



From Start to Finish

You will have more vigour at the start, and less fatigue at the finish, if you drink a cup of Bovril before the race begins. Bovril supplies energy for the short race, endurance for the long race, "nerve" for the high dive, and power for every event.

BOVRIL



A cup of Bovril is so light that you hardly notice it—so strengthening that you will feel the benefit of it all through the contest.



SWIMMING CERTIFICATES

ROLLS OF HONOUR

CLUB MEMBERS' LOOSE LEAF
REGISTERS

BORDERED BLANKS suitable for
SCHOOL CERTIFICATES

Particulars on application.

TERRY, HERBERT & Co., Ltd.,

THE SWIMMERS' PRINTERS,

19 & 21, FORE STREET AVENUE,

:: LONDON, E.C. ::

Printed and Published for the Proprietors by TERRY, HERBERT & Co., Ltd., 19/21, Fore Street Avenue, London, E.C.
Editorial Offices: 8, Bayley Street, London, W.C.

Jabez Wolffe Channel Embrocation.

Indispensable to the Athlete and devotee of Sport. Unlike similar preparations does not lie on the surface of skin, but penetrates immediately and gives the muscles that suppleness which is desired by all.

Cures immediately, Rheumatism, Gout, Sciatica, Lumbago, Neuralgia. All Nerve and Muscular Pains.

One Trial will convince the most sceptical that this preparation is the most wonderful of its kind ever put on the market.

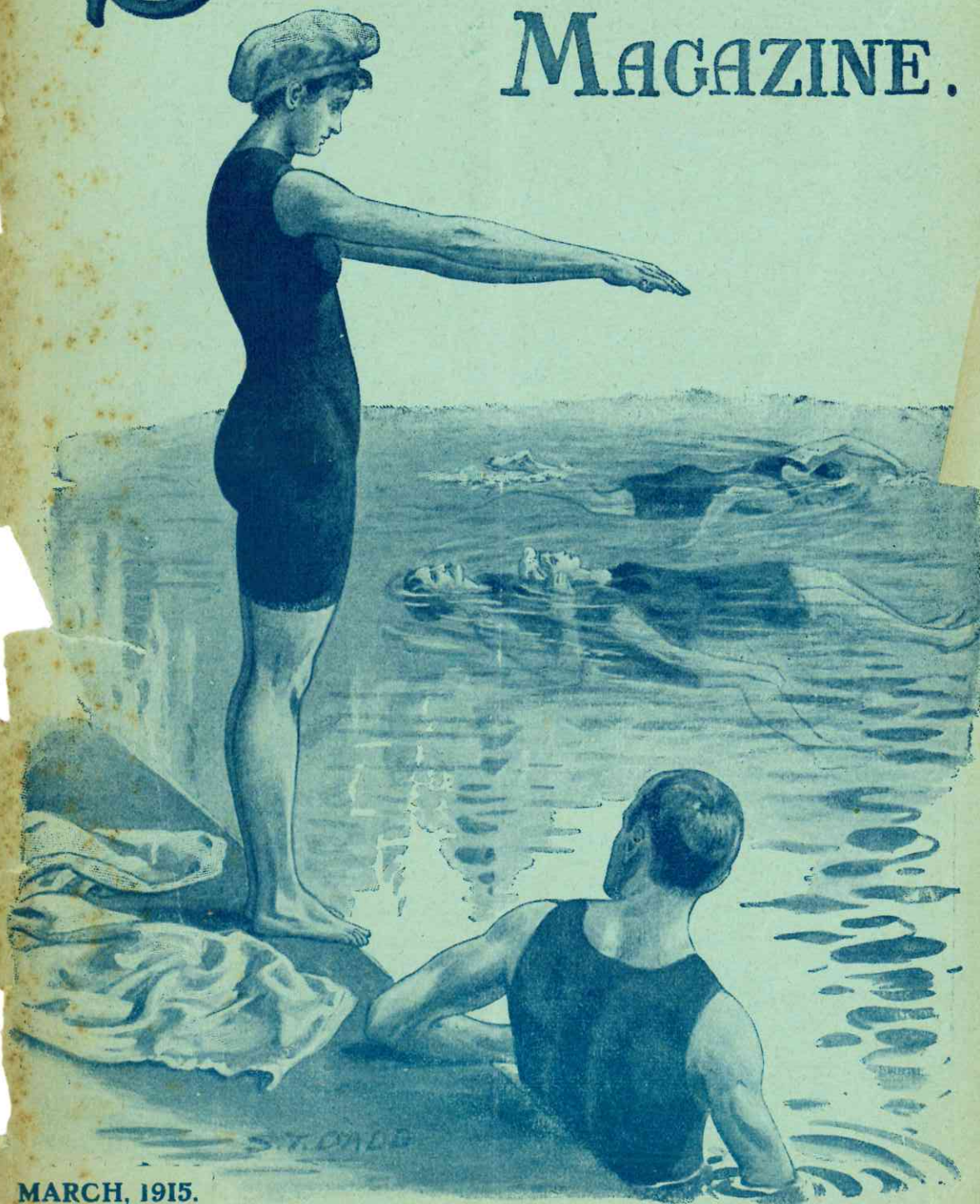
Price 1/1½, by post 1/5.

Of all Stores, Gamage Ltd., Holborn, London, and Chemists, or direct from

Jabez Wolffe, Channel Embrocation Co.,
BRIGHTON, ENGLAND.

Ear Plugs 7½d. per Box Post Free.

THE SWIMMING MAGAZINE.



MARCH, 1915.

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.”



Nourishing, Invigorating, and Sustaining, supplying maximum nutrition with minimum tax on digestion. Supplies strength and stamina, and taken after swimming or polo it will be found an excellent restorative.

Used extensively by the Leading Swimmers of the day.

READY IN A MOMENT
REQUIRES NO COOKING

Of all Chemists and Stores, in Sterilised Glass Bottles, 1/6, 2/6, and 11/-

Liberal Sample sent post free for 3d. in stamps.

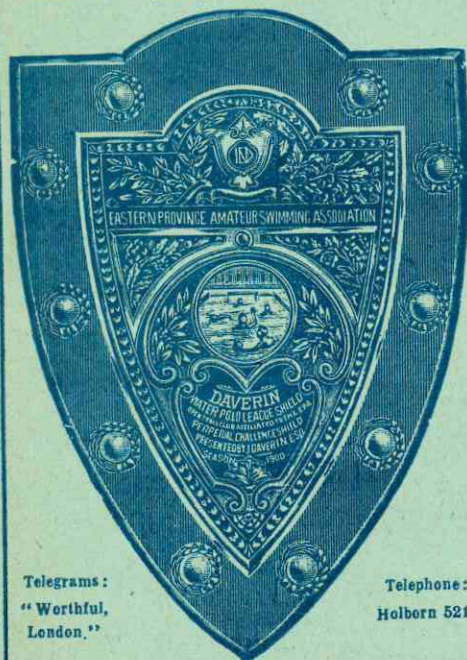
Horlick's Malted Milk Co.,
SLOUGH, BUCKS.

D. GEORGE COLLINS, Ltd.

MANUFACTURING

GOLDSMITHS, SILVERSMITHS,
— MEDALLISTS, —

118, Newgate Street, LONDON, E.C.



SOLID SILVER PRIZES, TROPHIES, Etc.
SHIELDS. MEDALS.
ELECTRO-PLATE. CUTLERY.

£30,000 STOCK TO SELECT FROM.

Catalogues on Application.

Wholesale Prices.

Telegrams:
“Worthful,
London.”

Telephone:
Holborn 521.

TERRY, HERBERT & CO., LTD.,

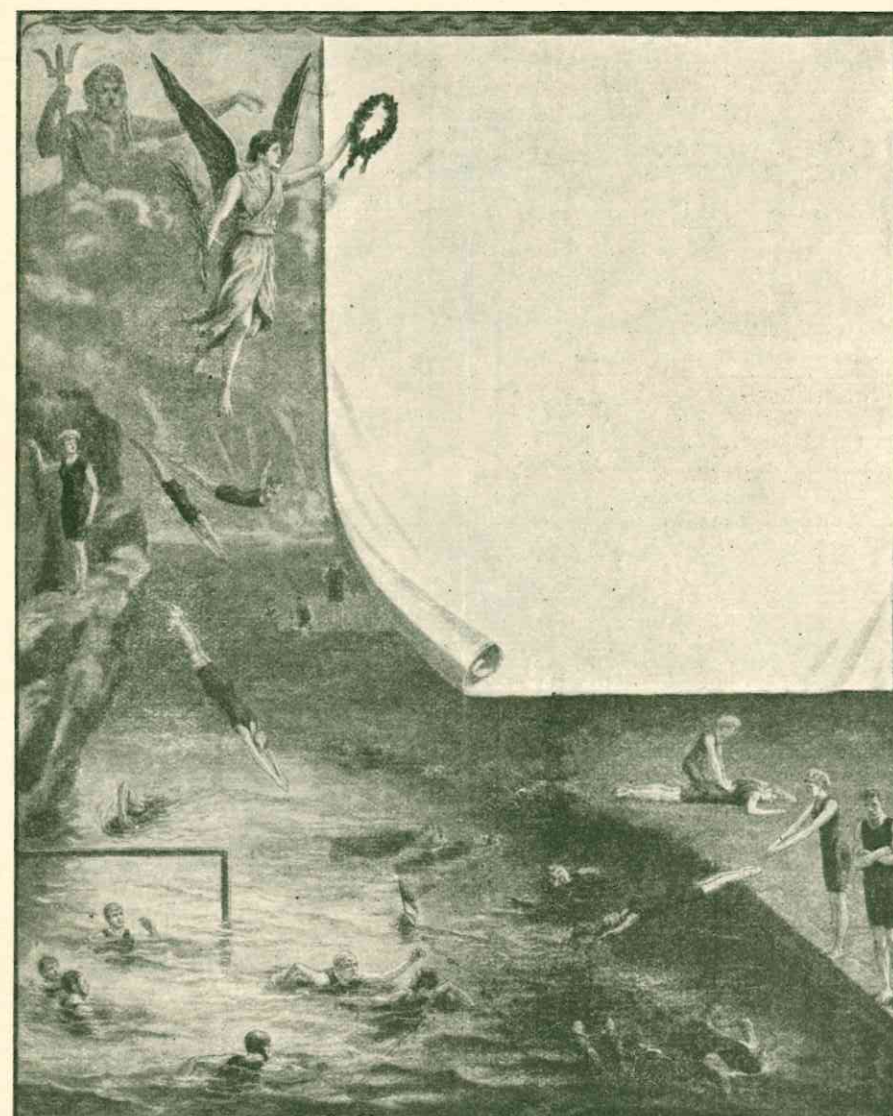
— SWIMMING & GENERAL PRINTERS, —

19-20, Fore Street Avenue, LONDON, E.C.

