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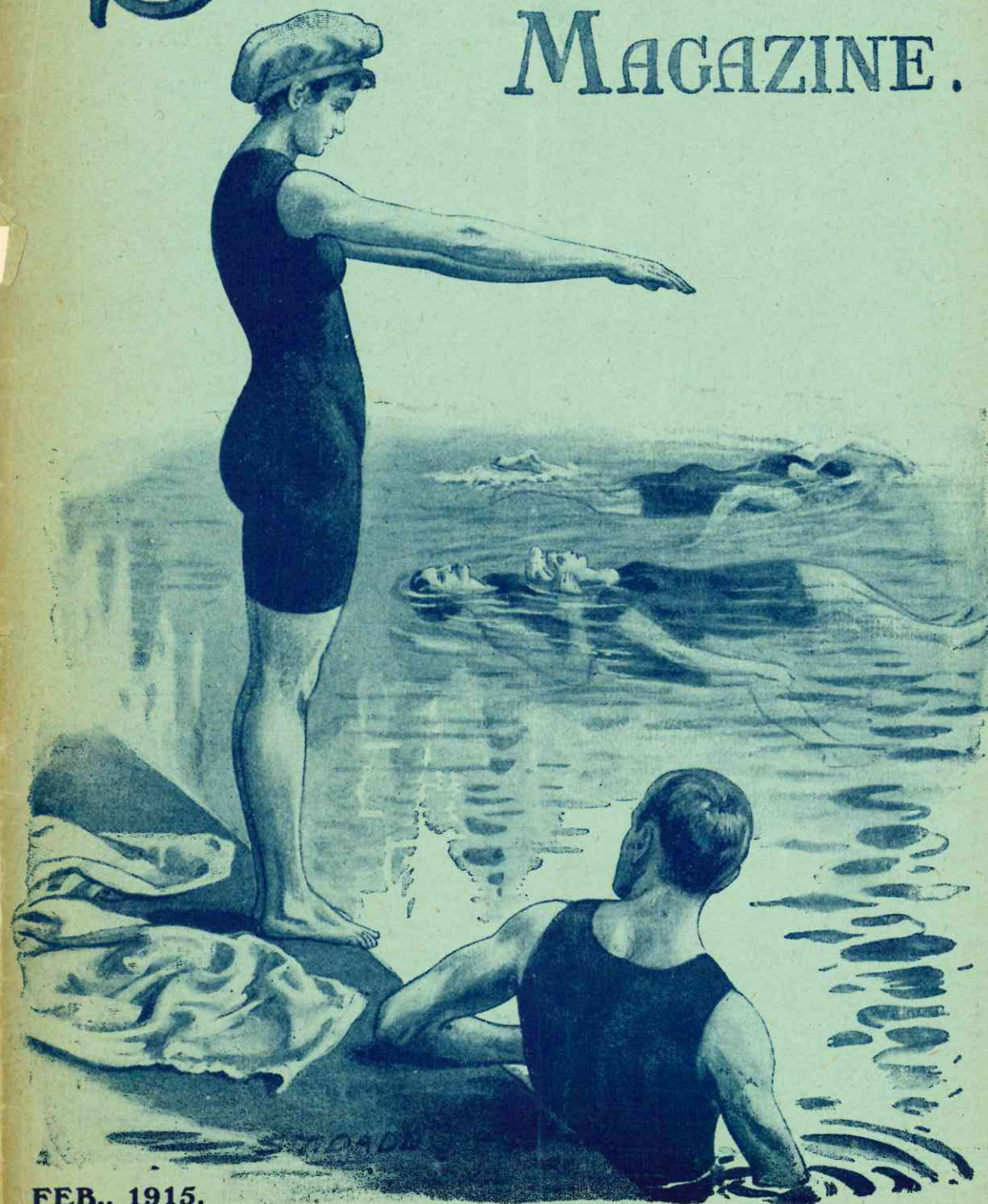
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THE SWIMMING MAGAZINE.



FEB., 1915.

SEE R.L.S.S. REPORT, PAGES 1, 2, 3 and 4.

HORLICK'S MALTED MILK

THE IDEAL FOOD DRINK FOR SWIMMERS

Mr. C. S. SMITH

ENGLISH WATER POLO
— INTERNATIONAL —

(Member of British Olympic
— Teams. 1908 and 1912) —

says:—

"I gladly testify to the great benefits I have derived from the use of HORLICK'S MALTED MILK, and shall have much pleasure in recommending it to my friends.

"I have used it continuously for some time, and its flavour and quality leave nothing to be desired. I find that it possesses highly nourishing properties, which should undoubtedly prove beneficial to all who use it, especially to those who take part in arduous games."



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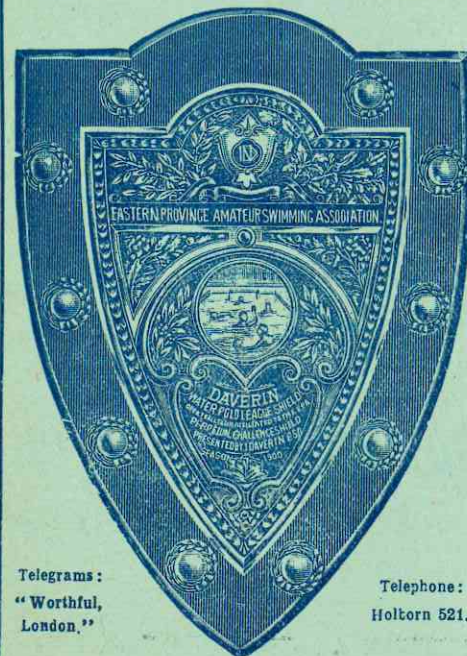
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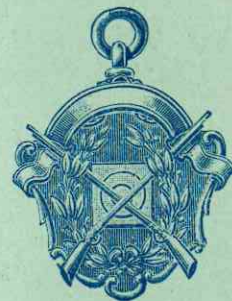
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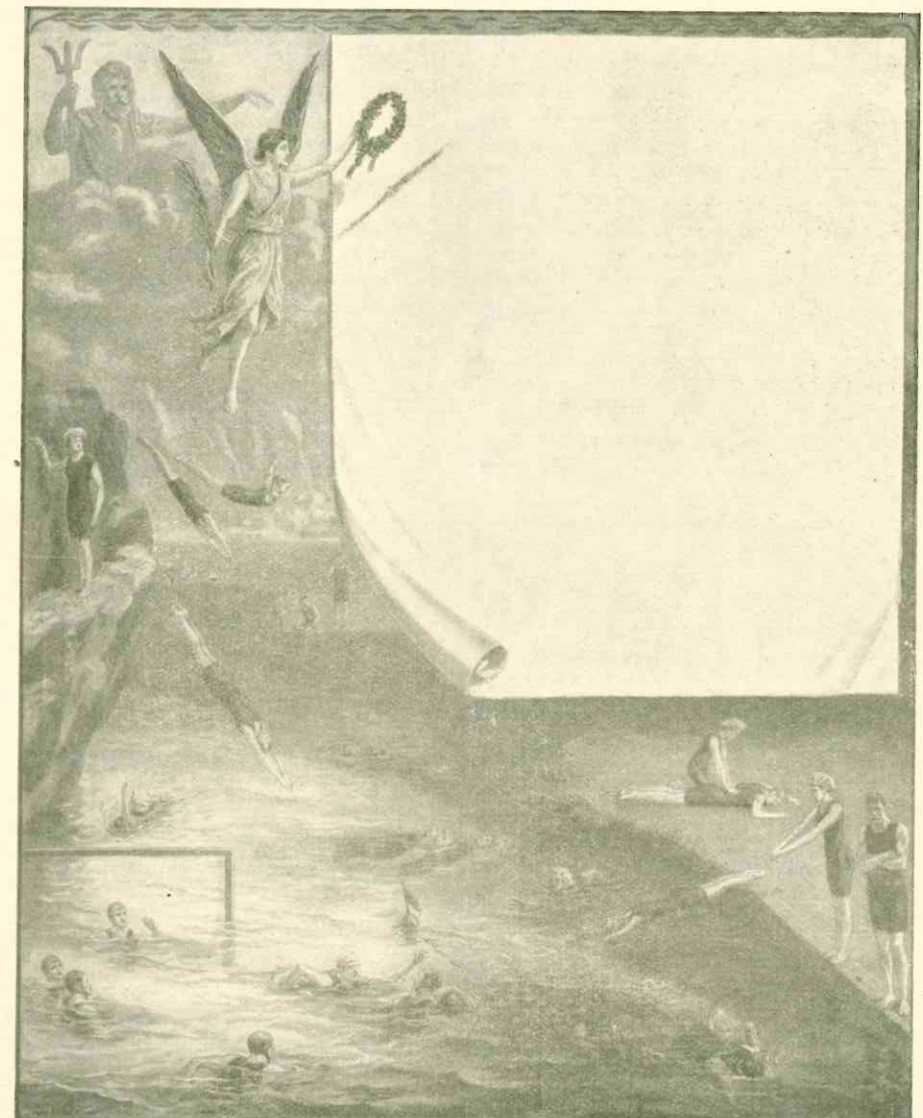
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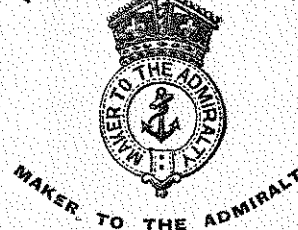
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and other

complaints of

the bowels.

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Southern Counties' Cycling Union.
N.C.U. Sussex Centre.
Polytechnic Cycling Club.
Borough Polytechnic.
Inter-Polytechnic Sports.
Royal Life Saving Society.
City of London Police Athletic Club.
Northampton Institute.
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Magazine**

No. 9. VOL. I.

FEBRUARY, 1915.

*(The Official
Organ of The
Royal Life
Saving Society)***THE ROYAL LIFE SAVING SOCIETY.****SPECIAL TEACHING OF THE YOUNG.**

THE Central Executive meeting held on the 21st January was in many respects one of the most important held for years past. In the first place reports were considered which disclosed the fact that a very large proportion of the Members were away on Service, as also many of the Central Executive, and therefore were unable to attend any meetings; also that no fresh Resolutions or nominations for office had been received. Such being the case, and taking all details into consideration, it was resolved to postpone the holding of the Annual General Meeting, to issue a Report and Balance Sheet and carry on the work of the Society as usual, until more normal times ensue.

