption of swimming as one of the subjects for instruction during school hours, that the usual School Life Saving Classes had to be dropped, but as the swimmers will increase in numbers it is hoped to resume them. The Society was largely instrumental in getting the authorities to adopt the present addition to the School curriculum, and therefore the members feel that the step is in the right direction, as it will later prove of great benefit to the children and to Life Saving.

Thanks to Mr. Waldorf Astor, M.P., the district is enabled to compete for a Life Saving Team Trophy. The contest, conducted under rules almost identical with those governing the "National Contest," was first carried out last year, and the "Plymouth Amateurs" succeeded in gaining the Trophy. The names of the winners are:—E. Lamb, H. S. Joyce (Captain), W. Bone and T. Lock. This season it has been thought inadvisable to hold the contest, as so many of the competing teams had members called for the service of the country.

Water polo has always been a strong item in the club's programme, and at present it holds both Senior and Junior Local Championships.

Amongst its members the club is fortunate in being able to include G. Phillips, late National Graceful Diving Champion, and P. Serridge, present Champion High Diver in the West of England; so that members have every opportunity to study this graceful branch under highly qualified exponents. The diving teams of the Society are one of the features at the Regattas of the district.

For some years past the Society has rung the changes on Messrs. W. H. Kellaway and J. Coombe as Secretaries, and a great deal of the success of the Society has been due to the untiring energy of these enthusiasts. It has also the invaluable support of Mr. J. R. Sloggett as Hon. Treasurer, and Captain Barham, who is one of its best and oldest members, is all for the children.

It is gratifying to note that the utility of the Society is being recognised by the community, the members of which look forward to the day when Plymouth shall have its bath to yet further extend the scope of their activity.

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We are pleased to state that the fifth annual entertainment of the Heather Swimming Club, held in Battersea Baths, resulted in a sum of £16 os. 6d. being handed over to the Prince of Wales's National Relief Fund. It redounds to the credit and patriotism of the committee that such a result should have been attained.

* * *

At a gala held at the Middlesborough Baths in aid of the War Fund, the principal item was a successful effort on the part of J. Hatfield, Champion of England, to lower the 1000 yards world's record of 13.34.4, held by D. Billington made in 1905, in a course 125 yards long; Hatfield's time was officially given as 13.16.4, thus leading the existing record by 18 secs. The course was 25 yards long. At the same gala Hatfield was presented with a gold watch by the members of his Club, in commemoration of his 21st birthday. He also won the 250 yards Championship of Middlesborough in 3.32.

CANADIAN AMATEUR SWIMMING ASSOCIATION.

Record progress under difficulties.

THIS association was formed in 1909, when there was no recognised organisation especially looking after the interests of swimmers, or doing anything to promote swimming, either as a pastime or as a sport. It has since steadily pursued its way towards its ultimate goal—the control of Amateur Swimming, Diving and Water Polo, throughout Canada. Its course has not at all times been smooth; it had to contend internally with the curious conservatism inherent in many of us where an innovation is proposed, also the obstructive tactics of other organisations who failed to recognise that a properly conducted self-governing body must of necessity, by its very existence, strengthen all kindred associations. The policy of the association has been to steer clear of all controversial pitfalls when possible, but when not, by quiet insistence to assert its right and intention to control amateur swimming in Canada.

A glance back over the past five years of the swimming history of this country, and a comparison of the then and now, shows that Canada is not lagging behind in this, any more than she is in other matters which affect the welfare or prestige of the community. The great and well organised sections of the association in British Columbia, Manitoba and Quebec, together with the increasing number of directly affiliated Clubs from provinces where there is no provincial section in operation, indicates not only progress and expansion in the past, but is pregnant with promise of greater expansion and more rapid progress in the future.

Efforts are being put forth to make swimming part of the compulsory education of every school boy and girl, as nothing is better calculated to produce a nation of swimmers; therefore one of the main planks in the association's activities is to endeavour to induce the educational authorities throughout the Dominion to include it in the school curriculum. This is a very worthy policy, on which we heartily congratulate the Association and Mr. Leonard G. Norris, as

one of its founders and General Hon. Secretary, who has put forth every effort in order to make the movement a success.

On August 9, 1913, six of the Canadian Outdoor Championship events took place at Halifax. The items were, 100 yards and 440 yards speed, 220 yards breast stroke, 100 yards back stroke, variety high diving and fancy spring board diving. The 100 yards speed was won by Mr. Frank McGill, of the M.A.A.A., in 1.02.5, which is a Canadian record for the distance in open water. The 440 yards speed was also won by Mr. McGill in 6.27. The 220 yards Breast Stroke went to the credit of Mr. S. H. Gooday, of the M.S.C., in 3.25; this also established a Canadian outdoor record. In the 100 yards Back Stroke, Mr. Gooday again was first in 1.30.4. In the Variety High Diving Mr. J. Lyons, of the M.S.C., took first place, Mr. K. E. Behrens, of the City of New York A.C. and of Germany, being second. The Fancy Spring Board Diving was won by Mr. K. E. Behrens.