REDUCED SPECIMEN OF CLUB CERTIFICATE.

(Actual Size 20 × 15.)

Illustration 13 × 10.)



Copyright Design drawn by STEPHEN T. DADD, the well-known Artist, illustrating Swimming, Life Saving, Diving, and Water Polo. Printed in dark green by the Collotype process and plate marked. Space is reserved for Club Title, Particulars of Award, and Signatures

Specimen Copies 9d each; 1 doz., 6/6 post free.

Special Quotation for Quantities.

FATTORINI & SONS, Ltd.**KIRKGATE, BRADFORD.**

Cheapest Firm in ENGLAND for

- HIGH-CLASS

**Swimming & Life-Saving Medals
and Badges.**

LISTS FREE.

LONDON OFFICE—

**18, Mansion House Chambers,
QUEEN VICTORIA ST., E.C.****TRY IT IN YOUR BATH.****Seabroma Bath Salts**

"Antiseptic and Medicinal."

BRACING. INVIGORATING. STRENGTHENING

For the curative treatment of Acute and Chronic Rheumatism, Gout, Synovitis, Neuritis, Rickets in Children, Scoliosis, etc. Price 3/6 per bottle. Postage 3d.

**The Seabroma Supply Company,
2, Belfast Street, Hove, Sussex, England.****Dr. J. Collis Browne's
CHLORODYNE****THE RELIABLE MEDICINE.**

Doctors and the public have used it with unvarying success in all parts of the world for upwards of 60 years.

The BEST REMEDY KNOWN FOR

COUGHS, COLDS.**ASTHMA, BRONCHITIS.**Cuts short attacks of
SPASMS, Hysteria,
and PALPITATION.Checks and arrests
FEVER, CROUP, and AGUE.A true palliative in
NEURALGIA, GOUT,
TOOTHACHE, RHEUMATISM.

The secret of the manufacture of Dr. J. Collis Browne's Chlorodyne has never been divulged, and compounds called Chlorodyne cannot possess the same curative virtues. Purchasers therefore should

Always ask for a

"DR. COLLIS BROWNE."

Of all Chemists, 1/1½, 2/9, 4/6.

Acts like a

Charm in

DIARRHŒA

and other

complaints of

the bowels.

WATCH & CHRONOMETER

**Manufacturer and
Designer of Medals**Anglo-American Exposition, 1914.
Guild of Freeman, City of London.
National Cyclists' Union.
Royal Naval Volunteer Reserves.
Territorial Army (Swimming League).
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.
Aston Meier Cyclists' Association.
Customs Sports Club.
Borough of Hammersmith.
Worshipful Company of Bakers.
Most of the leading Clubs and Lodges in the World.
QUALITY OF WORK GUARANTEED.**Best House in London for
PRIZES of every description.****W. J. CARROLL,****Watchmaker, Jeweller,
Silversmith and Medallist.**

Small Repairs while waiting. : : : :

Largest Employer of Skilled Labour in the City.

All Work done on the Premises at Clerken-
well Prices. : : : : :

Best House in London for Repairs. : : :

33, Walbrook Bank, E.C.**20 & 21, London St. (Opposite Fenchurch
Street Station), E.C.**

Workshops: 17, BEER LANE, GT. TOWER STREET, E.C.

ESTABLISHED 1837.

Telephone No. AVENUE 6155.

**The Swimming
Magazine***(The Official
Organ of The
Royal Life
Saving Society)*

No. 10. VOL. I.

MARCH, 1915.

THE ROYAL LIFE SAVING SOCIETY.**LESSON TO SWIMMERS WHO CAN SEE AND HEAR.**

LAST month, we referred at length to the work done and the high ideals of the Governors and the Principal, Mr. Wm. Nelson, of the Royal Schools for the Deaf and Dumb at Old Trafford, Manchester, and then gave an illustration of the School Bath, in which Swimming and Life Saving is regularly taught. We now reproduce photographs of the Rescue, Release and Resuscitation Methods as taught from the Handbook on land, and those who

correctly. That is the most remarkable part of the instruction, and the execution of the work is beyond all praise. There are many who can hear and see, but often complain that the carrying out of the drills is a difficult matter to them. These would be put to shame were they to observe these afflicted young people, who so patiently and nobly overcome their physical difficulties and do everything in their power to acquire a knowledge which will enable them to render

**RESCUE DRILL BY DEAF AND DUMB BOYS AND GIRLS.**

are acquainted with the work of the Royal Life Saving Society will readily recognise the accuracy of each of the positions depicted; all the more wonderful since not one of the pupils can hear the spoken word, the whole of the instruction being given by a method of lip-movement. The teacher stands in front of his pupils facing the light, and gives the usual orders in a clear and distinct manner, so audibly that the ordinary on-looker could, of course, follow them with ease, but these pupils watch the instructor's lips intently, and at once execute the order

efficient service to others who may happen to be in distress.

There are hundreds of swimming clubs, distributed over the surface of the earth, whose members make no scruple in asking for patronage towards their funds on the ground that swimming is life saving. At the annual distribution of prizes and other special functions much is made of this point, but the fixture cards or season's programmes disclose the fact that the great proportion of patronage received has been devoted to racing, as if a swimming race conferred the

primary knowledge of life saving. It seems to us that the patron has become a patron under a misapprehension, for we can point to many of the very finest of swimmers—that is, those who are generally regarded as such because of their racing ability—as the poorest of life savers. The King's Cup Competition has furnished ample proof of this statement. We have only to refer to the list of winners and competitors from year to year, observe what has happened and the lesson will be obvious.

Among the many competitors since his late Majesty King Edward VII. graciously presented the cup, have been several who have beaten world's records at speed swimming, and not a few of them still have their

QUEENSLAND HEAD CENTRE.

There was a very large increase in the beneficial work of the Queensland Head Centre during the past year, and the awards granted were double those of the previous year, they being 697 as against 338.

Demonstrations were held at the principal baths and also at places where camps were held at Christmas and Easter. There were also many displays with life-saving reels.

The Mount Morgan branch was again to the fore with instruction and awards, Mr. T. Lowe, who has the hon. instructor's certificate, being largely instrumental in this success. The Herbert District branch is also in a flourishing condition, but the work of



SECOND METHOD OF RELEASE BY DEAF AND DUMB SCHOLARS.

names on the record list. Yet not one of these has ever been able to win the coveted trophy. This is because they sacrifice everything to speed, forgetting or else being ignorant of the fact that swimming properly applied is a life saving art, and that the aim of obtaining proficiency in it is to gain the ability to be of service to a fellow-creature. As a pastime it is pre-eminently health giving and beneficial, as a sport it is most enjoyable, but yet it must not be forgotten that although its practice is healthy and pleasurable, and that as a sport it engenders friendly rivalry and promotes good fellowship, its great and all-embracing end is the saving of life. For that reason every club should make a special point of providing its members with the knowledge, and to encourage the officials the members should be willing pupils, entering into the subject with zest.

Mr. E. G. Wilson, the instructor, is much hampered by the presence of alligators in the creeks at certain times of the year.

Three of the hon. instructors were awarded the Hon. Associate Certificate and Badge by the Central Executive in London for their energetic work and zeal in connection with the centre, these being Mr. F. O. Venning, Lieut. A. G. Murray and the Rev. Brother B. F. McGee, all of whom hold the Award of Merit.

The State School Teachers' Camp of Physical Instruction was again successful and examinations were carried out; want of suitable bathing accommodation was, however, a drawback. The Department of Public Instruction defrayed the expenses, and the thanks of the Centre were gratefully tendered to the Minister of Public Instruction.

Through the efforts of Hon. Associate Rev. Bro. B. F. McGee, a large class of boys was

instructed in the school creek at Nudgee College. Every scholar in the college was taught to swim and no fewer than 279 awards were granted a record for any class.

The executive much regret the apathy of swimming clubs in general towards the teaching of life saving, but are hopeful that this will be overcome this year.

Several of the members have joined the Expeditionary Force, among them being Hon. Instructor A. E. Harrison, A. Griffiths, G. Parkinson, G. Baxter and G. Birch.

The Courier shield given by the Hon. E. J. Stevens, M.L.C., for competition among the State School Boys, was won by the Valley Boys State School, and the Barry Men's Cup,

Teachers' Certificates, 7 Hon. Instructors' Certificates, 7 Awards of Merit, one Diploma and one Hon. Associateship. Six fresh clubs and classes joined the Branch, among them being the Deaf and Dumb Institution at Doncaster.

At the annual general meeting held in January, special thanks were tendered to Mrs. Hazeldene and Mrs. Galey, who have done good work, and also to the Chairman and members of the Bath Committee for the facilities granted the Branch for the pursuance of its work, to Mr. J. A. Priestley, the new bath superintendent, for the valuable assistance he had afforded.

Owing to the war, only two competitions



RESUSCITATION DRILL AT THE ROYAL SCHOOLS, OLD TRAFFORD.

presented by Mr. Maurice J. Barry, by the Valley Amateur Swimming Club.

The term of office of the patron, Sir William MacGregor, G.C.M.G., having ceased, sincere thanks were tendered to His Excellency for the sympathetic interest he has taken in the welfare of the Society during his term of office. Thanks were also tendered to the hon. secretary, F. O. Venning, City Bath, Wickham Street, Brisbane, for his invaluable services.

SHEFFIELD BRANCH.

In spite of the national crisis, the Sheffield Branch had a very successful season, no fewer than 821 awards being granted, comprising 418 Elementary Certificates, 238 Proficiency Certificates, 142 Medallions, 7

were held, the "Biggin" and the "Longbottom." The latter was won by Miss Ellen Osbaldiston and the former by the Misses A. Dearman, M. Jennings, O. Henderson and H. Richardson. Many of the examinations had to be fixed at very short notice owing to the number of candidates who had orders to go on active service. Deep regret was caused by the death of Mr. J. A. Day, chief stoker on H.M.S. "Bulwark," who had also served on the "Hawke" and "Hermes." All three vessels were lost. Mr. Day was holder of the Potter Cup.