Various reports of Branches of the Society at Home and in the Overseas Dominions were considered, and some of these are referred to in the present issue of the Magazine, others will be dealt with in due course. In each case special stress is laid on the fact of the necessity for teaching the youthful swimmers to be as expert as those of their brethren, many of whom are now with the Colours.

The usual routine business having been transacted, the report of the year's work was considered and passed as follows:—

ANNUAL REPORT, 1914.

The Royal Life Saving Society desires to record its loyal appreciation of the continued personal interest which His Majesty King George V. continues to take in the work of the Society, which has so greatly contributed to its success.

To the Rt. Hon. Lord Desborough, K.C.V.O., as President, they again tender their most sincere thanks for his advice and help in the cause of Life Saving.

The year which has just closed will be a memorable one in the history of the Society. In the beginning its work was actively pur-

sued in the continued endeavour to further the knowledge of Life Saving; there was every indication that the subject would go ahead and that all previous records would be surpassed, the classes were so numerous, so well attended and so busy during the first seven months. So were also the classes held in connection with the Branches of the Society in the Overseas Dominions. Many classes were in progress in India, in China and in other parts of the world. Consequently hopes were entertained that these would largely increase, thus not only help to spread the knowledge the Society promotes, but also widen its sphere of influence for good. No part of a year has ever promised to be so rich in results as the one that ran out before the war, but in August these hopes vanished, the work which heralded a very much larger advance than had ever been made before came to a sudden stop, not because of the fear of shot and shell, but because a great proportion of those who had been trained or were in training, nobly answered the call to arms, and being physically fit, were accepted for service in defence of the honour of the Empire. Most of the effective men on the Central and Branch Executives, individual members of the Society, of affiliated Swimming Clubs, Institutions and Classes at Home, in Australia, in Africa, in Canada, in New Zealand and India, fell into line and are serving with the colours, whilst the ladies are doing splendid work in tending to the sick and wounded. As a result there are to-day many Rolls of Honour among those interested in the aims and objects of the Society in all parts of the British Empire.

Those of military age having joined the Forces, the work of instruction was continued among the members left behind in the depleted classes, and among the young people. In this respect, the Executive acknowledge with gratitude the work done by the Hon. Instructors of both sexes, for as the result

of their labours the total of Awards granted does not show such a fall in numbers as was at first anticipated. It is hoped that members of the Society, of Swimming Clubs and other Institutions will put forth every effort, in order to form classes and continue the work, particularly among our youthful swimmers, and in this way provide them with a knowledge which will help them to achieve success when rendering first aid, and at the same time cause them to take part in an exercise which will assist them to become not only strong, but also physically fit to take the place of those who are now engaged in the service of their country.

The Awards issued by the Society to those who have proved their ability by examination in the various classes during 1914 are as follows:—

1. Elementary Certificates	3,339
2. Proficiency Certificates	6,882
3. Bronze Medallions	4,326
4. Teachers' Certificates	176
5. Hon. Instructor's Certificates	312
6. Awards of Merit	501
7. Diplomas	21

15,557

The Executive have to record with deep regret the death of Mr. William F. Darnell, a Vice-President and a most generous benefactor of the Art of Swimming, Diving and Life Saving. He was particularly interested in the work of the Royal Life Saving Society and in order to promote its aims and objects at Home and in the Overseas Dominions his munificent gifts were made purely with the idea of creating an interest and encouraging excellence in a subject which he rightly regarded as being of great utility in the interest of humanity. The Executive feel that in the death of Mr. Darnell the Society has lost an enthusiastic and faithful friend, whose services to the cause will ever be gratefully remembered.

The number of candidates entered for the Diploma, which is the highest award granted by the Society, was not so large as in 1913, but the ability displayed in the examinations by most of them was exceptional.

Particularly was this the case in connection with the test of Major Robert Kyle, of Glasgow, who was granted this Award "with honours" having received over 80% of the marks for each part of the test, which includes writing an essay on various subjects connected with the Art of Swimming and Life Saving, also practical proof of expert ability in swimming, floating, diving, plunging and rendering first aid in cases of drowning. The other successful candidates were as follows:—Ronald W. Wilson (London); Miss Winifred J. Wright (London); Mrs. J. Watteu (Newcastle-on-Tyne); Miss Clara Poyser (Nottingham); Alfred France (Barnsley); Miss Kathleen V. Okey (Bournemouth); Miss Dorothy M. Hodges (London); Charles H. Wright (Preston); Miss Lily Dearman (Sheffield); Miss Isa Wilson (Paisley); Miss Gladys F. M. Wright (Chatham); Miss Mabel E. McNamee (Montreal); Edward D. Vernet (Montreal); George Winkle (Stoke-on-Trent); Miss Annie Howarth (Bolton); Miss Mary J. Taylor (Bolton); Herbert Rothera (Bolton); Richard L. Swarbrick (Blackpool); Mrs. Jane Harrison (Winnipeg); Hubert W. Spurrier (Halifax, Nova Scotia). This award was instituted in 1896 and since that year 164 candidates have passed the tests, whilst Major R. Kyle is the seventh candidate to secure the "Honours" Diploma.

The Award of Merit again proved very popular everywhere; 501 candidates passed the test during the year, making a grand total of 2,396 since its institution in 1908. This Award is regarded as a step between the Bronze Medallion and the Diploma, and is intended to encourage individual effort to acquire greater ability in Swimming, Diving, and Life Saving.

The sincere thanks of the Society are tendered to the many Public Bodies for encouraging the practice of Life Saving by granting Season Tickets to their Baths, to all who passed for the Awards of the Society. Much attention has again been devoted to the teaching of Life Saving in Elementary and Secondary Schools, also in Colleges.

Excellent reports have again been received from the Branches, several in the Colonies have had record Seasons, and the Executive heartily congratulate them all upon the success they have achieved and tender their sincere thanks to the Officers and Hon. Instructors for the services they have rendered in the promotion of the aims and objects of the Society.

In order to encourage holders of the So-

ciety's Awards to continue their interest in its useful work, the Central Executive were empowered in 1912 to elect as Hon. Associates all those who had devoted their energy and ability to the establishment of classes and had successfully taught twenty candidates for the Bronze Medallion. The following having complied with the conditions were unanimously elected:—(51) William Forsyth, Dunfermline; (52) Walter Sells, Sheffield; (53) Warren Long, Victoria, B.C.; (54) Frank O. Venning, Brisbane; (55) Alfred G. Murray, Lieut., Brisbane; (56) Bernard F. McGee, Queensland; (57) John Barnett, Stockport; (58) Thomas A. Coffin, London; (59) Frederick W. Shaw, Margate; (60) Gerald V. Wellesley, London; (61) George Billson, Christchurch, N.Z.; (62) F. T. Ager, Christchurch, N.Z.; (63) B. J. Ager, Christchurch, N.Z.; (64) Miss Olive Barnard, Tasmania; (65) Miss Eleanor Pocock, Tasmania; (66) Thomas W. Malins, Melbourne; (67) Arthur Richardson, London; (68) Tudor V. Thomas, Fort George, N.B.; (69) Thomas W. Paine, London; (70) John H. Ford, London; (71) Leonard O. Dawe, R.H.A. Meerut; (72) Ernest Brailsford, Sheffield; (73) Arthur T. Browne, New South Wales; (74) Capt. A. Cooke-Russell, N.S.W.; (75) Sergt. J. Fraser, N.S.W.; (76) William F. Harmer, N.S.W.; (77) William H. Hellings, N.S.W.; (78) Helson V. Holmes, N.S.W.; (79) Wallace Neve, N.S.W.; (80) William E. Noble, N.S.W.; (81) Charles Stead, N.S.W.; (82) Haydn S. Spyer, N.S.W.; (83) George H. William, N.S.W.; (84) Mrs. Edith Smithies, Rugby; (85) Richard D. Eaton, Handsworth; (86) Mrs. Rosa Enderby, Halifax; (87) Joseph le Tellier, Sutton Coldfield.

For services rendered in the promotion of the work and welfare of the Society, it was unanimously resolved to recognise these honorary labours by granting the Distinguished Service Medal to:—Mr. William H. Cooke, who for many years has served the Society in New South Wales and for ten years acted as Chairman of the Head Centre Executive, also to Mr. Harry J. Barclay, Hon. Treasurer and Messrs. S. J. Monks, E. H. Oxlade, A. J. Perring, H. J. Grimwade, Miss M. Ewart, members of the Central Executive, and Mr. R. Fotheringham, President of the Scottish Head Centre, who have in various ways for many years constantly and assiduously devoted themselves to the promotion of the work which has for its aim the prevention of loss of life by drowning.

The Executive acknowledge with pleasure and gratitude the time and care which Mr. Harry J. Barclay has again devoted to his work as Hon. Treasurer.

To Messrs. Bull & Bull and Messrs. Elles, Salaman, Coates & Co. the Executive return their sincere thanks for so kindly continuing to act as Hon. Solicitors and Hon. Auditors respectively; they also gratefully acknowledge the generous sympathy and support accorded to the Society by the Public Press.

The "Darnell" Excellence Trophy, which in 1910 was awarded to the Highgate Life Buoys, in 1911 to Framlingham College, in 1912 to the Highgate Life Buoys, in 1913 to Ackworth School, nr. Pontefract, was in 1914 for the third time awarded to the Highgate Life Buoys, whose record of work in the interest of the Society surpassed all previous efforts. This Club has now given notice that it does not intend to again enter for the Trophy, except only as a "competitor of honour." The Trophy is awarded one year to a Club and the following year to a School, and the conditions of the Award embrace nearly everything that is useful in the promotion of swimming and life saving. With the Trophy, a Gold, Silver and Bronze Medal is given for competition among the members representing the winners. These medals were delivered to the Highgate Life Buoys and the Committee of that Club have now returned them as a gift to the Society, for the purpose of encouraging the knowledge of life saving among young people. The Executive gratefully acknowledge the gift for such a good object.

Owing to the outbreak of War and the consequent call to arms, all the Annual Competitions usually promoted by the Society in which only Senior Members take part, were indefinitely postponed, to be resumed when normal times again ensue; consequently there is nothing to report with regard to these, except that the decision of the Executive was unanimously approved by all interested.

In conclusion, the Central Executive record their hearty appreciation of the devoted services, unselfish zeal and energy displayed by all connected with the work and gratefully acknowledge the valuable help rendered everywhere in promoting the aims and objects of the Society.