No especial activity in competitions in swimming matters was noticeable in Toronto until last December, when it was taken up with great enthusiasm when the West End Y.M.C.A. promoted a meeting known as the Boy's City Indoor Championships. Ten events constituted the programme. There were upwards of 50 entries, the times made being quite up to the average. The meeting proved highly successful and will become an annual affair. This same body held the Ontario Indoor Championships on the 14th February, which resulted as follows: 40 yards speed, J. Garvel, 21.4; 100 yards speed, C. Croll, time 1.07.2; 220 yards, H. Hainsworth, 3.07.4; Spring Board Diving, E. Smith; Plunge for Distance, J. Barnes, 60ft. The latter becomes a Canadian record.

Sanction was given to the Central Y.M.C.A. for an Inter-Y.M.C.A. meet—Buffalo versus Toronto—50 yards, 100 yards and 200 yards speed, Plunge for distance, Spring Board Diving, and Relay. All six events were won by Toronto men. The return meet between the two Associations was held at Buffalo in March and resulted in a win for

Buffalo by 7 points. The Diving Chart on this occasion does not appear to have been of any recognised standard, so that the Toronto men were handicapped in the compulsory dives.

In December last Mr. H. A. Sherrard was made a Vice-President of the Association, and became its representative in Ontario. He is President of the Toronto Swimming Club, and of the Dominion Day Regatta Association, whose Annual Gala is probably the most important affair of the kind in the Dominion; he is also a Vice-President of the Ontario Branch of the R.L.S.S., which may congratulate itself on having secured the services of a good representative.

The Province of Alberta Indoor Championships took place on December 29 and 30, the programme including 20 events, divided into 9 senior, 6 junior and 5 juvenile, the first only ranking as championships. The meeting appears to have been thoroughly successful, though the times made do not approach standard for the respective distances. An outstanding feature was the swimming of a 17-year-old Edmonton boy named Ockenden, who broke two local records and captured two firsts and one second place in senior company. His times, though creditable for his age, are not wonderful, though he certainly shows promise.

In September it was decided unanimously to form the Manitoba section of the C.A.S.A. Mr. James S. Yuille, the ex-100 yards Scottish Champion and International Polo Player, was elected President, with Mr. Milborne as Hon. Secretary, and to these two gentlemen, with those names may be coupled that of Mr. P. R. Pomfret, of Victoria B.C., much of the credit for the formation of the section belongs.

The British Columbia section of the C.A.S.A. has previously been dealt with in this paper. It is splendidly organised and efficiently managed, and during the past twelve months has maintained the prestige of the Association in the Province.

Since 1909 the Province of Quebec, including Ottawa, has been managed by the Executive Committee of the parent body, there being no separate organisation; an arrangement which has worked quite smoothly and with good results, but now that strongly organised sections are in existence in other Provinces it was felt that the time had arrived when in their interests, as well as in that of this Province, a provincial section had become a necessity, and at a very repre-

sentative meeting held on April 6 such was formed.

By special arrangement, the M.A.A.A. promoted two Indoor Championship Meetings during 1913, both being held in the tank of that Association. The first was held in April and the second in December.

The April results were as follows:—

40 yds., Frank McGill; time, 0.21.1. 100 yds., Frank McGill; time, 0.59.4. 220 yds., Frank McGill; time 2.58. 440 yds., Geo. R. Hodgson, time, 5.27.4.

Diving, K. E. Behrens, N.Y. City A.C.

The December results were as follows:—

40 yds., Frank McGill; time, 0.19.4. 100 yds., Geo. R. Hodgson first, Frank McGill second; time, 0.58.3. 220 yds., Geo. R. Hodgson first, Frank McGill second; time 2.45.2. 220 yds., Breast Stroke, S. H. Gooday; time, 3.8.4. a Canadian indoor record. Diving, P. Cameron.

On both occasions premier honours fell for the most part to the promoting Associations' competitors, a result naturally following the policy of promoting weekly handicaps amongst the members, thus developing the best that is in them. The further policy instituted this year of including occasional open events in the weekly programme, deserves mention as being all to the good in popularising swimming by bringing together in friendly rivalry men from other clubs.