The branch has an extensive list of patrons, and Councillor N. Bolton, the hon. treasurer, reported a balance of £29 11s. The Earl Fitzwilliam, D.S.O., was re-elected president, Mr. A. S. Price chairman of committee, Councillor N. Bolton, hon. treasurer, and Mr. William Watts hon. secretary.

ONTARIO BRANCH.

The Ontario Branch met with much success last year and is now practically recognised by the leading University in Canada. This will lead to a great spreading of the knowledge, as the high school teachers and others will go throughout Canada giving instruction in the schools.

Then again, through a visit of Mr. A. L. Cochrane to Cornell University, the work is being taken up there, and as there are many hon. instructors in the United States who will be able to look after the examination of classes there should be no difficulty in obtaining good results. It is most pleasing that Cornell should have taken up the work of instruction, ranking as it does as one of the largest and best Universities in the United States.

Notwithstanding the fact that the Branch was compelled to lay aside much of its work to respond to the call of the Empire at war, it established a new record for itself in the number of awards granted during the year, viz. 275, divided as follows:—22 Awards of Merit, 4 Honorary Instructor's Certificates, 103 Bronze Medallions, 134 Proficiency Certificates, 12 Elementary Certificates.

Among those responsible for this good result, special credit is due to Miss Mary Beaton, Instructress at the Y.W.C.A. at Toronto, and the Ontario Ladies' College at Whitby, whose candidates obtained 42 and 41 awards respectively; also to Mr. Wm. Winterburn, Instructor at the Central Y.M.C.A. at Toronto, whose candidates obtained 60 awards, and also to the Hon. Secretary of the Ontario Branch, Mr. E. A. Chapman, Instructor at St. Andrew's College at Toronto and chief of the Kagawong Summer Camp, whose candidates obtained 31 and 26 awards respectively.

Demonstrations of the methods of the Society were continued during the year, and the Toronto Municipal Council also kept on their good work for the promotion of swimming. Many winners of awards also did good missionary work at their various summer resorts.

The Faculty of Education at the University of Toronto has made Life Saving a compulsory subject for all High School Teachers taking their course there. A large number of these teachers joined classes of the Society and were all ready for examination when the war broke out and put a stop to the work.

The Canadian Standard Efficiency Tests have adopted the Society's Handbook as the authorised text-book on life-saving, and efforts are being made by the Canadian National Secretary to have the teaching of life-saving made a regular part of swimming instruction at the Y.M.C.A.'s throughout Ontario.

With regard to the Darnell Challenge Cup, the Committee report that arrangements were made for carrying out the test in August, but these had to be cancelled upon the outbreak of war, and they regret to say that the efforts of the Ontario Branch to win this coveted trophy for the year 1914 had to be abandoned.

The Committee are pleased to report that C. C. Carr, holder of the Award of Merit through the Ontario Branch, has recently been granted the sum of \$2,000 from the Carnegie Hero Fund for his gallant rescue at New Orleans, referred to in a previous annual report.

The Branch is as present deprived of the services of the Honorary Chief Medical Officer, Dr. A. J. Mackenzie, who is a Major in the 48th Highlanders, and has gone on active service with the First Canadian Contingent. He has done much good work for the Society as examiner for many years. Dr. W. L. Whittemore is kindly acting during his absence.

The establishment of *The Swimming Magazine*, the official organ of the Society, the first number of which appeared in June last, commands notice in this report as an event of the greatest importance in the swimming world. Owing to the widespread existence of the Society, and the number of new branches started by the indefatigable Chief Secretary, Mr. William Henry, on his very successful tours in Canada, Australia, New Zealand and South Africa, it was very desirable that such a medium of inter-communication and co-operation should be established. The magazine also forms an up-to-date text-book on the much diversified and ever improving arts of swimming and diving. On behalf of the members of the Ontario Branch, the Committee have much pleasure in expressing their great appreciation of this new publication, and congratulate the editor upon his success.

Mr. Arnold Morphy has been re-elected president, Mr. A. L. Cochrane hon. instructor in chief, and Mr. E. A. Chapman, St. Andrew's College, Toronto, hon. secretary and treasurer.

SCOTTISH CENTRE.

Like that of all the other centres, the work of the Scottish Centre has been greatly hampered through the war, but yet no fewer than 907 candidates have gained awards, they being as follows:—Elementary Certificates, 121; Proficiency Certificates, 439; Bronze Medallions, 258; Teachers' Certificates, 30; Hon. Instructors' Certificates, 28; Awards of Merit, 29; Diploma, 2. Up to the end of July it seemed likely that the previous year's record of 1,346 awards would easily be passed. There had also been unexpected entries for the various competitions, the total being 40, as compared with 30 in 1913, but for obvious reasons all contests were postponed.

It is very pleasing to report that there have been many rescues by members in various parts of Scotland, the most noticeable, perhaps, being that by Private Hugh Brown, of the 7th Scottish Rifles (Territorials), who when changing guard at Grangemouth Docks heard cries coming from the water. He only threw off his great-coat before plunging into the water and swimming to the assistance of a Custom House officer, who had in the fog and darkness walked over the pier head. Private Brown had to support the officer for over twenty minutes before help came, and then ropes had to be used to haul the men out. It was a dark foggy night, all lights out in the docks, and the water was icy cold.

The work in Edinburgh and district has been particularly good, 432 having gained awards, being only 15 short of last year. The Police, Boy Scouts and Boys' Brigades have shown particular excellence, the interest taken by the police in the work being particularly gratifying.

In Glasgow and district Captain Robert Kyle and Miss Isa Wilson have gained the diploma, the first named with "honours," and no fewer than seventeen have obtained the "Award of Merit." The Boy Scouts and the Schools Associations have worked hard and the result of their teaching has exceeded expectations.

In the Aberdeen District Branch, the notable item of the season was the enthusiasm displayed by the ladies and gentlemen's sections of the Fraserburgh Club, and the Ferryhill Ladies' Club is also to be commended for its good work.

The Life Saving Scouts in the Dundee and District Branch have done special work of a

character which deserves high recognition, and whose methods might well be copied. A description of them was given in the *Swimming Magazine* in July last.

The Argyll and Sutherland Highlanders had classes at Fort George, and one class gained twenty awards, but on the declaration of war the classes had to be disbanded.

Special thanks are tendered to the Aberdeen Town Council and Harbour Commissioners for their generous support to the Aberdeen and District branch, and also to the respective Branch Secretaries, Messrs. Galbraith, McCracken, Gray and Craig for the ready way in which they have always assisted the Scottish Head Centre and also for their enthusiastic work in their own districts; also particularly to Sergeant Grant, Edinburgh Police, for undertaking honorary duties when Mr. McCracken went on military service.

The Centre calls upon all swimming clubs to take up the teaching of life saving as part of their work.

Cordial thanks are given to Mr. W. O. Lawson, the Hon. Secretary of the Centre, and to Mr. Robert Park, the Hon. Treasurer.

WESTERN PROVINCE OF CAPE COLONY.

The rebellion in South Africa has caused a partial cessation of the work at Cape Town and other places, for Hon. Sec. Sergt.-Major Wathes, Cape Field Artillery, is out on active service and so also are nearly all the members of the Committee and the majority of the swimmers in Cape Town. The branch had a good start but the situation, according to latest advices, is thus described: "Down here the R.L.S.S. is 'apparently drowned' but no doubt vigorous resuscitation when all this other excitement is over will restore animation." We are perfectly assured that this will be the case, for there are plenty of keen energetic workers in the Province, who have the cause at heart and are eager to serve the Society in every way.

In consequence of the disturbed condition of affairs and the disorganisation of the work of Life Saving among all the South African Branches, the Central Executive at their last meeting decided to extend the date for the completion of the Branch tests in connection with the "Darnell" S.A. Cup to the 30th April.

HAWKES BAY HEAD CENTRE.

The Hawkes Bay Head Centre has done excellent work during the past year, more particularly the ladies' section. The ladies are very keen and enthusiastic, and every lesson night there are over forty attendances, thanks largely to the energetic and praiseworthy work of Mrs. F. Darling.

Many of the members have joined the New Zealand Contingent for the front, among them being Mr. W. Tweedie, the Hon. Treasurer, whose efforts to advance the objects of the Royal Life Saving Society are very greatly appreciated.

Part of the work of the Centre has been the teaching of the proper methods of using the Surf reel, one of the special displays being at Clive Grange Beach, Hastings.

It is reported that many people of both sexes who live in Napier are unable to swim, but the Centre has now several good instructors, ever willing to aid the cause, and before this year ends it is hoped that every young man and woman in the district will have considered it advisable to attend the classes.

Efforts have also been made to raise a class at Gisborne, where surf bathing is popular, and where there are hundreds of young fellows who delight to have a swim.

Several of those who have been given instruction have been instrumental in saving life, and the reels on the beaches have also proved useful. Cases calling for particular mention are those of Master Allan Stevenson, who rescued Sergeant-Major Packman under great difficulties, and Edgar Berry, who, with shirt and trousers on, swam through a heavy sea, and brought in Captain Cardale, who was in a state of exhaustion, and on whom the resuscitation method had to be used for about a quarter of an hour before animation could be restored.

The competition results were:—

R. D. D. McLean, Surf Reel Competition:—Napier:—(Messrs. Hannay (capt.), Bowen, Stephenson, Edser, Amner, Berry and Kennedy), first; Arcadians:—(Messrs. Robertson (capt.), Woods, Evetts, Apperly, Lynch, Bridges and Young), second; Vigor Brown Shield:—Marist Brothers' School (Masters Leeney, Branford, Murray and O. Keefe), first; Napier Main School, second.

Cotterill Cup:—Won by Master Harold Berry, Napier Main School. C. H. Edwards' Gold Medals:—Best girl, Miss C. Burrows,

Napier Main School; Best Boy, Master F. Branford, Marist Brothers' School.

The propaganda work of the Centre has been exceedingly well done by the chairman, Mr. Night McCartney, and his executive, who have as a very valuable coadjutor Mr. H. Roland Chisholm, the Hon. Secretary.

BRITISH COLUMBIA CHIEF CENTRE.