For the Central Executive,

WILLIAM HENRY,

Chief Secretary.

**INCOME and EXPENDITURE ACCOUNT for the Year
ending 31st December, 1914.**

Dr.		Cr.	
EXPENDITURE.		INCOME.	
	£ s. d.		£ s. d.
To Classes—		By Classes—	
Stock at 1st January, 1914	19 11 8	Receipts	783 11 6
Expenditure	389 0 10	Stock at 31st December, 1914	10 0 0
	408 12 6		793 11 6
„ Public Demonstration	33 14 5	„ Public Demonstration	5 1 9
„ National Competition	0 5 0	„ National Competition	5 10 0
„ Publishing Account—		„ Publishing Account—	
Handbook:		Handbook, Sales	211 2 1
Stock at 1st January, 1914	19 4 8	Stock at 31st December, 1914	156 2 0
Expenditure	185 11 6		367 4 1
	204 16 2	„ Charis—	
„ Charts—		Sales	23 17 2
Stock at 1st January, 1914	1 9 10	Stock at 31st December, 1914	9 3 0
Expenditure	12 13 1		33 2 2
	14 2 11	„ Badges—	
„ Badges—		Sales	168 5 0
Stock at 1st January, 1914	3 10 0	Stock at 31st December, 1914	3 10 0
Expenditure	95 1 2		172 1 0
	98 11 2	„ Awards and Fees	190 1 6
„ Awards and Fees	129 19 9	„ Subscriptions	499 19 11
„ General Expenses—		„ Donations	33 18 10
Salaries	490 5 3	„ Interest and Dividends	46 4 3
Advertising	18 13 1		
Postage	73 15 0		
Printing and Stationery	126 18 3		
Office and Travelling Expenses	167 11 7		
Amount written off Furniture	7 19 8		
	885 2 10		
„ Balance of Expenses South African			
Tour	102 17 0		
„ Balance, being Excess of Income over			
Expenditure for year	270 13 3		
	<u>£2148 15 0</u>		<u>£2148 15 0</u>

BALANCE SHEET, 31st December, 1914.

LIABILITIES.		ASSETS.	
	£ s. d.		£ s. d.
To Sundry Creditors (being Subscriptions paid in advance)	3 16 3	By Cash—	
„ Income and Expenditure Account—		At Bank	144 18 3
Surplus at 1st January, 1914	1987 13 10	In hand	2 2 11
Add Balance for year ending 31st December, 1914	270 13 3		147 1 2
	2258 7 1	„ Sundry Debtors	390 0 8
		„ Loan (fully secured)	550 0 0
		„ Investments	
		£600 Metropolitan Water "B"	
		Stock	480 0 0
		£207 14 9 West Australian Govern-	
		ment Stock	187 19 8
		£300 Canadian Northern Pacific 4½%	
		1st Mortgage Stock	291 0 0
			958 19 8
		„ Office Furniture—	
		As at 1st January, 1914	38 8 0
		Addition during year	1 10 6
			39 18 6
		Less Amount written off	7 19 8
			31 18 10
		„ Stocks and Materials on hand (at cost)—	
		Handbooks	156 2 0
		Classes	10 0 0
		Charts	9 3 0
		Badges	3 16 0
		Stationery	5 0 0
			184 3 0
	<u>£2262 3 4</u>		<u>£2262 3 4</u>

HARRY J. BARCLAY, A.C.A.,
Hon. Treasurer.

We have examined the above Balance Sheet, together with the accompanying Income and Expenditure Account, with the Books and Vouchers. The Investments are stated at the same value as at 31st December, 1913. In our opinion, the Balance Sheet correctly exhibits the state of the Society's affairs, as shown by the books.

1 & 2, Bucklersbury, E.C.
18th January, 1915.

ELLES, SALAMAN, COATES & CO.,
Chartered Accountants.

THE LADIES' SECTION.

By our "Lady Dorothy."

CRAWL STROKE QUICKLY LEARNT.

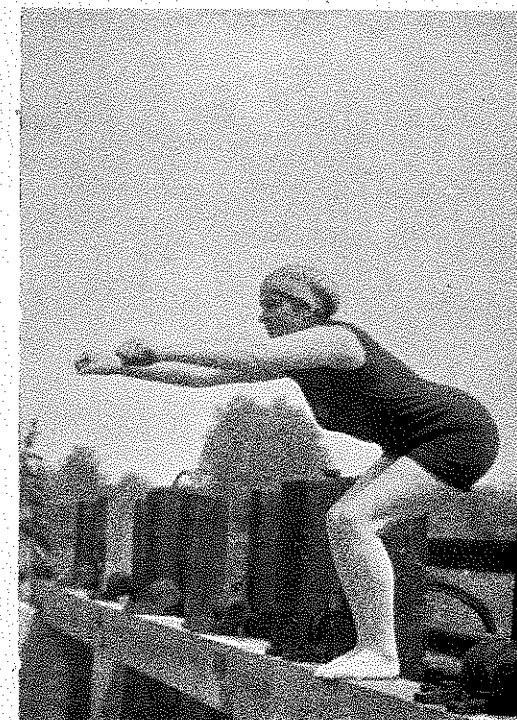
NO LACK OF CAPABLE BUSINESS-LIKE WOMEN.

ONE of the best known lady swimmers in England is Miss D. Anderson, who won the 100 yards Southern Counties' Championship in 1913, and holds the record for that event. It depicts the position of her racing plunge, which, though a peculiar one, often enables her to gain a yard on her opponents. She learned to swim at an early age, but it took her a long time as she had the misfortune to be first taught by one of those entirely inadequate instructresses so often engaged by bath committees with a total disregard for their teaching abilities. This good lady believed in a theory of her own for teaching nervous people to swim. Summed up, it came to this—make the pupil more scared of her teacher than of the water, and when told to trust to her powers of buoyancy and propulsion, though with an absolutely inadequate stroke, she, the pupil, may swim from pure funk of her instructress.

This Miss Anderson, after 30 lessons on the end of a rope accompanied by sundry scathing and would-be terrifying remarks, failed to pass the test just described, and was no nearer swimming than when she began her instruction. The disgusted teacher then dispensed with her altogether and turned her over to an assistant, who eventually taught her an indifferent breast stroke. From this Miss Anderson developed one of those trudgeon strokes with a double kick which served her as a racing stroke for some years, until she realised that progression in this somewhat exhausting manner was anything but speedy.

Miss Anderson learnt crawl in a remarkable manner. She went to a swimming gala where a number of men were using this, what then was, a very novel stroke. There were a number of sprint races during the evening, and she had ample opportunity of watching the various styles of crawl. Next morning a 38 yards race took place at her club meeting, and on entering for this

Miss Anderson decided to try to do crawl—just for the fun of the thing. She had thought carefully how the stroke was done, and when her time came she plunged in and crawled the distance, winning easily. Her time (23 seconds) is very nearly as fast as she or any other lady could do now. Being



MISS D. ANDERSON, MERMAIDS S.C.,
In her favourite starting position.

long-winded, she made no attempt to breathe during this race. This part of crawl she learnt later, as also plunging in and turning to the best advantage in conjunction with this stroke. The following season Miss Anderson entered for the Southern Counties' 100 Yards Championship, and claims to be the first lady to swim crawl in a championship event. She is also an expert water-polo player.

It is being very aptly demonstrated everywhere to-day that there are capable, business-like women with sufficient administrative and organising powers to run far larger concerns than local swimming clubs and equally does one see others who place themselves in like positions and make such a hopeless muddle of affairs that one marvels that entirely incompetent persons should be allowed control of anything whatever. On the other hand the club may be and often is run by a thoroughly competent official who, however, is not of the same mind as the committee and members but who has sufficient strength of character to retain her position and to keep every one under her thumb. Naturally this might be for the benefit of the club though it depends on the particular official, but it is a state of affairs which generally ends when one of the newer members shows sufficient strength of purpose to oust her from her position.

My advice to clubs as a whole is to render any such condition impossible by electing well-chosen officials and by binding them down with clearly-defined laws as to each official's duties. Thus the secretary of the club should have only secretarial duties, and should be entirely in the hands of the committee and not, as is so often the case, the "boss" of the committee. She must confine herself to such duties as come within her limited scope and are in the best interests of the club, and she should not be allowed to take responsibilities upon herself in other than in very minor matters, nor should she lay down the law without first consulting her committee. On the other hand, for her own sake, she must be able to call a meeting for advice whenever she sees fit, and the committee should back her up and work with her to the best of their power.

The captain should invariably be elected by vote at the general meeting and never by competition. She should be proposed and seconded and her qualifications duly set forth to the meeting; and each year there should be a fresh election, and the past captain should stand down for re-election, taking equal chances with any one else who is proposed. If the captain is elected by competition the winner may not have a great deal of spare time to give to the club, or she may not be suitable for various reasons so that any post of honour should be coupled with the title of champion and not

that of captain. The champion has no administrative duties, and is not an official in any sense of the word.

The captain has the whole of the active interests of the club to control, and must attend club practices and competitions and must look ahead and coach the members for coming events. Her position is a very important one in that so much of the success of the club depends on her. She it is who picks the teams for competitions, both in the club and for inter-club races. She has to encourage and assist the members and further the art of swimming in all its branches in the interests of the club. She should attend committee meetings and report regularly on the progress made and she, in her turn, should ask advice of the committee on absolutely all except minor matters.

Most clubs have handicappers whose duty it is to draw up and arrange such competitions as are fixed by the committee. They should work in conjunction with the captain, and should keep a book in which the various times done by the members may be recorded.

At gala time a special sub-committee should be elected, comprising the secretary, treasurer, captain, and about three other of the most active club members. These should meet to discuss their plans and should have full control once the committee has given them an outline upon which to work. If they cannot agree or if they wish to make any important move, the full committee should be called and the case laid before them. On the day of the gala each member of the sub-committee should be in charge of some special branch. One should manage the seating accommodation, for which she would be responsible—another the ticket selling and doorkeeping, also the programmes. A third should be in charge of the competitors—to see that they have sufficient accommodation and that the whips are doing their work. Some one must be in complete charge of the refreshments, and the secretary and captain should be entirely free to deal with emergencies in carrying out the programme and in making the gala a success.

An important point is for all club officials to make themselves conversant with the laws of their governing associations. Innumerable mistakes are made, particularly

in ladies' clubs, because the members are not aware of certain regulations which have been made for the benefit of the sport, and if the officials are ignorant and cannot advise them, this is not surprising. Suitable delegates should also be selected for representation to the governing bodies, who should ascertain the views of the members on questions of importance to the club, and subsequently speak or vote as indicated by the majority.