In pursuance of long-established custom the Montreal S.C. again promoted a series of weekly handicaps throughout the summer, at their Bath on St. Helen's Island. Many of these are open events, affording opportunity for the novice as well as the experienced man to try himself out, thus doing much to spread a knowledge of and enthusiasm for swimming throughout the City. Perhaps to no other organisation does more credit in this regard belong than to the Montreal Swimming Club, whose history dates back to 1872, and upon whose membership roll may be counted the names of men noted in their day and generation from end to end of Canada, and beyond.

With the appointment of Mr. T. H. Kendall as Swimming Instructor to the Central Y.M.C.A., swimming as a branch of physical exercise and as a competitive sport has taken the place to which its importance entitles it on the schedule of that Association's activities, and is now a recognised feature in the physical development of the members. Weekly handicaps for all grades have been

instituted, with the consequence that the general standard of swimming ability has advanced, and an enthusiasm for the pastime been developed; indeed, as regards the former, the individual improvement in some instances is phenomenal.

The other clubs in Montreal, each in its way doing its share, are The All the Year Rounds, the Laurentian, the Nautique, the O'Connell and the recently formed C.P.R. Angus A.A.A.S.C. Unfortunately the conditions governing the use of the civic tanks are a handicap on these organisations, militating against their expansion, and at the same time discouraging the formation of others, and a strong effort will have to be made to induce the Council to support Swimming and Polo Clubs by permitting the tanks to be used by organised clubs. Water Polo has taken a firm hold, and the fall of the year witnessed a series of senior and intermediate games.

Several attempts have been made to get a Saskatchewan Section of the Association formed in that Province, but, possibly because of the difficulty of getting in touch with men possessing the necessary enthusiasm and organising ability, the matter is still in abeyance. Clubs in Saskatoon and Humboldt are therefore directly affiliated to the C.A.S.A.

The 1914 Canadian championships were decided at the Montreal Swimming Club's open-air bathing-place, St. Helen's Island, in the St. Lawrence River, on August 8 and 15. None of the times were good, as a stiff breeze gave the swimmers very choppy water to contend against. There were also some who were of opinion that the course was inaccurately measured. The results were as follows:—

One Mile:—Frank McGill, M.A.A.A.
Time 30.0.2.

100 yards:—Frank McGill, M.A.A.A.
Time 1.8.2.

220 yards:—Frank McGill, M.A.A.A.
Time 3.8.1.

220 yards Breast Stroke: E. J. Heraty, University of Pennsylvania. S. H. Gooday, Ottawa (the holder), was placed third.
Time 3.30.

100 yards Back Stroke:—W. C. H. Webb, C.P.R. Time 1.42.2.

Variety Spring Board Diving:—A. M. Allen, Toronto.

George Hodgson, the Olympic champion, did not compete in any of the events.

OFFICIAL NOTICE.

IN order that the work of the Royal Life Saving Society as a whole may be properly recorded in the *Swimming Magazine*, which is its official organ, I venture to appeal to all Hon. Secretaries of branches and centres throughout the Empire to favour me at the earliest possible moment with their annual and other reports. In fact, I should like to hear from them at least each month.

If any of our friends in addition have illustration blocks of general interest, the favour of these will be most welcome; also when sending photographs they should state the names of the persons depicted, together with details with regard to their prowess, not only in life saving, but also in swimming, as it is only by such co-operation that we can hope to make this journal instructive, authoritative, and interesting.

I may state that one or two branches, although subscribing largely to the issue, have, up to the present, forgotten to forward any particulars of the work which I know has been done by them in their particular sphere of influence, and I can assure them that nothing pleases other branches better than to read what their comrades are doing. If in some of these cases nothing has appeared in this journal up to the present, I hope the management will not be blamed for this omission.

At present, this is the only journal in existence entirely devoted to the art of swimming and life saving. By a general interchange of views, and individual co-operation, we can easily retain it as such. Let me, therefore, hope that the mutual help asked for will be forthcoming. Needless to state I shall welcome every communication from any part of the world, which will assist us to communicate with each other, month by month, through the medium of the *Swimming Magazine*.

WILLIAM HENRY.

We are constantly receiving copies of elaborate swimming programmes from all parts of the world, but our kindly correspondents forget to mark the results. It is manifestly impossible to deal with these galas unless particulars are sent. Otherwise our good friends are simply wasting postage to help fill our waste-paper basket.

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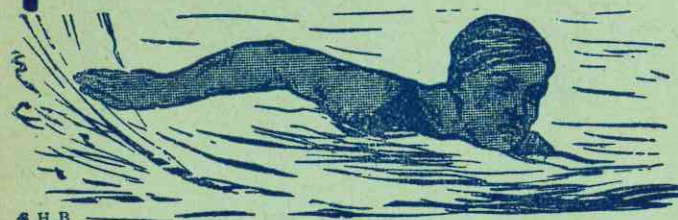
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