Owing to the lack of adequate and suitable swimming baths the work of the British Columbia Chief Centre was somewhat hampered last year and the calling of the young colonists to arms also had a marked effect. But these difficulties were faced and steady progress was made. The Y.M.C.A. often came to the rescue over baths, and the officials of the Centre heartily appreciate their kindness in devoting the use of their swimming pool to the cause of life saving on many occasions.

During the year the Centre granted 4 Elementary Certificates, 19 Proficiency Certificates, 19 Bronze Medallions, 2 Hon. Instructor's Certificate, and 6 Awards of Merit, making 50 in all.

The results of the competitions were—

Desborough Cup: E. W. Hollingum and C. C. Ferrie, Vancouver, 44.1, first; J. Cameron and C. French, Victoria, second.

Benwell Cup: E. W. Hollingum, Vancouver, first; Mrs. R. W. Hibberson, Victoria, second; T. Heyland, Victoria, third.

Three teams entered for the Desborough Cup and nine members for the Benwell Cup. The well-merited success of the members from Vancouver will no doubt tend to develop still further interest in the affairs of the Society in that important section of the Province.

To Mr. P. R. Pomfret much of the success of the Centre is largely due, and on his retirement in prospect of leaving for South Africa, he was unanimously elected an hon. life governor of the British Columbia Chief Centre. His duties as hon. secretary and treasurer have been undertaken by Mr. William Meed, 664, Dallas Road, Victoria, B.C.

His Honour, T. W. Paterson, Lieut.-Governor of British Columbia, has again been elected president, and Mr. A. J. Dallain Chairman of the Executive Committee.

PROVINCE OF QUEBEC BRANCH

The Annual Report of this Branch is interesting reading, for although in the last half of 1914 its activities were somewhat curtailed by the War, the Branch has much to congratulate itself upon. The Montreal Police won the "Arthur Hersey" Trophy, but the Boy Scouts Competition for the "Sir Edward Clouston" Trophy failed to materialise, whilst a team representing the Province of Quebec defended the "Darnell" Cup of which the Branch became holders in the first year and again for 1915.

Demonstrations were given at the Laviolette, Brewster, Villeray, Gallery, Marlborough, Turcott, O'Connell, Levesque, Dagenais Turner Baths and boat houses along the River, all of which were well attended and evoked considerable interest. At every exhibition the policy of adding to the purely educational part of the work, speed swimming, diving and trick swimming by experts was adopted with good results, and it has caused swimmers to take up life saving, also back and breast swimming more enthusiastically.

Mr. T. H. Kendall, accompanied by Mr. M. Ildson, upon request and by the courtesy of the Ontario Branch, visited Pembroke and Renfres, where they gave demonstrations and lantern lectures, also personal instruction.

The Mayor of Montreal, Mr. M. Martin, accompanied by several of the Board of Commissioners and members of the Council, honoured the Branch by attending a special demonstration at the Levesque Bath. The description of the methods and subsequent speeches were delivered in French.

The number of awards gained during the year were 111, as follows:—Three Diplomas, sixteen Awards of Merit, forty-nine Bronze Medallions, thirty-nine Proficiency Certificates, two Elementary Certificates and two Teachers' Certificates.

In conjunction with the Canadian A.S.A. the Branch has been instrumental in forming a Montreal Schools S.A.

It is pleasing to record that Mr. R. Drouin, the Superintendent of Municipal Buildings, in his annual report states that "The Royal Life Saving Society is already giving exhibitions in our public Baths; skilful swimmers who are members of the said Society teach the bathers and the public generally the various means of saving the lives of those in danger of drowning. Although our baths are not equipped for such competitions, the large

number of persons who attend these exhibitions are greatly benefited thereby."

Hearty thanks to the workers of the year, especially to the Past President, Alderman Louis Rubenstein, Capt. A. Carle, of the Montreal Police, Messrs. E. D. Vernot; A. W. Ross; W. K. Case; T. H. Kendall; and R. Drouin for very valuable assistance, also to the hard working Hon. Secretary, Mr. Leonard G. Norris. Alderman Rubenstein has been elected Life Governor of the Branch and Mr. O. Campeau President for this year.

ULSTER BRANCH.

At the Annual Meeting held on February 10, Mr. George H. Leitch presided over a representative attendance. The Hon. Secretary (Mr. S. S. Charles) submitted the report, which stated that since last August the number of awards granted by the Central Executive had been very limited, but the Committee taking into account the political unrest in the early part of the year and the War in the latter end, they had every reason to congratulate the members on the results achieved during 1914, also that all the competitions were carried out successfully. The Executive wish to compliment Miss M. E. Balmer (Belfast Amateur Ladies) on being the first lady in Ireland to obtain the Award of Merit; also Master A. L. Douglas, of the Municipal Technical Institute, the youngest candidate for this honour, the fourth obtained since the Branch was founded. The 97 Awards granted by the Central Executive for the year were:—Municipal Technical Institute, 31; Victoria Ladies, 16; Donegal, 12; Queen's University, 13; Y.M.C.A. 8; Victoria, 6; Royal Academical Institution, 6; Belfast Amateur (Ladies), 3; C.P.A., 2. Mr. Wright again headed the list as Hon. Instructor, and although he had been called to the Colours, the Executive hoped the work he so successfully established in the Municipal Technical Institute would be continued. The financial statement, presented by Mr. R. W. Charleson, Hon. Treasurer, showed a balance to the credit of the Branch.

It is gratifying to learn that despite the great difficulties the Branch has experienced in carrying on its work it has made good progress, thanks to the unflagging energy of its executive, who have an excellent hon. secretary in the person of Mr. S. S. Charles.

A MAGNIFICENT ACHIEVEMENT.

BOLTON SWIMMING CLUB'S FINE RECORD.

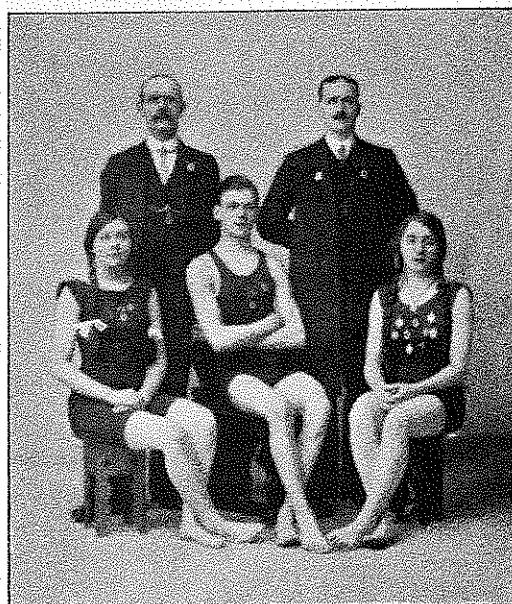
An Instructor's Unusual Success.

THE Bolton Swimming Club is undoubtedly one of the most famous in Lancashire. It has a splendid reputation, and its motto may be regarded as "Thorough," for much time is devoted to the teaching of the Art of Swimming, and greater excellence is aimed at in every department, especially in Life Saving.

Either the members possess unusual aptitude for special ability in the water, or it is because they are fortunate in having a coach who knows how to impart the knowledge in all its branches. We of course refer to Mr. T. W. Grundy, the general manager of the Corporation Baths, High Street, Bolton. These baths are not particularly sumptuous as regards appointments, yet in them thousands have been taught to swim, and hundreds have acquired the knowledge of Life Saving.

The Bolton Club has indeed a splendid record of real good work, and if we only count its successes from April, 1913, we find that the members have gained from The Royal Life Saving Society 78 Proficiency Certificates, 62 Bronze Medallions, 26 Awards of Merit, and 4 Diplomas; but these are not all, as in previous years these high awards were prominently associated with the members, for Mr. T. W. Grundy obtained his in 1907, Mr. E. Grundy, the Hon. Sec. of the Club, in 1912, whilst three years earlier his daughter, who is now in West Australia, secured hers; and we may state that for diploma holders Bolton easily heads the list, no less than twelve having been gained by residents who were members of the Club, and it may be added that since the members took up Life Saving work in connection with the Royal Life Saving Society, and without counting Elementary Certificates, they have secured upwards of 600 of its awards, a truly splendid achievement and a fine example for other clubs to follow. Last year, for instance, Mr. T. W. Grundy established a record in the matter of teaching Life Saving by his pupils gaining one hundred awards from the Society, besides which he volunteered his advice and ability to several

from distant parts who were afterwards successful in passing for the highest awards the Society is able to grant. As a result it may be said of him that he has helped to place the Art above the common level, and has made the most of things, by encouraging those with whom he has come into touch, in the right way to work.



FIVE DIPLOMA HOLDERS.

E. GRUNDY (Hon. Sec.). T. W. GRUNDY (Hon. Inst.).
ANNIE HOWARTH. H. ROTHERA. MARY J. TAYLOR.

The three in the picture who are seated were examined on the 14th December, 1914, and gave an exceptionally fine display of their ability. Miss Mary J. Taylor is a particularly finished swimmer; the judges, Messrs. W. Henry and W. H. Broom, were much struck with her work, which was almost perfect in detail, as a result she scored the splendid average of 8½ points for each of the 17 movements in the practical test. The other two were also excellent, therefore all three are a credit to their Club, their Instructor and the Art of Swimming.

NEWS FROM ALL QUARTERS.

Mr. H. E. Fellowes, of Hull, who is a well-known and popular figure in Yorkshire swimming circles has been elected President of the Yorkshire A.S.A.

* * * *

The "porpoises" of West Hartlepool have presented Mr. S. J. Banks, the popular manager of the local Bath, with a Gold Medal as a token of a plucky act of Life Saving from the sea at Seaton; the R.H.S. also recognised the act.

* * * *

The Southampton County Borough S.C., which was founded last season by Mr. C. Orchard in order to promote Life Saving, now has a membership of 217.

* * * *

At the first general meeting of the newly-formed Kettering Town Swimming and Polo Club, Mr. E. W. Wilson, the local hon. representative of the Royal Life Saving Society, was elected captain. Mr. Wilson had a life-saving class in training at Kettering before the war broke out, but all the members enlisted, one of whom has, unfortunately, been killed. During this year extra efforts will be made to further the work, for new baths are to be opened at Kettering, and these will give additional opportunity for practice.