In an interesting letter from Mr. F. O. Venning, the hon. secretary of the Queensland Head Centre of the Royal Life Saving Society, we learn that the three-mile ladies' championship of Queensland was decided on Saturday, November 21, in the Bremer River at Ipswich, Queensland, one of the only places near the city of Brisbane which is *practically* free from sharks.

Miss Mabel Springfield, of the Valley Ladies A.S.C., a sister of Frank Springfield, who won the long distance championship of England in 1908, and competed for Australia in the Olympic Games of London the same year, won the race in the record time of 1hr. 17.46.2. There was a great race for second place between Miss Minnie King and Miss Elsie Venning, the first named eventually gaining the position in 1hr. 20.37, Miss Venning taking 1hr. 22.7.2. Twenty started and nineteen finished the time of the last girl being 2hr. 3.59. Mr. Venning is well known this side of the world, and his old fellow clubmen of the Neptune will be glad to learn of the fine swimming of his daughter, who is only thirteen years of age. So will also the members of the Clapton Ladies' and Neptune Ladies' Clubs of which Miss Venning used to be a member before the family left for Australia.

NOTES ON NEWS.

A pleasing letter has reached us from the Società Italiana di Salvamento "Natatorium," the Italian Life Saving Society, in which the writer, Sig. Arthur Passerine, says that although the largest part of Europe is engaged in killing more than in saving lives, he feels sure that the Royal Life Saving Society has in no way neglected its aims. The Italian Society has given instruction to Custom House Officers, and also to many physical education institutions. Among those who have passed the Italian examination for certificates are two English young ladies.

The Royal Life Saving Lodge, No. 3339, which was established in 1909 for the association of members of the Royal Life Saving Society and a bond of friendship between all interested in the promotion of the art of swimming, will hold its installation meeting on Friday, February 9, at Frascati's, Oxford Street, London.

The committee of the Amateur Swimming Association has recommended that the senior championships of 1915 shall not be held, and also that there be no annual meeting, but these questions have yet to be settled by the District Associations. It is, however, deemed highly probable that they will confirm the committee's recommendations.

The Royal Life Saving Society is rapidly extending its useful work in India. By the last mail many letters have come to hand, including one from Mr. S. R. Bhagwat, the general secretary of the Deccan Gymkhana, Poona City, a very influential body that has become affiliated with the Society, and which is about to construct a bath of its own, 100ft. by 80ft. for the purpose of promoting the knowledge of swimming and life saving, chiefly among the young people; it is to be fitted with all the latest appliances for the purpose.

Eighteen new records were established by American swimmers last year, most of them by Duke Kahanamoku of Honolulu. Percy McGillivray, of Illinois, winner of the English 100 yards championship in 1912, and H. Hebner, of the same club, also did well.

It is pleasant to find that old friends remember us, and we acknowledge, with sincere thanks and hearty appreciation, the kindly expressions of friendship and goodwill which we have received this New Year from Australia, Africa, Canada, New Zealand, India, the United States of America, Egypt, from the trenches, Royal Navy, the many centres of training in England, Ireland and Scotland, as well as from France, Sweden, Russia, and Holland. Many of the senders of these greetings we have met, and their notes have brought back pleasant recollections of times when the chief consideration was "the art." Will our friends kindly take this as acknowledgment of their thoughtfulness in this time of stress?

SCOTTISH LADY ENTHUSIAST

Good Work in Canada.

ONE of the most ardent workers in the cause of life-saving is Miss Mary Beaton, a diploma-holder of the Royal Life Saving Society, who frequently gives exhibitions in Toronto, and has several life-saving classes. This accomplished young lady swimmer gave a course of twelve lessons to over 550 girls at Toronto last year. Miss Beaton is hampered in her instruction by

Miss Beaton can and does do about everything in the water that fish can do. Withal she does it so gracefully that it seems easy to the onlooker.

Not only is she a strong, graceful swimmer herself, but she knows how to impart the knowledge. She had little girls there seven years old and up, and not one but could handle herself with ease, grace and confidence.

The Misses Knott, Bender, Ingles, Pickard and Hartley, as the life-saving class, are



TORONTO LADIES WHO EXCEL IN WELL-DOING.

The Y.W.C.A. Life Saving Class of Award of Merit, Bronze Medallion and Proficiency Certificate holders. Miss Mary Beaton in the centre.

the smallness of the baths, but finds all her pupils wonderfully enthusiastic and of great spirit. Had it not been for the war, an attempt would have been made to secure the erection of a new and more commodious bath. One of the features of her work this season has been the superintendence of a class of about forty of her girls who have given their spare time to knitting garments for the soldiers. In order to increase the funds, Miss Beaton and her younger pupils gave a finished exhibition at the Y.W.C.A. tank in Toronto in the middle of December last.

strong, capable swimmers, and know their business as life-savers, for which they hold certificates.

Miss Beaton's sister Annie was to have taken over the duties of instructress at a new Y.W.C.A. tank at Hamilton, Ontario, on January 7, where Miss Beaton herself was engaged to give the opening performance. Her father is coaching in Montreal, and her sister Joan, late of the Carnegie Bath, Dunfermline, is in New York. The home of this celebrated family of teachers was formerly at Portobello, near Edinburgh.

Swimming in the Chief English Schools.

LACK OF SYSTEMATIC INSTRUCTION.

IN previous articles we have descanted on the slow progress which is made in swimming at the Universities. Much of this has been attributed to lack of bathing facilities at Oxford and Cambridge for all the year round practice, but we are more inclined to think that it emanates from the want of proper and combined teaching at our chief schools. It is all very well to set up tests of proficiency; what is wanted is continuous and special training after those tests have been accomplished, also a more general desire to make swimming a regular subject of instruction. There is ample material to work upon, yet we rarely get a really fast man or one capable of prolonged staying power. Of course it may be urged that scholastic duties prevent much practice, but this argument is woefully weak, for it does not apply in other sports, such as rowing, cricket and football. The men who seem to have done best are those who have had private training, but the all-round standard has not been exceptionally high.

But in the last two years there has been marked improvement and considerable progress has been made at a number of public schools, where enthusiasm has been aroused by the masters and the professionals who have been brought in to instruct the scholars in the higher branches of the art of swimming and life saving. This has been very noticeable at Harrow, St. Paul's and Dulwich.

roof, wide, and is kidney shaped, and one can get a swim of 500ft.; the depth near the bridge, which is over the centre, is 6ft., and 3ft. 6in. at the ends.

The teaching of life saving has recently been introduced as a voluntary subject. From the subjoined particulars of the swimming and life saving work at the other leading schools of England, it will be noted that in nearly every instance where a boat club is attached to a school the candidate for membership has to produce a certificate of proficiency in swimming. Some of the tests do not appear to be hard enough, and one would suggest that some style of swimming in clothes should be included in them.

Dulwich is another good school where life saving is constantly practised. In matches against outside clubs during last year the school did well against Whitgift Grammar School, Epsom College, St. Bart's Hospital, St. Paul's School, and the Old Alleynians, the only defeat in all events being by the Otter Club, who had a very powerful combination. The school bath is 30 yards long. The authorities are very keen on the value of the knowledge of life saving, and present a special cup, which last year was secured by Crabbe.

Harrow was one of the first of the public schools to take up swimming. The school "Ducker" is one of the finest open-air baths in England. Every boy who is educated at Harrow is compelled to learn to swim, unless exempted by the doctor. The test is 70 yards, and very few fail to pass in their first season. Above this test there is a voluntary one for the title of "Dolphin." Candidates have to swim five lengths, about half a mile, in 19 minutes, enter the water with a good header, and in the course of the swim, dive under a floating hurdle, climb out at a low board, plunge in again, and show proficiency in breast, side, and back strokes. The bath in parts is

At Wellington, which is a military school, the bath is 64ft. long, and only about 60 per cent. of the boys are said to be able to swim one length or over. We regret to say that, according to the latest returns, life saving is not taught in any shape or form.

Owing to the war the competitions at Rugby for the life saving cup had to be postponed. We understand that at this school swimming is not compulsory, but Rugbeians are fond of "The Tosh," which they style the bath presented to them by Dr. Jex Blake. It is 70ft. long. The only match of importance last year was against Harrow, and in this Rugby were defeated.

added
July 1912
(back in
1892)

There is no life saving taught at Westminster School, and the teaching of swimming appears to be more or less unofficial. Yet close to the school are the splendid City of Westminster Baths, in Great Smith Street, baths especially fitted for the teaching of the young. With such an advantage at its doors Westminster should be one of the best swimming schools in the Kingdom.

St. Paul's have had an excellent season, and may be said to have taken the palm against every other school. The boys are particularly good at water polo, and in their own bath, which is 100ft. long, would be hard to beat. They were good enough to meet the Universities' teams, and against Oxford only lost by two goals to one, whilst they drew with Cambridge. Life saving is largely encouraged, and the school has turned out some very speedy swimmers.

The University requirements for boating is a swim of 30 yards, which is not enough, but at Uppingham this is made the test, and every boy has to learn to swim in his first summer term. About 99 per cent. of the school are swimmers. At present nothing is done in the interest of Life saving.

At Eton the teaching of life saving as a technical subject is not much taken up, but the boys are taught to swim, and headers are a special feature. Every boy is compelled to learn to swim before he enters a rowing boat. This is now the common rule at all rowing schools. Eton is fortunate in having five bathing places, these being at Boveney Weir, Athens (on the main Thames river, half a mile below Boveney Lock), Ward's Mead, Cuckoo Weir and Romney Weir, the latter being for masters only. The percentage of swimmers is about 91 out of 1,028 scholars.

City of London School have had the advantage of the services of J. A. Jarvis, the ex-amateur champion, with good results. The taking of instruction is optional, but the boys can attend the Westminster Baths three days in each week. Life saving is encouraged by competition for a cup presented by Mr. Deputy Heilbuth and by examination for the awards of the Royal Life Saving Society. The percentage of learners has risen from 33 per cent. in 1913 to 55 per cent. last year.

Nearly every boy at Tonbridge can swim, for they have a fine open air bath 200ft. long and 40ft. wide wherein to practise. The test is a swim of about 50 yards. The annual gala always lasts a couple of days, and is productive of much interest among the parents of the scholars. When the weather is warm in the summer term life saving classes are held.

The Merchant Taylors, which is a City of London School, are unfortunately without a bath, and there is no bath in the City of London. Yet many of the boys can swim, and regularly attend either St. George's or Westminster Baths. It is estimated that out of 450 boys about 300 can swim.

In order to be a member of the Boat Club at Shrewsbury the candidate has to swim 350ft. with four turns, breast stroke only, wearing flannel trousers and a vest. Yet about 90 per cent. can easily accomplish this. The covered bath at Shrewsbury is 70ft. long, but a good deal of the work is done in the Severn during the summer term.

Nearly every boy at Mill Hill can swim. Their bath is open every day all the year round, including Sundays, and is extensively patronised. It was presented to the school by the old boys, and is indeed a gracious gift. Diving is the special part of the art they indulge in, but there are plenty of swimming competitions. Their matches last season had, unfortunately, to be scratched owing to the outbreak of an epidemic. They make a special feature of surface diving, and we hope that regular instruction in life saving and resuscitation of the apparently drowned will soon be added, and in this way complete the education of this school of swimmers.

At Rossall every boy must practise swimming until he can swim a certain distance in the covered bath. The sea is also close by, but no boy is allowed to bathe in it until he has obtained his first-class certificate. Each candidate must swim eleven laps of the bath, or 440 yards. Of these laps three must be swum on the back, and the whole distance must be compassed in eleven minutes. When starting he must dive from the deep end and swim 15 yards under water, and before leaving the water must float without using arms or legs

for two minutes and tread water for two minutes. This is a severe test which should easily fit them for the awards of the Royal Life Saving Society, to which the school is affiliated and some classes have been successfully held.

Lancing is very keen in support of the Royal Life Saving Society, and its methods of rescue and resuscitation form one of the principal subjects of tuition. Its bath is 20 yards long; in summer the boys also bathe in the River Aden. The test for "third star" is to swim 40 yards in 28 seconds, 20 yards under water, dive from the surface (known as "duck" diving, which seems to be popular in every school), and pick up a 6lb. weight. This test is a capital one for a life saver. Every year a large number of candidates are presented for the awards of the Royal Life Saving Society.

The Sherborne Bath is an open-air one, 50 yards long and 14 yards wide. At this school the first test is 50 yards and the second 100 yards, and the highest a quarter of a mile. It is gratifying to learn that nearly 70 per cent. annually pass the last-mentioned. Life saving classes are now regularly held, the awards of the Royal Life Saving Society are much prized, and a great many obtain them.

It is fortunate for Cambridge that Leys School have a bath, or else the University teams would not get bath practice until they came to London for their annual friendly games prior to the Inter-University match. The boys have to pass a test of swimming 60 yards, and until they can do that practice is compulsory. Their life saving work is good, examinations for the R.L.S.S. awards are regularly held, and some of the candidates have passed for the Award of Merit.

At Winchester Messrs. F. W. Hicks and G. M. Bell, who are masters, are the Society's judges. Usually about twenty-five boys compete for the awards, and their success has been highly gratifying. For the swimming tests the boys have to swim 50 yards easily and well, also to dive into a depth of 10 feet at Gunner's Hole, as their bathing-place in a branch of the Itchen is termed.

Charterhouse endeavours to teach all its boys to swim. It does not, however, encourage racing, but does a little in the way of life saving by holding a medal competition of the R.H.S. It is said to suffer from the lack of professional instruction.

The bath at Christ's Hospital, Horsham, is not large enough for the eight hundred odd boys at the school, but the Blue Coats do their best under the circumstances, and this year had a percentage of 91 swimmers. This is, however, below the average standard, which is 95½. So far as we know nothing is done in the interest of life saving.

Cheltenham had this year the fine percentage of 100 over their test course of 53 yards, two lengths of the College Baths. Before any of the boys can join the Boat Club, which practises on the Severn at Tewkesbury, they have to produce a swimming proficiency certificate. A very wise and salutary rule. We hope that in due course the life saving certificate will take its place.

Framlingham has long been renowned for its good life saving work, and the school has gained no fewer than 1,352 of the Society's awards, the number for last year being 49, three of which were awards of merit to G. R. Beauchamp, W. L. Morgan, and R. T. Lowe. The school test for swimming is 50 yards in the deep end of the bath. The school possesses a roll of honour on which are inscribed the names of those who have saved life and been recognised by the Royal Humane Society for bravery. In 1912 the school was awarded the "Darnell" Excellence Trophy for the work done in teaching swimming and life saving, it being shown that it had the best record in this direction.

The Manchester Grammar School test is 100 yards breast stroke, followed at once by 100 yards on the back without use of hands. This must be passed before joining the boat club. So ought also the tests of the Royal Life Society, which the scholars study continuously, and with good results to themselves, for they have gained many certificates and medallions. At the summer camps the boys holding life saving awards are put in charge of the bathing parties. Mortague Holbein, the Channel swimmer, is one of the old boys of this school.

Great encouragement is given to swimming at Bedford Grammar School, where cups are given to the houses having the greater percentage of swimmers over and under fifteen and a half years of age. The test is 75 yards, and the percentage of swimmers who passed was 92.66 in the senior and 39.31 in the preparatory school, the actual number last term being 175, most of whom had learned to swim at the school. At present life saving instruction is not provided except by way of competition.

Bedford Modern School has turned out many good swimmers, among them being the Brothers Stimson, who on several occasions represented Cambridge in the Inter-Varsity matches.

A "mudlark," a name applied to a non-swimmer, is a rare bird at Oundle, where they have three separate tests. The first is one of 30 yards, of which 91 per cent. of the boys have passed, and the second is one of a 100 yards, which must be swum on three different occasions. The boy also has to demonstrate his ability as a diver before he gets his "blue," i.e., the right to wear blue bathing drawers. After that there is the boat test, the boy being thrown head over heels into the water with his clothes on, and made to swim respectably a distance of 70 yards. He can then join the Boat Club.

Clifton has always had a reputation for smart swimmers, and very few boys ever fail to swim. The large school bath is roofed, long, and there is a smaller one, covered in, for teaching. The tests are first one of 12 yards in deep water, and then one of 30 yards, after which the boys are trained on until they can swim 100 yards with ease.

Ackworth, near Pontefract, is another famous school with its own bath, in which swimming and life saving is made the special feature. In 1913 the scholars gained 137 awards from the Royal Life Saving Society, and last year 133. Like Framlingham, they were awarded the Darnell Excellence Cup; they securing it in 1913. We learn that 98 per cent. of the scholars are swimmers, some of whom are permitted to bathe two or three times a day without any experiencing ill-effects. On the contrary, this extra practice improves their ability. The girls are equally as expert as the boys, last year gaining nearly 50 Life Saving Awards.

Radley, whose bathing-place is 150 yards of river in the backwater at Sandford Weir, has the best test of any of the schools, and one quite befitting a rowing school. It is one of 120 yards breast stroke in vest, shorts, stockings and shoes. There is some sense in this test, and it is one we would commend to all rowing clubs. Last year life saving was also taught.

Boys at Repton used to bathe in the Trent until a few years ago, but they now have an open-air bath, shaped with two arms at right angles, each measuring 100ft. The test at Repton somewhat resembles the Eton pass, i.e., a satisfactory header, a swim of two lengths of the bath, back swimming and treading water. The school is affiliated to the Royal Life Saving Society, and practises its methods of release, rescue, and resuscitation.

Berkhamsted is fortunate in possessing a very fine covered swimming-bath, very light and airy, and nicely warmed. Consequently it can be used all the year round. As a result the practice of swimming and life saving is a big feature at this school. The headmaster, Mr. C. H. Greene, is a particularly keen swimmer himself, and most anxious that the boys not only become excellent swimmers, but also life savers. His energetic endeavours to further a knowledge of the art have resulted in some of the largest classes being regularly presented for examination year by year. Quite a number of the boys who have taken the preliminary awards have afterwards obtained the Award of Merit.

The test at Malvern is a length of the bath, 27 yards, with ease. Bathing is not compulsory, but there are strict regulations which debar those who do not join the baths from certain privileges. As a consequence the boys attend instruction, and there is always a good proportion who pass the classes.

Every Marlburian has to learn to swim, and the average who pass the test of 20 yards is between 98 and 99 per cent. The bathing-place, which is supplied by the Kennett, is 125 yards long and 20 yards wide, and is supplied with separate dressing-sheds for swimmers and learners, and numerous diving-boards.

The bath at Haileybury is 75 yards long and 15 yards wide; being uncovered it is only used during the summer term. Until a boy has passed a test of 50 yards bathing on certain days is compulsory. A professional instructor is employed, and boys who wish to obtain the awards of the Royal Life Saving Society visit the Holborn Baths during their holidays in order to take their examination, although something in that direction is done at the school.

Bootham School, York, has a capital swimming-bath, 75ft by 25ft, which was presented to it by the Old Boys last Whitsuntide. Mr. F. C. Clayton, of Birmingham, performed the opening ceremony and presented a dozen silver and bronze medals for the two best scholars in the next twelve years. During last summer term, at examinations held by the Royal Life Saving Society, a number of boys gained elementary and proficiency certificates and all candidates for the bronze and silver medallions were successful, thirty-one taking the bronze and seven the "Award of Merit." These results reflect great credit upon the enthusiastic training given by Mr. G. Walter, the school instructor of swimming and gymnastics.

At the Owen's School, London, in which there are 420 boys, Swimming and Life Saving is a voluntary subject taken after school hours, through the medium of a Club to which about half of the boys belong. The school does not possess a bath; the Northampton Institute bath is made use of for practice and tuition. On an average 120 boys attend per week. A life saving class is held during the Summer Term, the members of which practise the movements on land in the Gymnasium during the dinner hour, and after school hours they meet at the bath. As a result of their interest in swimming, in thirteen years the boys have gained 236 awards of the Royal Life Saving Society and 552 Public Secondary School S.A. Certificates. A gala is held by the Club every year at which the members demonstrate their ability in the presence of their parents and friends. The members of the Club owe a deep debt of gratitude to Mr. C. P. Mauritz, the Physical Culture Master of the school, for much of the enthusiasm and voluntary effort displayed by the boys in acquiring a thorough knowledge of a highly useful subject.