* * * *

We have just heard that Mr. T. W. Sheffield, who is well-known in London and many parts of Canada, not to say other distant parts of the Empire and the Continent of Europe, has now accepted the position of superintendent of the Ocean Park Bath Company, California, U.S.A., and during the coming season hopes to organise life saving corps; swimming teams, exhibitions and demonstrations in conjunction with the Ocean Park Baths, where some big carnivals will be run. Mr. Sheffield, in addition, proposes to found a branch of the Royal Life Saving Society, and in other ways get a "move" on swimming in the vicinity.

* * * *

Referring to the article on "Pioneer Work in America," which appeared in last month's issue, and the formation of a Cornell University Branch, the Royal Life Saving Society has since received application for recognition and the first examination for its awards will take place shortly.

The "Dublin Saturday Post" cup was won last August by M. Gerbig, an expert swimmer and diver from Berlin. As the trophy must be won twice in succession before becoming absolute property it was not handed over to the winner. Gerbig has since been taken charge of by the military authorities. He seems to have little chance of securing the cup, as things are.

* * * *

At the meeting of the Stoke-on-Trent Watch Committee, an interesting statement was made by the Chief Constable in connection with the presentation of medallions and certificates of the Royal Life Saving Society to members of the Police Swimming Club who have attained proficiency in life saving. He said that the swimming club was only formed last season with a membership of 80, and thirty of these could not swim a stroke on joining but now all could swim.

* * * *

Lord Provost Dunlop, of Glasgow, in making the presentation of the Diploma of the Royal Life Saving Society with "honours" to Major Robert Kyle, of the 2nd Battalion, 16th Highland Light Infantry, who is a well-known Glasgow lawyer, said that the award was of a unique character. They had frequently made presentations for life saving, but this was the first occasion on which they had had the pleasure of presenting a diploma with honours to any of their citizens from the Royal Life Saving Society. This organisation was instituted in 1891 for the purpose of imparting instruction in the matter of saving life, and was under the direct patronage of His Majesty the King. Major Kyle had already received all the awards from the society, and this was a sort of blue ribbon, the highest award of the society, the test for which was a very severe one, and implied that the candidate must give practical proof of expert ability in swimming, floating, diving, plunging, and other aquatic arts, fifteen in all. This was the first occasion that it had been won by a Scotsman. (Applause.) Major Kyle acknowledged the presentation and said that he took up swimming for the purpose of helping others, and he hoped that it might be useful in view of the momentous issues which lay before them.

So great is the demand for bathing accommodation among our troops that baths are inconveniently crowded and in many instances are actually closed to the public. This is the case in Ipswich, where another bath is urgently needed, as has been overwhelmingly demonstrated since the forces have been mobilised. The officers are very keen on getting sufficient time for bathing placed at the disposal of the units in which they are particularly interested, and it is quite a regular thing to see troops marching to the Ipswich baths for their dip. Sometimes a whole battalion fresh from the trenches on the East Coast some twelve miles away have to take their "dip" in companies which does not give them much time for swimming and is not beneficial to improvement. There is absolute necessity for the provision of adequate bathing accommodation in order to preserve the health of troops, and the efforts which Ipswich is making to cope with the difficulty are to be commended. But nevertheless the fact remains that like many other towns its wants are still great and its capacity for meeting modern demands very limited.

Harry Hebner, of Illinois A.C., has beaten the American 400 yards record of 4.59.3 made by C. M. Daniels in 1907, his time being 4.52.2. Hebner made the record in a 440 yards race, which he won in 5.22.2. This time is surpassed only by Ludy Langer's quarter mile last summer at San Francisco in 5.22.1, and B. B. Kieran's 5.19.

A "Water Basket Ball" game is being strongly recommended as a regular sport in some parts of America. If any of our readers will kindly send us particulars of the play and a copy of the rules we shall be obliged.

Another girl swimmer has sprung into prominence by challenging Dorothy Becker to swim a series of races. The challenger is Frances Lyona Cowells, who about a year ago could not swim. Under the supervision of one of the official timers of the Pacific Association, Miss Cowells recently broke the Pacific Coast girls' record for 50 yards, her time being 33 seconds, the former mark being 33.1, held by Dolly Mings, of Los Angeles. It is said that Miss Cowells swims a perfect crawl stroke with a kick stronger than usually used by men, and is reported to have swam 100 yards in 1.17.

The annual inter-club team swimming match of twelve a side, between the Amateur S.C. and Northern Lights S.C., again proved most interesting. Each man had to cover 72 yards and the full distance was 864 yards. Right up to the eighth man the issue was in doubt, after which the Amateurs drew away, and won by 20 yards in 9.25.2.5, the previous record for this event being 9.34. At the annual general meeting of the A.S.C., it was shown that this Club, which had been established in 1869, was in a sound financial condition, the balance on the year's work being about £15. There was also a good list of prize donors for the forthcoming season.

The direct result of an agitation by the Huddersfield and District Swimming Clubs for the erection of new baths in Huddersfield has been the decision to provide an up-to-date institution which will bear comparison with those of any other town in the country. The first-class bath will be 100 feet long by 40 feet wide, and the second class 75 feet by 35 feet. The most active worker in this agitation was Mr. F. Coop, the hon. secretary of the Huddersfield Club, a body which last season had 195 members, of whom twenty-five are serving in His Majesty's forces.

An interesting experiment is being conducted at the New York Athletic Club. The plan is to encourage sprinting practice among all classes of contestants in the hope of developing championship material. Hitherto the coaching staff has maintained that the only way to produce successful swimmers was to teach them a correct stroke before allowing them to undertake speed work, and not only were the candidates trained over fairly long courses at moderate pace, but no races at less than 100 yards were held. Whether due or not to this system, it remains a fact that during the past few seasons the New York organisation has produced several champions and record-breakers at middle and long distances, but no fast sprinters. As a result, the committee has been induced to try the new method, its supporters claiming that it is easier to develop a good sprinter than middle-distance men, and that a recruit, having acquired skill for a dash, will have no difficulty in gradually increasing his course until he can travel the longest at a proportionate rate. They point, in support of their theory, to McGillivray, Hebner and other title holders, who started as sprinters and are now all-round champions.

THE ENGLISH A.S.A.

A WISE DECISION.

The club strength of the English Association now totals 1,468 and there is a balance in hand of £249 2s. 10d., against £154 11s. 9d. last year.

In the London elementary schools there were 132,977 individual pupils instructed in swimming and the percentage taught rose from 31 to 38.

The annual championship swim of the Western Intercollegiate Association will be held on March 19 at North-western University, U.S.A.

The Royal Life Saving Lodge, No. 3339—Installation of W. Bro. Warren Faraday, P.M., L.R., as Worshipful Master took place at Frascati's, London, on the 19th February, when there was a large attendance of members and friends. The other officers for the year were appointed as follows:—I.P.M.—Francis A. Wynn, P.M.; S.W.—H. L. Balfour, P.M., L.R.; J.W.—William Henry; Treasurer—Shirley W. Cropper, P.M.; Secretary—J. W. Stevens, P.M., L.R.; S.D.—J. Wilson Taylor; J.D.—G. A. O'Hanlon; D.C.—Herbert J. Grimwade, P.M., P.P. Gd. Supt. Works, Herts; I.G.—D. B. Harrower; Stewards—F. B. Neal and F. W. J. Smith; Tyler—George J. Bailey, P.M. The various ceremonies in connection with the Initiation of Leonard Dodson, of Swindon, having been completed, a banquet was held and a fine musical programme concluded the evening.

We have received from Mr. Robert H. Rutherford, Hon. Secretary of the Hull Kingston S.C., a very cheery letter, also the Report and Balance Sheet, which show the Club as being in a good condition, the profit balance on the year being over £7, with assets totalling over £38. A big feature of the Report is the fact that nearly seventy members have joined the Colours, including nine members of the Committee. No gala or Club dance was held, as it was thought that the holding of these functions would be rather unfair to the members who had joined the forces in defence of the Empire. Despite the exceptional circumstances, a most successful Ladies' Section was formed, and the forthcoming season is looked forward to with every confidence. Those members who are regarded as part of "The Old Brigade" are also doing their duty in the Hull City Force, and busily engaged keeping the old Club going.

IN keeping with the situation created by the War, the Amateur Swimming Association has dealt with the unique position in a bold and business-like way. Recognising that most of its Clubs have been greatly depleted in membership and seriously hit financially, consequently necessitating a considerable curtailment of their activities, the A.S.A. Committee recommended (1) the abandonment of the Annual Meeting, which was fixed to be held at York on March 6th, (2) to abandon all adult English Championships due to be held during the coming Season, but carry out the School-boys' Team Championship, and (3) to suspend the publication of the Handbook.

The first recommendation will have the effect of saving about £90 and the third about £150. These are substantial amounts worth saving, particularly as the expenditure at this time would serve no useful purpose, especially as competitive swimming is certain to be at a standstill.

The main object of the Annual Meeting is to revise the Laws of Swimming, while the handbook containing these Laws is chiefly prepared for the guidance of competitors. The abandonment of the Championships and the International Fixtures is obviously the right thing to do when so many of our best swimmers are engaged in serious affairs in defence of our Country.

The above abandonment proposals having been agreed to it, was further agreed that the present Officials are to continue in Office for the next twelve months, and therefore all fresh nominations will be held over to 1916. Of course the whole of the procedure is contrary to Rules, but the circumstances are unique and warrant special treatment. All these matters were discussed at the District Meetings on the 20th February and by special arrangements each District wired the other the result of their decision, therefore in this respect, much time was saved and everything was carried through in a business-like way, but the educational work of the Associations will be continued. Of course, the administration expenses cannot be entirely eliminated, but these will be met out of reserve, which has been wisely accumulated to meet an emergency, such as the present one.

THE LADIES' SECTION.

By our "Lady Dorothy."

CAN CAPS BE MADE WATERTIGHT?

THE DISADVANTAGE OF PRESENT DAY BATH CLOAKS.

SWANSEA'S PATRIOTISM—COLLEGE SWIMMERS.

FUTURE CHAMPIONSHIP ENTRIES.