The Leighton Park School, Reading, is a Friends' School, at which the sons of Mr. Cadbury and Mr. Rowntree received their education, and were taught Swimming and Life Saving, a subject in which the Head Master, Mr. C. I. Evans, M.A., takes a special interest. The boys of this school enjoy the privilege of their own covered and heated bath, about 73ft. long, 22ft. wide, and a depth of 3ft. to 7ft., in which excellent diving facilities have been provided. The conductor of the Physical Drill and of Swimming and Life Saving is Mr. C. P. Mauritz. His work is most successful, and each year at the end of the Summer Term, examinations are held for the awards of the Royal Life Saving Society, with the result that there is an average of 55 per cent. of the boys in this school who hold the Bronze Medallion and 50 have passed the test for the Award of Merit in five years. For a boy to be regarded as a swimmer and obtain the privilege of boating on the Thames, he must complete a swim with ease over a distance of 72 yards, fully clothed, which is the School minimum, after which he is led on to acquire the knowledge of Life Saving.

The Rutlish School, Merton, has come prominently to the front, not only in swimming, but also in life saving. The scholars have taken part and secured distinction in many external competitions, and now hold two championship shields of the Surrey Secondary Schools' S.A. Distance swimming is a big feature among the scholars. Last year seven gained certificates for a two mile swim in the Thames, above Lock, three for two miles and eleven for one mile at the Latimer Road Baths, besides which the subject of life saving received much attention, as no less than 36 awards of the Royal Life Saving Society were secured, including two awards of merit. Another interesting item of the year's work is the award by the S.C.A.S.A. of its teacher's certificate to W. D. Gray, 16 years of age, and school captain, who volunteered his services and successfully taught the scholars to swim. This association has also had the pleasure of awarding its mile time test certificate to R. G. H. Whitty and W. D. Gray. The former is the school champion. About 70 certificates for half-mile and less have been won by the scholars. This is a very fine record for a school which has not the privilege of its own bath.

From 1875, the year of the first summer term, the Leys School, Cambridge, has had good swimmers and practically no non-swimmers. The development of speed and fancy swimming, as well as diving and life saving, is the result of the able teaching of Sergt.-Inst. Harry Scott (late of the 17th Lancers), and the fine covered bath, which superseded river bathing in 1905. The bath has an area of 35ft. by 90ft.; the depth grade from 3ft. 6in. to 6ft. 6in.; it is heated and fitted with a wash room, containing a trough, showers and hand-basins. It is filled by an artesian well compressor, capable of raising 6,000 cubic feet per hour from the green sand 180ft. below. The school has a swimming degree known as the "Otters," conferred upon those who are capable of special performances. Last year P. W. Northcroft swam 60 yards in 0.34.2, and 120 yards in 1.20; J. L. Elmslie did 440 yards in 6.25, and N. Beckett secured a high place in fancy diving, whilst G. H. Wilson with J. L. Elmslie have secured the award of merit, and quite a number have passed the tests each year for the awards of the Royal Life Saving Society. These are included among 400 other Leysians now on war service.

* * * *

The teaching of swimming in schools would be a good subject for the Headmasters' Conference to discuss, and to see whether it could not be made as important a matter as physical drill. We need not here argue the advantages to be derived physically from the practice of swimming. It is a most ready means of improving the physical well-being of the student, furnishes him with the power of self-preservation, and therefore should, from our point of view, be regarded as of the highest importance in the culture of the youth of this country. Unfortunately at present, in a great many instances, swimming is regarded of slight importance and therefore invariably relegated to a minor position, and not even included in the school curriculum on the basis of an educational subject. The foregoing article shows the great disparity in the tests of what one may regard as a swimmer. In many of the schools above referred to the tests are so meagre that the one who passes them could not keep his head above water in a canal, and would drown before reaching the bank. The elementary school tests are more severe. As this is a subject of

much importance to a nation like ours, which prides itself upon its strength upon the water, we hope that in due course the heads of schools will regard the subject worthy of consideration, and so help to make the pupils attending their schools strong and fearless should they happen to fall into the water. At present the great majority of those migrating from public schools are notoriously deficient swimmers, and these are often drafted into the navy or the army.

At an inquest held at Huddersfield on a mill hand, who was unfortunately drowned in a canal at Colnebridge, Mr. E. H. Hill, the Coroner, advised every one to learn to swim as soon as possible, and he also commented on the fact that boatmen were rewarded for a dead body, but got nothing for a live person.

* * * *

"Some people drink filtered water. We bathe in it," is the notice along the side of the "Bath Beautiful," the Ocean Park Bath House, Ocean Park, California, a particularly good illustration of which has been sent us by Prof. Jackson, of the Lurline Baths, San Francisco.

* * * *

The California Swimming and Life Saving Club, which is affiliated with the Royal Life Saving Society, has its headquarters at San Francisco. We hope to hear soon that classes have been formed in order that the members may qualify for various awards. This club is also affiliated with the United States Life Saving Corps.

* * * *

Corporal H. E. Keith Sawtell, of the Royal Engineers, who is serving as a motor dispatch rider at the front, was educated at Sherborne. He is a member of the Amateur Diving Association, and also of the Royal Life Saving Society, several of whose awards he has gained. But for the outbreak of war it was Sawtell's intention to enter the examination for the Society's Diploma, but he hopes to do this in the summer.

* * * *

A ladies' swimming club has been formed at Winnipeg, Canada, and Mrs. Halliday, formerly Miss Hilda Thorpe, has been elected captain. Mrs. Halliday was the lady champion of England in 1901 and 1903, and was then a member of the Leeds Ladies' Swimming Club.

THE ROLL OF HONOUR.

UNDOUBTEDLY by far the finest, most appropriate, and at the same time, the cheapest production of a design for a Roll of Honour here illustrated on which to record the names of those who are with the colours serving their country, is the one drawn by Mr. Stephen T. Dadd, the well-known artist, and issued by Terry, Herbert & Co. Ltd., Printers, of 19 & 21, Fore Street Avenue, London, E.C.

It is beautifully printed in etching brown by the collotype process on a toned or

copy must vary according to the number of names it contains, but complete copies will afterwards be supplied at rs. each, and in the case of quantities, at a cheaper rate.

There is hardly a Club that has not some of its members taking part in the Great War, and it occurs to us that those who for various reasons are debarred from taking an active part can at least contribute to the trifling cost of presenting each member of his Club with one of these Rolls of Honour, which we feel will be highly appreciated and valued.



khaki card 22in. by 15in. and plate marked round the illustration, another space, also plate marked, being reserved for the printing or writing of any special wording and the names of those to be inscribed thereon. And the cost is only 1s. per copy.

An excellent suggestion by this company is that the first copy bearing the names, should be preserved by the Club or those responsible for its issue and copies of same presented to those entered on the Roll of Honour or their relatives. The cost of the special printing in the production of the first

Terry, Herbert & Co. Ltd., are publishers of the Swimming Certificate illustrated in our advertisements, which has met with so much success that it is now in use in many parts of the British Empire, including Africa and Canada. They also publish a collection of blank ornamental bordered designs suitable for School and Club Certificates. Another excellent copyright is their Loose Leaf Club Register, suitable for all Clubs, issued at 5s., which secretaries with a desire to economise time could profitably adopt.

NEWS FROM CAPE TOWN.

Many Ladies in Training.

IN the Western Province it is just possible for swimming clubs to "keep their heads above water" and no more. It is not too much, to say that at least 75 per cent. of the active swimmers between the ages of 17 and 30 are on active service—either in the Union Defence Force or as Volunteers in Botha's Army. Just as the executive had made up their minds to keep the Association going to the best of their ability the unfortunate rebellion broke out in the North, civilian training corps were formed—training twice weekly—and it was touch and go whether sport of every description should not be suspended until things were normal once more. By dint of some splendid effort, however, two polo leagues were set going with three teams competing in each; 1st League: Green and Sea Point, S.A. College and Union; 2nd League: Gordons, Union and S.A. College. Though the standard of play has not been very high the interest has not flagged and it is very satisfactory to find how keenly the youngsters are taking the opportunity to appear in senior company. All the men's championships have been abandoned; but the boys' and ladies' events will take place as usual; the ladies' team race handicap, which was instituted two seasons back, being now in full swing.

With regard to the local branch of the R.L.S.S. several endeavours have been made in the Press and individually to get a meeting convened. But what would you? The majority of the stalwarts are serving their country—some in our own South Africa, and W.R. Lewis (G. and S.P.) and Alex. Paré (Union) in France. We do not grudge them, we envy them. In the meantime, though no organising work is being done, club practices in life saving are held with fair regularity, and down at Simon's Town P. O. Wathes has been spreading the gospel with splendid results. There also water polo is catching on, and as a matter of fact so many of our best players are at the naval base that Cape Town would be hard pushed to beat them.

We have one cause for gratification, though, the greatly increased interest which ladies are taking in swimming. In connection with the Union club a ladies' section has been formed with over sixty members, of whom at

least half were but beginners when the season started, but encouraged by the enthusiasm of the Captain (Miss G. H. Pitt), and Vice-Captain (Miss M. Keppel-Jones) they have come on rapidly, tuition being given by Messrs. H. F. Grapes, J. H. Hall and K. Stuart.

The officials of the Western Province, U.S.A., for the year are:—President, Mr. F. W. Herbert; Vice-President, Mr. H. Mackie Godbold; Treasurer, Mr. W. G. Haines; Handicapper, Mr. A. Douglas; Secretary, Thos. Mitchell.

A very plucky rescue took place at Simon's Town last month. While a crowd of the Defence Force fellows were bathing, one of them got into difficulties, and but for the efforts of a comrade would have been drowned. The rescuer, who by the way, belongs to the Gordons, besides having a knowledge of life saving, is one of our most prominent water polo players. Incidents like this are not altogether uncommon, though they do not always see the light of cold print; but they should be made as widely known as possible, so that the value of a knowledge of life-saving may be recognised.

Although the name of the rescuer is known to us, he does not desire publicity, averring that he was only doing his duty and as he was able to faithfully perform that he is satisfied. Of such modest material are real heroes made.

CANTERBURY HEAD CENTRE.

Fourth Annual Report.

THE fourth annual report of the Canterbury Head Centre of the Royal Life Saving Society, Christchurch, New Zealand, for the year ending July 31 last, was presented at the annual meeting at the Municipal Bath, Christchurch, on October 29. It was then reported that during the season seventeen classes had been examined and that 168 awards had been gained by the candidates. These consisted of 29 elementary certificates, 82 proficiency certificates, 43 Bronze Medallions, 4 Hon. Teachers' Certificates, 4 Hon. Instructors' certificates and 3 awards of merit. The Central executive has also granted 3 Hon. Association Badges and certificates, making a total of 575 awards since the formation of the centre.

GOVERNMENT OF SWIMMING

According to the English System.

SO far as the government of swimming in England is concerned the country is for legislative purposes divided into five sections known respectively as the Northern, North-Eastern, Midland, Southern and Western Associations, each of which sends delegates to the Annual Council meeting of the Amateur Swimming Association, in proportion to the number of clubs affiliated. At the Council Meeting, the A.S.A. Committee is elected, and this body holds paramount sway for the year, it being the final court of appeal and arbiter of all disputes and decisions of the district Associations and the negotiator with the Welsh, Scottish, and Irish Associations or any foreign body, as well as the nominator of the English representatives to the Federation Internationale de Natation Amateur and the International Water Polo Board.

Each Association arranges for the holding of its own championships, and carries out the laws and regulations laid down for racing, diving, and water-polo competitions, but it cannot make alterations of the said laws without the consent of the Council of the Amateur Swimming Association, which only meets once a year, and is also bound by all decisions of the Committee of that Council.

Consequently, when these Associations meet, as they do occasionally, four times a year, but more often than not only twice, their decisions are indefinite until such time as the value of them has been argued before and approved by the Council of the Amateur Swimming Association. The chief business of these district bodies is therefore to arrange their own championship and to elect a body of Councillors who shall see that the laws of amateur swimming are strictly obeyed in every part of their district.

It is on the Councillors that the virility of the Associations depend, and candidates for office should therefore, as our *Lady Dorothy* said last month, not hide their light under a bushel, but let it so shine before men (and women) that they may know their good works; otherwise let their qualifications be unmistakably and unreservedly displayed when they go up for election.

It is on the composition of these district councils that the future well-being of swim-

For some reason unexplained the New Zealand Swimming Association had, at the time of the despatch of the report to us not forwarded the Canterbury Head Centre its share of the New Zealand Government grant, though an amount was handed to the Association for distribution among the Head Centres of the Royal Life Saving Society, as far back as April last.

The Dominion Executive Council of the Society has been informed that in future the Government grant for humane purposes will be handed over to the said Council, for allocation among the Head Centres. This good news has given general satisfaction throughout the various life saving centres of the Dominion.

Owing to business reasons Mr. B. J. Ager has had to resign the position of hon. secretary, but his good work is greatly appreciated and in recognition of his excellent services the Central Executive in London has conferred upon him an hon. associateship. His place has been taken by Mr. G. E. Billson, superintendent of the Christchurch Baths, who won the Police Swimming Championship of the United Kingdom on more than one occasion and has also competed in Canada. We are sure that under Mr. Billson's guidance, coupled with the enthusiasm of the president, the Hon. H. F. Wigram, M.L.C., that the Canterbury Head Centre will make continued and rapid progress. Upon Mr. Wigram, who has done valuable service to swimming and life saving, not only by presenting a shield for competition, but also by personal co-operation in the work, the Central Executive has conferred the life membership of the Society.

Particularly gratifying is the work done by the members of the Centre in regard to the teaching of the young and the encouragement of work on the coast. One of the indefatigable workers is Mr. F. L. Anderson, who has held several classes of instruction, conducted demonstrations of life saving methods, given public lectures and been mainly instrumental in getting the Grey-mouth Surf Club to affiliate to the Head Centre.

It is noteworthy that out of the 168 awards the New Brighton Surf Bathing and Life Saving Club has gained no fewer than 44, a particularly fine example of perseverance and persistence in well doing, which we hope will be followed all over the Dominion, and so lead to the greater security of those seeking pleasure in the sea.

ming rests. "Workers, not names," should be the motto of every club member, each of whom should not forget the fact that even he or she has a voice in the selection of the club delegate to the Council, and therefore indirectly a vote in the election of the district executive, and the Amateur Swimming Association Committee.

The younger generation of club swimmers takes far more interest in the government of the sport than did those of the last; more particularly is this true with the ladies' clubs, who have made wonderful strides in organisation and are fast overreaching the efforts made by their male colleagues in the past.

It is a healthy sign that they should take such an interest in the well-being of the sport they love, and is tending to a more close appreciation of the real pleasure which the ladies take in the art.

They had to put up with strong opposition before they were recognised by the Associations, but once they secured their object, they set themselves worthily to the task of upsetting unreasoning prejudice, and quite worthily have they succeeded. Their galas are models of organisation and are a worthy lesson to those upon whom devolves the government of swimming.

The report is current that Oscar Schiele, of Magdeburg, the winner of the King's Cup on three occasions, has been killed in battle, but we have been unable to confirm the same.

* * * *

Over two hundred of the swimmers in New South Wales have joined the colours, and are either in training at Sydney, or are with the force which has already reached Egypt. This force is now at Cairo, where its final training is to be undergone. In an interesting communication from Leslie Boardman, the famous New South Wales swimmer, we learn that one of his brothers, H. Boardman, is serving as a private in the 1st Field Ambulance Corps, and V. Boardman, another brother, as Corporal in the 1st Field Co. Engineers of the Australian Expeditionary Force. Both are good swimming sports, and are equal to 1.1. for the 100 yards. L. Boardman has been practising the back crawl used by Hebner of the U.S.A., and has created an Australian record for 100 metres.

Thirty-one of the members of the Bournemouth Police Life Saving and Swimming Club have passed the tests of the Royal Life Saving Society, and gained the Proficiency Certificate and Medallion; while P. C. McCallum, the Hon. Secretary, has gained the Hon. Instructor's Certificate. P. C. Shergold, who was one of the successful candidates, has been to the front, and, unfortunately, come back wounded. Mr. W. F. Mugford, who was the Hon. Instructor of the First Bournemouth Police Life Saving Class last June, has been the recipient of a testimonial from the police as a slight recognition of his valuable services.

* * * *

One of the survivors of H.M.S. *Formidable*, Albert Ash, aged seventeen, owes his life to the fact of being taught swimming at school. When the battleship sank he was swimming for more than an hour before being picked up.

* * * *

The members of the Amateur Diving Association during the winter meet regularly every Wednesday at the Holborn Baths for practice and competitions. On the first Wednesday in each month the meetings are "mixed" and at the last meeting the third competition for the Ladies' Ede Cup was decided in favour of Mrs. Forsyth, who dived particularly well; Miss Gillson was second and Miss Pennington third. The event for men was the third contest for the Geoghagan Cup, which was won by A. Reynolds. H. E. Pott, who was at scratch, was second, and Leo. Hughes third. Both events were held on handicap terms. On January 7 the Association was visited by a team of ladies from the Nottingham L.S.C., who came specially to London in order to gather points in Diving.

* * * *

At the mixed practice Swimming Meetings this winter one may often see ladies, among the spectators, industriously knitting socks, mufflers, etc. for the wounded soldiers. These ladies never seem to waste any time and even take their work to committee meetings. Indeed swimmers are certainly patriotic and the ladies do their share of work while they are still taking an active interest in the swimming art. We hear that the various collecting centres are beginning to accumulate socks which have been worn, cleaned and require mending—it will be a change after so much knitting to take a turn at darning.

WEST AUSTRALIA.

REPORT OF THE HEAD CENTRE.

THE West Australian Head Centre of the Society, formed in 1909, has many of its best swimmers serving with the forces which are helping the mother country, but yet, notwithstanding the war, the formation of life-saving classes among the young has been persevered with, as have also the examinations. The Centre had the whole-hearted support of the Government, from whom a grant of £100 has been received, and at the close of its season this energetically managed Head Centre had assets of £87 18s. 10d., and a bank balance of £4 3s. 8d.

The results of the season's working were excellent, the experience gained in previous years, together with increased public interest, tending materially towards better results.

Outstanding features of the season's operations were various life-saving competitions, the opening of the Crawley Baths, and the institution of a competition for ladies' clubs.

Special interest attaches to the Girls' Secondary Schools' Competition for a trophy presented by His Excellency the Governor, Sir Harry Barron, K.C.M.G., K.V.O. For this contest nine teams were entered and the competition was carried through with the greatest enthusiasm in the presence of His Excellency and Lady Barron, who spoke very kindly to the competitors. The State Championship was also a splendid competition, the finest swimming talent in the State taking part in it.

A Cup has been presented by Mr. F. W. Roberts, of Bunbury, to be known as the Bunbury Cup, and to be open for annual competition among girls in all State and private primary schools. For the Law Shield, at present held by the Scotch College, there was no competition, but it is hoped that the various College authorities will take the matter in hand next season.

The results of the various events were:—

Barron Trophy—Perth Modeon School, 1; Girls' High School, 2; Presentation Convent, 3.
Connolly Cup—Claremont Central State School.

State Champ.—Perth A.S.C., 1; Freemantle "Noonday" Life Saving Class, 2; Bunbury A.S.C., 3.

Ladies' A.S. Clubs—Perth Ladies' A.S.C., 1; Freemantle Ladies' A.S.C., 2.

All these competitions were carried out under the superintendence of Sergt. Smith and Messrs. H. L. Fowler, E. C. Stewart and C. A. Presse. Sergt. Smith, who is a great enthusiast, travelled all over the State in furtherance of the work and had a worthy coadjutor in Mr. J. H. Millett, the Hon. Secretary, who has devoted the whole of his spare time to the work, and to whom the thanks of the community are due for making the teaching of life saving the chief object of his life and the Centre such an undoubted success.

Other hard workers were the Perth Y.M.C.A., who trained numerous classes under Mr. W. E. Pickering, in the fine swimming pool which the Association possesses. The juniors were particularly catered for, this being due to the thoughtfulness of Mr. Wilson, the General Secretary of the Perth Y.M.C.A., who gives every encouragement to the training of the young in swimming and life saving.

This branch was the first to have a film taken showing the work of the Society. It was exhibited all over the State, and is now at the head offices of the Society in London; efforts are being made to get it displayed in various English towns.

The awards for the past season total 771, and comprise 263 Elementary, 329 Proficiency, 6 Teachers and 5 Hon. Instructors' Certificates, also 112 Bronze Medallions, and 56 Awards of Merit. The prospects for the coming year are decidedly encouraging. A most progressive step in the matter of teaching life-saving in schools has been taken by Mr. J. E. Wells, particularly in the convent schools, in which the subject has met with every sympathy. The report concludes with a statement to the effect that a great many members and holders of the Society's awards have joined the forces in defence of the Empire, and hope is expressed that, notwithstanding the war, classes may be formed and the youth given every encouragement to be strong and brave.