A FORTUNE awaits the person who invents a water-tight and not too unbecoming cap which is no hindrance to racers. All the caps on the market now are either ugly and fairly efficacious, or passably attractive and quite unpracticable from the swimmer's point of view. The majority of baths now enforce the wearing of caps by female bathers, which is obviously as it should be. It is neither pleasant nor hygienic to swim in a limited space of water in which anyone and every one has had their hair floating. At the same time there are many people of the opinion that any kind of bathing cap is detrimental to speed, and, for any length of time, to comfort. In consequence one not infrequently sees competitors in championships wearing their hair tightly braided to keep it from dragging in the water and so causing extra weight.

The great disadvantage of the present form of bathing cap is that, either it is very tight round the head, and so keeps the hair fairly dry, but is the cause of an unpleasant headache due to restricted circulation, or else it is too loose, it may or may not come off altogether, and does not keep the hair dry at all. I think most swimmers strike the happy medium and allow their hair to get damp under the edges of the cap in consequence. This is all very well, but incidentally it rots one's hair to have it constantly damped, and one rarely, if ever, bothers to stop and dry it at once. Some swimmers wind a piece of flannel, about three inches wide, around the head before putting on the cap, and this absorbs most of the water which always leaks in. This arrangement is excellent for a time, but the cap soon stretches and too much water makes its way in, so that the flannel only acts as a conductor.

I think rubber caps are unanimously voted the only possible ones, and the shapes of these are better now than they were. The old helmet shape is gradually disappear-

ing and a closer-fitting cap is taking its place in popularity. Even this leaves much to be desired, though it is made in a variety of colours instead of only the reddy-brown or the white with a grey tinge! It would be a good idea if clubs would wear caps in their club colour as far as possible. The coloured rubbers, from practical experience, wear every bit as well (or should I say as badly?) as the natural ones, and can be bought in green, purple, bright red, orange, black, and almost every other shade, so that where, for instance, a club had red and black colours the members should wear black costumes and red caps, or for blue and black the same sort of scheme. (Let it be clearly understood that if they are so foolish as to have yellow and white, I do not suggest that the bathing dress should be composed of either of those shades. They would hardly be suitable!)

Of course some people do not look unattractive in these skull-fitting bathing caps, and they are certainly the best invented to date. A kind which has lately made its appearance fits lower on the forehead and at the backs of the neck and has earflaps with a strap under the chin. I suppose one could get used to the strap, but it must hamper one's breathing slightly, and one does not care to have one's ears completely covered up. For those who have to wear cotton wool in their ears, in any case, keeping them dry is probably an advantage, but for every one else it is irksome not to be able to hear anything.

The places where the water filters in are at the nape of the neck where there is a slight indentation just below the commencement of the skull bones, and behind the ears where there are more such hollows. Consequently, if rubber is stretched round the head tightly enough not to let the water in elsewhere, it bridges over these spaces so forming natural viaducts. If the rubber is stretched very tight the indentations which

are in fleshy parts are so drawn up that they block the channels, and the discomfort to the wearer of the cap is very great. Undoubtedly the individual who can bring out a cap meeting all our requirements will deserve our perpetual gratitude.

Another benefactor would be he who could devise a bath cloak which would be fairly warm, and did not become like a cold pack as soon as a wet person put it on. It is for diving competitors that one really feels most deeply on this subject. It is bad enough for anyone who has to sit about in a soggy cloak waiting between the events at a gala, though at least one can generally put on a dry bathing costume, but the unfortunate diver has not this advantage. Let us hope that some bright spirit will note our wants and give them due attention, for it will surely be an advantage to all concerned.

London swimmers will be interested to hear that two very well known Aberdeen swimmers have come to live in Town and have joined the Mermaid club. They are the Misses Elizabeth and Bertha Reid, hitherto members of the Ferry Hill L.S.C., of which the former was captain last year. During her term of office she brought the club up to a high state of efficiency, and the sisters are regarded as a great acquisition to their new club. They are both holders of the Life Saving medallion and are, besides, excellent swimmers.

The members of the Swansea Ladies S.C. are very patriotic. Several of their members belong to the Glamorgan branch of the British Red Cross Society, and are working at the Y.M.C.A. hospital at Swansea. They were only given twenty-four hours' notice to get their hospital ready to receive twenty wounded men from Cardiff, where the stationary hospitals were all crowded. Mrs. Stanley Jones, the well-known water polo player, is commandant and organises the administrative side of the hospital, while her sister, Miss Daisy Chapman, captain of the polo team, is working very hard in the wards.

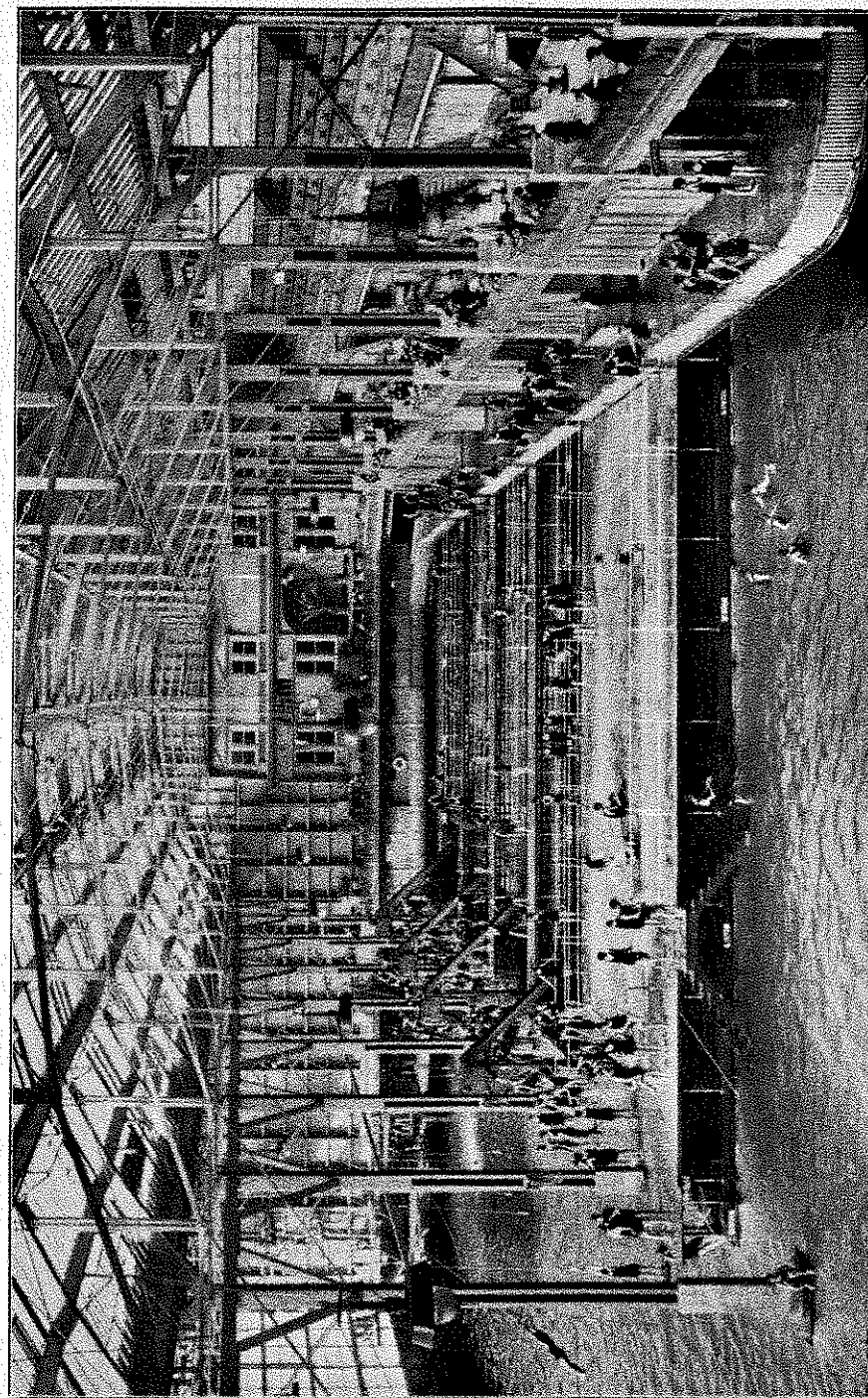
This season, when most of the big competitions will not take place, club officials ought to be able to give rather more time to the general improvement of their less advanced members. The more experienced swimmers could well give a little attention to the

efforts of others, and this would tend to raise the standard of the clubs for future and more peaceful times.

All the big championships and races will be of redoubled interest after the War—we may expect to see many new competitors amongst the older ones, and it is not improbable that the temporary suspension of these events will lead to a much higher standard than exists at present.

I do not think it is generally known that swimming forms an important part of the London Ladies Intercollegiate Competitions. The Universities of London Athletic Union, formed of members from the various colleges, promotes championship competitions in rowing, fencing, hockey, tennis and swimming. The competition for these events is very keen, though the standard of swimming is not so high as it could be if the colleges could be induced to swim sometimes with the local clubs. I believe if the clubs made advances in this direction they could get the college swimmers to adopt better strokes, and this would add fresh incentive to their efforts. They have rather run into a groove, and, though they all swim in a very average way, they are not really much better than the younger girls at schools. It is probably through lack of the right kind of instruction, and it seems to be a great waste of energy in the cause of swimming which could easily be remedied.

In the February number mention was made of Miss D. Anderson's claim to being the first lady to crawl in a championship race. One of our readers has taken exception to this statement on the grounds that in 1910 Miss I. Steer won the English Championship, employing that stroke. Miss Anderson entered for the Southern Counties 100 yards Championship in 1909 at Acton baths, and swam the distance on crawl, but was defeated in her heat by Miss Vera Neave (swimming trudgeon) who was the subsequent winner. The other competitors included Miss I. Grimwood, who had not then acquired the crawl stroke, and Miss E. O. Randall, the holder in 1908, who swam under protest. Our reader infers that she knows another lady in the Southern Counties who swam crawl in championship races prior to Miss Anderson—it would be interesting to hear who the lady is, and in which events she competed.



THE SUTRO SWIMMING BATHS, ST. FRANCISCO, CALIFORNIA, U.S.A.
The Largest Covered Swimming Bath in the World.

The Great Hawaiian Swimmer.

HIS NEW WORLD'S SPRINT RECORDS.

Made in the finest American and Australian Baths.

THE visit of "Duke" Paoa Kahanamoku to Australia caused exceptional interest in swimming in the Commonwealth during the month of January. In his first race, the Australian 100 yards straightaway championship, he covered the distance in 53.3, a new world's record.