IN THE TRANSVAAL. CLUB MEN ON ACTIVE SERVICE.

IN addition to being at war with Germany, our brothers and sisters in the Transvaal have had the cancer of rebellion to deal with, an added responsibility which we, fortunately, have not had in other parts of the Empire.

It has been most difficult for the average clubs and organisations to hold their annual general meetings and, with some, meetings have been indefinitely postponed, as the mobilisation of the Defence Force and the calling for volunteers has sadly, but gloriously, depleted the clubs of their active members.

What happened in the Transvaal was typical of the sub-continent as a whole, and owing to Johannesburg being one of the most important training centres it was soon surrounded by stalwart figures in khaki, many of which were recognised as being those of erstwhile cracks in the natatorial art at the coast and other centres.

The Transvaal A.S.A. was obliged to cancel two out of the three divisions of its Water Polo League, and when our correspondent wrote it was decidedly doubtful if the various championships would be swum off this season, unless, as he says, perhaps the venue be German S.W. Africa!

Clubs have not only their best swimmers on active service, but many of their officers as well, and others who remain behind to carry out the "Business as usual" motto are generally to be found hard at work drilling in their spare time or becoming for the nonce special constables.

Possibly, the state of affairs in the Transvaal in December is best illustrated by the following:—

The Krugersdorp S.C., with a total membership of 54, found itself unable to carry on its season's programme, owing to the fact that although it had 50 members on its active list out of the total 54, 48 of these had gone on active service. Notwithstanding all this, two most successful galas were held on behalf of the war funds.

The first was to celebrate the opening of the Municipal Baths at Pretoria recently, where, by the bye, the accommodation has already proved insufficient. A lengthy pro-

gramme was submitted, and considerable assistance was rendered by a contingent from Johannesburg, who also gave a much appreciated display of life-saving methods.

The second gala was held at the Doornfontein Baths, Johannesburg, a large attendance being registered, and resulting in the sum of £45 being handed to the T.A.S.A. for distribution amongst the war funds. It was not to be expected that the sport provided would be up to the usual high standard, but the enthusiasm of future champions, assisted materially by some of the old cracks, more than made up the deficiency. An innovation was introduced in the form of a patriotic solo by Miss Isa Hallis, who rendered "Land of Hope and Glory" in a most able manner, the audience joining in the chorus, which had been especially printed on the programme. A display of life-saving methods was given by six little pupils of Miss Stallinger, and it was a highly-finished performance, being executed without a fault from start to finish. Considering that the pupils were so young, two being only ten years old, and the oldest only fourteen, it was a proof of the useful work that is being done in promoting the Society's objects.

Although at the time of writing no definite pronouncement had been made of the abandonment of the Annual Currie Cup and S.A. Swimming Championship Tournament, which was to have been held in Durban early in January, it is highly probable that these fixtures have been cancelled.

It is at least certain that the Transvaal will not be represented, its Association having so decided at its last meeting.

The Transvaal Branch of the R.L.S.S. is to be congratulated upon the honour conferred upon it by the Right Hon. Lord Buxton, the Governor-General of South Africa, who has consented to become its patron. This branch is flourishing in a quiet way and, given normal conditions, would have entered upon its second season in a very spirited manner. Many of the clubs affiliated to it are giving extra attention to the formation of classes of instruction, and the Johannesburg Schools Swimming Association, which has recently affiliated, is well to the fore in this respect.

SWIMMING LITERATURE.

Some of the Earlier Writers.

By ARCHIBALD SINCLAIR.

Second Article.

Continued from the January Number.

LAST month I renewed my acquaintance with "Swimming," that invaluable work by Ralph Thomas, which deals with the history of swimming from the earliest ages, and teems with thoughtful criticism of the opinions advanced by the leading writers on the subject.

Well, first of all, I find that Winmann suggested that you will learn best if you diligently watch how frogs swim with their hinder feet, and that they are unable to use the fore feet because they are shorter. This same advice comes through nearly all the so-called books on swimming since then, and well do I remember it being repeated in the penny and sixpenny sport booklets of my youth, many of them with the names of champions on the title page, but really written by those who did not know the difference between a frog and a toad, and had possibly never even seen a tadpole.

Although Winmann is perhaps a bit pedantic to our minds, there can be no doubt that he knew something about the art or was inspired by one who did, and whose name it might have not been policy to mention, for in those long ago days there were many whose names might not be breathed, and yet who had knowledge far transcending that of the men whose names they used for transmitting to the world their knowledge and erudition. Anyhow, so far as we are able to learn, Winmann was the actual author. By some he is claimed as a Dutchman, but Mr. Thomas opines that this assumption is caused by the undoubted fact that his book was translated into Dutch, and that from that circumstance error has arisen. But,

in a sense, it boots little who Winmann was, beyond the fact that in his name was published what must have been a valuable treatise of the time, no matter how small the contribution to the world's knowledge of human control in the water may then have been thought, for it not only laid the foundation to further research and advance, but also left a record for future generations; a record which shows that many movements we claim to be modern were known to men of the sixteenth century, in a crude form, I grant you, and were in all probability known and practised long before then.

The dangers which attend open water swimming were fully known and realised, for they had then found out the reason of cramp in the limbs through crossing cold springs when swimming in deep water, and also the danger appertaining to meeting cold currents. Is this not the forerunner of the teaching of the Royal Life Saving Society?

But before going deeper into this friendly discussion I will hark back to the earlier pages of Mr. Thomas' great book, and come in timid thought to the opinions about swimming which have been ventured by Egyptologists and students of the Assyrian sculptures. It seems to be certain that a goat skin was used as an artificial aid, and I think the corollary is that hardened warriors like the Assyrians must have been would soon dispense with this assistance except when heavily weighted with armour, when their own common-sense, and they had plenty, would cause them to revert to a means of assistance which should get them safely in touch with their enemy. The thinking student who visits the Nimrod Gallery at the British Museum will there, to my mind, see the first known literature of

swimming depicted on the sculptures. On several of them the soldiers are seen lying on the inflated skin bags, but on others they are shown in the water without, and in several cases as in side-stroke action. Layard, the great traveller and enlightener of the mysteries of Nineveh, in one of his works describes one of the slabs he discovered in the following terms:

"Three warriors, probably escaping from the enemy, are swimming across a stream; two of them on inflated skins in the mode practised to this day by the Arabs inhabiting the banks of the rivers of Assyria and Mesopotamia; except that in the bas-relief, the swimmers are pictured as retaining the aperture, through which the air is forced into their mouths. The third, pierced by arrows discharged from the bows of the high-capped warriors kneeling on the bank, is struggling, without the support of a skin, against the current."

A reproduction of this slab, photographed from the original, is given in *Swimming* in the Badminton Library.

Mr. Thomas disagrees with the idea that the side stroke was the one used by the Assyrians, and says, "there is little doubt that the Assyrian stroke was 'hand over hand,' with the alternate stroke of the legs. So also was the Greek, to judge by the coin of Abydos." This coin, dated A.D. 193, and representing Hero guiding Leander, is preserved at the British Museum.

Coming back to the English works the first known mention of swimming occurs in an heroic Anglo-Saxon poem about Beowulf, date about 600. This hero had a long-distance race with Breca. We are told that they swam side by side for five days in a raging sea, intensely cold, and then had to part company. Beowulf, however, must have been a "stayer," for he went off on his own, and after killing all kinds of sea monsters and water demons landed on the shores of Finland. With such tales were our ancestors beguiled.

To Mr. Thomas we are indebted for some particulars about Thevenot, who plagiarised extensively; in fact, he may be said to have re-written Digby in French and altered the plates. It was translated into English and ran through several editions. The copy I possess is, unfortunately, imperfect, but I can trace in it many figures which have undoubtedly been made use of by later

writers. Yet Thevenot served good purpose in his day, for Digby's work was written in Latin. It was from Thevenot's labours that Benjamin Franklin learnt to swim, and when in England the great philosopher gave a private exhibition in the River Thames from near Chelsea to Blackfriars. Franklin wrote very little on the art, but his advice has been extensively quoted, sometimes quite inaccurately, and with additions that made the so-called original look ridiculous.

Any reference to the literature of swimmers naturally entails that of life-saving, with which it is intimately interwoven. The Royal Humane Society, founded in 1774 by Dr. William Hawes, of England, began to publish annual reports, an almost complete set of which can be found in the library of the British Museum. The methods of resuscitation were crude, but it is not my province to deal with that subject here, as it may well be left over for a comprehensive "History of Life Saving and Resuscitation," which will appear later in the year.

In 1794 Oronzio de Bernardi published at Naples a book which advocated an upright system of swimming.

I was disappointed with Strutt's "Book of Sports and Pastimes," 1801, because therein I hoped to find much on the history of swimming, but only a page is devoted to it, and that might have well been left out.

Nothing else of any importance was published in England until 1816 when J. Frost, who is said to have been for many years a teacher of the art at Nottingham, issued a book on "Scientific Swimming." Frost, who seems to have been a very competent man, says that he used a system of teaching on land before letting his pupils enter the water. In 1825 Captain P. H. Clias, who was Superintendent of Gymnastics at Sandhurst, Woolwich, Greenwich, and Charterhouse, issued "A Course of Gymnastic Exercises," in which the teaching of swimming on land found great prominence. He says that it was put into practice in 1809 for the first time, and that the two grandsons of Marshal Blucher were the pupils. In respect to the invention of land drill, about which some doubt exists, it would be interesting if any records about J. Frost could be discovered. Perhaps our Nottingham friends could find out, as their city may be able to lay claim to its introduction.

(To be continued.)

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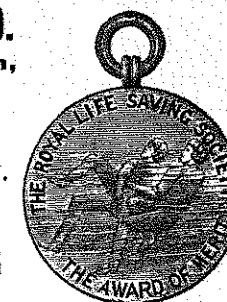
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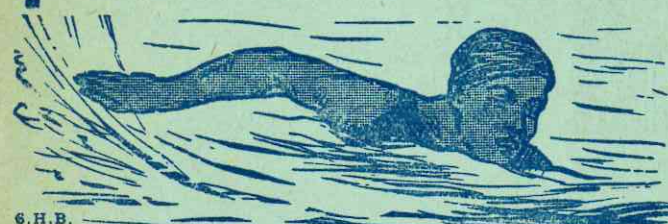
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