It had been stated that the "Duke" had gone off in his speed but the time quoted proves this supposition to be quite incorrect.

It was this famous speed swimmer who created a World's Record of 1.2.2 for a hundred metres at the Olympic Games of Stockholm, in 1912, and a few days later covered the same distance at Hamburg in 1.1.3; both times were made in a straightway open water 100 metre course.

On June 11, 1913, when at Honolulu he startled the world by swimming a hundred yards straightaway in 55.1. On February 21, 1914, he broke this record and lowered the time to 54.4 which was the fastest until this recent swim in Australia. It has been reported that at the Sutro Baths, San Francisco, on July 5, 1913, Kahanamoku swam a hundred yards in 53.3, the same as in Australia, but not over a straightaway course.

Visitors to San Francisco always make a point of seeing the Sutro Baths. These baths have earned worldwide reputation through sheer merit as a bathing centre, as well as their enormous size and peculiarities of construction. The bathhouse is conceded by all to be the largest in the world.

The Sutro Baths were built by Adolph Sutro nearly twenty years ago.

Owing to the construction of glass and the shape of the main building, it has been compared with the world-famed Crystal Palace, London. In this building swimmers can get about every condition of water from the natural salt of the ocean to the slightly warmed salt water in smaller tanks and fresh water in other tanks.

Some approximation of their magnitude may be reached from the following figures: Length of building, 500 feet; width, 255 feet; private dressing-rooms, 517; club rooms, 9; total capacity of private and club rooms, 1,628 bathers.

The main tank, which is L shape, is 255 feet long and 75 feet wide, with 75 by 75 feet at the bottom of the L; besides this tank there are five other salt water tanks of various sizes and a fresh water tank of cold water all under one roof.

Bathers can be accommodated at the rate of 1000 an hour comfortably and more by doubling up in the dressing-rooms, and the great size of the place can be further estimated when it is known that 10,400 people can be seated in the reserve section of the auditorium, from which a splendid view of the racing in the large tank can be obtained from any seat.

The baths are open daily to the public, both men and women being admitted to the exhilarating and health giving advantages to be derived from swimming, which is conceded by medical men to be one of the greatest exercises for young and old. The baths open as early as 7 o'clock in the morning and remain open until 6 p.m. In the summer months the baths are open until 11 o'clock at night, and at the present period of the year are kept open until this time on Tuesday nights only, when large crowds and bathing parties avail themselves of the opportunity to take a swim or a plunge and use the various appliances that are to be found at different parts of the bathhouse.

The racing length of the tank is seventy-five yards and its width seventy-five feet. This course has been officially surveyed and has been accepted by the local branch of the Amateur Athletic Union for any class of record that may be made. It is in this tank that Duke Kahanamoku, the world's sprint champion, has broken and rebroken ten world's and American records, also Ludy Langor, a California boy, last July established a 440 yard record, when he beat Kohanamoku in 5.22.1.

The Domain Baths, where the "Duke," accomplished the fast Australian swim referred to, are 110 yards long and there is accommodation for 7,000 spectators and the seating arrangements are in the form of a crescent so that a spectator no matter where placed can easily see the whole of the course. There

is an official platform on the far side for competitors and officials and diving boards at varying heights from fifty to sixty feet. The turning boards at the end of the swimming bath are made to rise and fall with the tide. One side of the bath, where the seating accommodation is arranged, is built into a rock and the opposite side to the seating is an arrangement of wood piles driven into the sand with an inch or two between each. The small openings prevent the sharks who roam outside from reaching the attractive bait inside. Just before the outbreak of war a German boat, anxious to get out of harbour to prevent being interned, ran into the piles and knocked out a huge gap which took some time to repair. The captain of that boat must have had second sight because he got away before the harbour was closed.

These Domain Baths are the best arranged and the most up-to-date in the Continent of Australia. The manager of these baths is W. H. Hellings, brother of Jack Hellings, who was in England for some time and represented the Ravensbourne Swimming Club.

In a report made to the Education Committee of Richmond, Surrey, Mr. C. L. Newman, the Bath Superintendent, points out that of 11,681 scholars' attendances at the baths last season, 7,581 were by boys and 4,050 by girls, a decrease of 908 boys and 539 girls as compared with last year. The decrease in attendances seems to be from Richmond proper, for from seven schools at Barnes and Mortlake, which are a long distance away, there were 5,754 attendances, 3,712 by boys and 2,042 by girls. The average weekly attendance from schools in Richmond is only 466, with the baths close at hand. The figures quoted show that the oft-repeated demand of swimmers in Barnes and Mortlake for a swimming bath of their own is a just one, and as we have repeatedly pointed out it is one which requires urgent attention by the local authorities.

The captain, C. S. Smith, and the hon. secretary, J. W. Jump, of the Southport Swimming Club, have joined the West Lancashire Division of the Army Service Corps. Before leaving for their quarters they were the recipients of gifts of esteem from members of the club. Mr. Cyril Rushworth, of the Victoria Baths, Southport, has undertaken the duties of hon. secretary of the Club during the absence of Mr. Jump.

San Francisco has the honour of supplying the first girl swimmer to enter the ranks of the Amateur Athletic Union of America, which has only recently opened its ranks to the fair sex. This is Miss Dorothy Becker, whose portrait appeared last month. This fifteen-year-old mermaid is in training for the racing at the Panama Exhibition, under the experienced guidance of Mr. W. F. Coffmann, superintendent of the Sutro Baths.

Miss Becker is to invade Hawaii in order to compete against the champion girl swimmer, Miss Ruth Stacker. The aquatic contest will take place at Honolulu, for which Miss Becker and her mother were to sail on February 2. Miss Stacker's record for 50 yards is 0.31.

The newly formed Hampstead Water Rats will be holding its races on the Hampstead Heath Bathing Pond. It had a handicap there on Christmas morning, the first it is said for 35 years. Mr. Webster, who was a competitor on that occasion, also took part in the recent one, in which H. B. Keast, of the Queen's Westminster Rifles, proved successful.

The Aberdeen School Board has decided to erect a special swimming bath at Ferryhill School for the teaching and training of scholars at the various schools in the district.

It may not be generally known that Admiral Sir Christopher Cradock, who went down with his flagship, H.M.S. *Good Hope*, off the coast of Chili, when a post captain on H.M.S. *Bacchante* was the hero of a very brave act of life saving in Malta Harbour, for which he was presented with the Royal Humane Society's gold medal.

The London Schools Life Saving Competition, for which the Society awards Silver and Bronze Medals, one set for boys and one set for girls, resulted as follows: In the Boys' event West Square School was first and Canal Rd. School second, whilst in the Girls' event Marleybone Central School was first and Munster Rd. School second. A similar competition for the federation of London Working Boys' Clubs was won by Eton Otters S.C.; St. Andrew's Home and Club being second.

MOTIONLESS FLOATING

WITH MANY IS SAID TO BE NATURAL.

An Art Which Some Must Acquire.

IT is commonly supposed that every person can learn to float, yet we have seen ghastly failures made by many who have practised long and assiduously, but who certainly have not had proper tuition at the outset of their swimming career, or who may perhaps not possess in its entirety that most valuable of all gifts for a swimmer—self-confidence.

Although we are inclined to believe that the general cause of failure is the lack of patience, those desirous of learning to float casting aside practice after two or three unsuccessful attempts, there are yet plenty of cases in which slightly abnormal construction of body prevents the acquirement of this branch of the art of natation without prolonged practice and perseverance. And as the practice is of a very tedious nature it necessarily follows that the impatient person does not learn and rails at the conditions of competitions which include the ability to float as one of the accomplishments vital to success.

A body buoyed on or in the water is said to be "floating," but to swimmers the word means a motionless position of the body extended on the surface of water face upwards.

As soon as a swimmer is able to assume this position lightly, the great drawback to improvement in higher forms of the art and the ability to display excellence in the performance of difficult water feats is overcome and progress is rapid in most instances.

But it is the ability to float well that forms the basis of all later training for these water feats, apart from the fact that said ability is often of vast importance in the saving of one's own life when tired out or exhausted from any other reason.

One often hears even able swimmers say "I can float well in salt water, but cannot keep up in fresh." Is not that a sign of lack of grit? Of course we all know that salt water is more buoyant than fresh and that

to most of us there is not the slightest difficulty in floating on it at the first attempt. But is not the cry that it is hard or impossible to float in fresh water an admission that one is too careless or too lazy to keep on trying and unmistakable evidence of weakened ambition. The true swimmer should overcome difficulties, not give way to them.

There has not been much written about the art of floating, the expert writers taking it for granted that swimmers would be able to perform it naturally. Harrington was the first to give definite instructions, which are to be found in his "A Few Words on Swimming," published in 1861, to the second of which was added a bibliographical list of works on Swimming by Olphar Hamst, the anagram of Ralph Thomas, whose contributions to swimming have been referred to in the articles on "Swimming Literature" appearing in the *Swimming Magazine*.

Steedman, in his book published in Melbourne in 1867, says that "the specific gravity of most persons is less than that of water," and the writer's own experience leads him to believe "that all who expand the chest and assume the proper position *must* float, and that what the pupil has to learn is not so much to *buoy* as to *balance* the body—to steady rather than to support it in the water. That mode of equilibrating the body which has been acquired from infancy, however well suited for ordinary purposes, needs considerable modification, in fact has to be unlearned, before the body can be made to lie with ease on the water; for its entire weight when standing is sustained by the feet, through the soles of which the whole support is derived, but the support when floating is distributed over nearly the whole of the surface of the body. The average buoyancy of man's frame is such that when motionless, one-eleventh of it will be above the surface in fresh water and at least one-tenth in salt water. The *downward* pressure of floating bodies and the *upward* pressure

of the water being equal, it may be assumed that the downward pressure acts at the centre of gravity of the natant body and the upward pressure at the centre of gravity of the fluid displaced." Steedman quotes Todd as his authority. In his tables of specific gravity, Todd gives the average specific gravity of a human being as 801 and that of water 1000.

In a paper on "Motionless Floating," which Mr. Robert Sandon, life president of the Amateur Swimming Club, read at the annual general meeting of the Royal Life Saving Society in 1912, the lecturer said that after prolonged experiment and taking careful weighings of swimmers his results showed that there were persons who could not inflate their lungs to the extent necessary to buoy their bodies on the surface and that it was impossible for these persons to float in any position. They correspond with respect to water to aeroplanes with respect to the air. Aeroplanes are heavier than air and only remain in the air by means of mechanical power. Those human beings whose inflation is not sufficient cannot remain on the surface of the water by means of movement and cessation of movement means sinking. But Mr. Sandon was careful to say that the cases he quoted as being unable to float were rather the exception. Yet among those he experimented upon were many very speedy swimmers. His work has given a new trend to scientific thought on a particularly interesting subject. One of his deductions is that as you get older you may possibly be able to float better, due to light fat probably and to advancing years, which render the bones lighter, and another is that the average man should just be able to float in salt water with his lungs deflated. He estimates the average specific gravity of a man with his lungs inflated as 0.98.

The development of lung capacity is therefore the all important factor, and as deep breathing is essential to all good swimmers and moreover beneficial to health generally, it should be the constant theme of instruction by every teacher. The instructions of the Royal Life Saving Society for this practice are: "From the position of attention, bring the head and shoulders well forward and slowly exhale through the mouth as much air as possible from the lungs. Follow this by slowly making a deep inspiration through the nostrils, and gradually throwing back the head and shoulders to the position of attention. If this exercise is repeated six times at each lesson, the pupils will not only

be benefited by the exchange of air in the lungs, but will learn how to fill them properly and thus add to their buoyancy when in the water."

And now we come to the actual attempts to learn to float. First of all the swimmer must have self-confidence and not be afraid of letting his mouth get under water. He should as it were "hang on" instead of giving up the effort the first time the water laps over the mouth, as it usually does when the body comes to a horizontal position and before the arms have been spread out in such a way as to get the proper balance. It very often happens that the arms have to be tried in many positions before the correct one for balance becomes evident, and it is during these experiments that the water ripples over the face.

It is best to start learning at the deep end of a bath, a good method being to place the feet behind the rail of the bath and lie out flat on the back, after which the trials in balancing should be made, the lungs being kept well inflated. The head should be well back, the legs and arms straight and the back slightly bent. If the body appear to be floating you can work the feet out very carefully from under the rail. Do not do this quickly or harshly, as the legs will at once sink by the action imparted to them, which counterbalances the buoyancy power you have gained in the previous part of your practice.

Another system adopted by swimmers is to stand on the bottom of the bath with arms extended beyond the head and then incline slowly backwards until the shoulders are under water, keeping the arms and legs straight with deep breathing perfect. Then a very slight, almost imperceptible push should be made from the bottom and attention at once paid to the balancing of the body by the hands. The body will sink slightly at each expiration but no notice should be taken of this. The great thing is to keep the legs from sinking and this can only be counteracted by the necessary balance being gained from the upper part of the body, chiefly with the head and arms.

Never stiffen or contract the muscles, particularly of the arms and legs, as this has the effect of reducing the air capacity of the chest and consequent floating power, also the back should never be hollowed, but bent in the opposite direction. The common failing with the novice is to become stiff, whereas the contrary condition is correct.

THE AMATEUR DIVING ASSOCIATION.

ITS RISE, PROGRESS AND USEFULNESS.

By Sidney J. Monks, Vice-President.

UNTIL the institution of the National Graceful Diving Competition by the Royal Life Saving Society in 1895, very little encouragement was given to the promotion and teaching of diving, but in that year Mr. Otto Hagborg, a splendid Swedish expert, gave a display at the West India Docks, from a stage which cost over £50 to erect.

In the following year a team of Swedish divers came to this country and gave a brilliant exhibition before their Majesties the King and Queen, then Duke and Duchess of York.

This visit to the Royal Life Saving Society, of which His Majesty was then president, proved of great benefit to the divers of the period and practice was much indulged in, while the general public came in thousands to the displays at galas of the Society, not only at the Docks but also at Highgate.

There were also several well-known Clubs in London which were in the habit of sending teams of divers to give exhibitions at galas held in baths. They were the pioneers, the best known being Ealing, Neptune, Trident and "Mickey" Beale's (a famous Water Polo Referee) team of boys from the St. James S.C. The Neptune still keep up the old traditions, and a year or so ago had a very clever team, who did a tremendous amount of exhibition work and were very popular with the public.

A useful permanent diving stage, about 12ft. 6in. high, had now been erected at Highgate Bathing Ponds, and it was here in 1901 that the Amateur Diving Association was formed.

If I was inclined to be an egotist, I might imagine the A.D.A. was started by myself, as it happened in this way. There had been some considerable talk about the promotion of a Diving Club, and being at the Highgate Bathing Ponds one afternoon, I came across several prominent men in the swimming world, who were discussing the possibility of running such a Club. Enquiring what the proposed subscription was to be, they told me half-a-crown. For some unexplained reason, I pulled half-a-crown out of my pocket and looking round the ring of faces, to discover the most likely person to

hand it to, saw Mr. W. E. Webb, and offered him my cash. This I believe was the first subscription to the Amateur Diving Club. Mr. Webb took the money (he always will do that) and exclaimed, "Well, now we must form a Club as we have a subscription to do it with"—and straightaway it was decided to call a meeting, at which he was appointed Hon. Treasurer and other offices were filled by general consent.

The word "Club" was used, because the original intention was to form a Club, but later the boldness of some of the leading lights persuaded their fellow-members to form an Association, as the work of the former would be so circumscribed, which did not coincide with the ideas of the aforesaid bolder members. Fortunately this was decided upon and the "Club" was forthwith transformed into an Association with the Earl of Mansfield as President, and a strong Committee of some expert divers, among whom may be mentioned Otto Hagborg and C. P. Mauritz, two famous Swedish divers, who are to a great extent the Fathers of English Diving; R. T. Serrano, late H. C. Coombs, of the Neptune (the former won the National Graceful Diving Competition in 1901); A. Skinner, of the Polytechnic, and Oswald Groenings, of the Westminster Volunteers S.C. The following among others were also on Committees: W. Henry, H. E. Fern, and G. W. Glassborow, and what they did not know about the rules and regulations of swimming was not worth knowing, so it can be seen what an excellent chance the new A.D.A. had, in starting with such a strong Committee of divers and business men.

It is no wonder the foundations were strongly built for the big and enterprising Association which we now have. The Hon. Treasurer was Mr. W. E. Webb, the holder of my first half-a-crown (I cannot get over my early generosity in financing the new A.D.A.), while the Hon. Secretary was Mr. W. L. Balck, a man of enthusiasm but with curious ideas as to the composition of rules and regulations, as witness the following effort in one of the earlier handbooks—"In a competition any diver shouting or posturing to the public shall be disqualified. No

communication by voice or gesture may be made by the competitors." This sounds very curious and leads one to imagine there must have been some "severe barracking" between the diver and the "gods."

Another paragraph which created some interest and amusement was, "The medals awarded by the A.D.A. are struck from a die which is its exclusive property and is a very fine example of the die sinker's Art." It sounds like a puff for the A.D.A. as owner of property and the die-sinker as a worker in art. However, all these and other matters of interest and erudition were contained in a small four-page book which seems to have been ample in those days. Of course all these little flights of fancy and idiosyncrasies gradually disappeared, until at the present time the book has grown to a 52-page work of special interest to divers, which does Mr. Ralph Errington, its compiler, great credit. He is one of the most hard working and capable Hon. Secretaries it has been my pleasure to meet.

The Handbook is very instructive to divers. It contains some fine examples of certain dives by well-known men as well as a list of 38 different dives, embracing all those used at the Olympic Games, with some splendid illustrations of how the dives should be done, these latter having been lent to the A.D.A. by Mr. W. Henry, one of the Vice-Presidents.

It also contains a design of an ideal diver's bath, showing how it should be built and how the boards should be fixed, by Mr. Ronald Jones, a well-known architect and one of the best patrons of diving in the country. Being a most capable diver himself, his views are, in consequence, most valuable. Mr. Ralph Errington, who is also an architect, has designed and drawn to scale an ideal open-air diving stage with boards at all required heights and an enclosed dressing shelter. Both of these illustrations and remarks thereto can be strongly recommended to any authority that contemplates putting up baths or diving stages; in fact it is the duty of the Association to get in touch with local bodies, so that its ideas, which are the outcome of practical experience, may be laid before them, and in many instances these views have been adopted, while such advice as it has been able to give has always been most courteously listened to.

The Handbook also contains rules and conditions of some 16 important diving

competitions, besides the ordinary list of weekly fixtures, too big a list to remark on now, but I hope on some future occasion to say something about the various fixtures.

The classification of dives for judging purposes was first done by Mr. William Henry for the Olympic Games of London in 1908, and the International Code then used has proved the basis of the Amateur Diving Association's ideals.

Owing chiefly to the zeal and financial aid of two Vice-Presidents, Messrs. F. Geoghegan and R. P. Jones, the Association now has a private diving stage for the use of members. This stage is beautifully situated on the Ken Wood Estate at Highgate; the permit for its erection having been generously granted by the Earl of Mansfield, H.I.H. The Grand Duke Michael of Russia, and others interested. It is easily accessible, and in close proximity to the Highgate Bathing Pond. It is open for the use of ladies and gentlemen, for whom suitable dressing accommodation has been provided. Running diving boards have been fixed at heights of 3, 10, 11, 20 and 33ft.

The 16th July last may be regarded as a Red-letter day in the history of the Association, as it was on this occasion that H.I.H. the Grand Duke Michael, assisted by the President, Sir Claude Champion de Crespigny, declared the stage open, and it has been largely used for competitions and practice ever since. It is anticipated that as the members have such a fine permanent stage, they will make great improvement in diving, as it is because in other countries such stages find a permanent place in bathing establishments that they have so many excellent divers.

There are still many local bodies who consider Diving dangerous, but it has been proved beyond all question that if practised under proper conditions, no accidents occur. For instance, the L.C.C. objected to a permanent diving stage at Highgate, yet for the purpose of the National Graceful Diving Competition and the Olympic Games, they allowed an extension of the present stage to the height of 33ft., for many years past, for a period of one month or so per season, and although this stage has been regularly used no accidents have been recorded. Despite this proof of safety, the L.C.C. still fail to allow the high stage to become a permanent feature of one of the finest open-air bathing resorts in London.

(To be continued.)

RECORD SPEED TO SAVE LIFE. PUBLIC SCHOOLS SWIMMING.

For the Benefit of Bathers.

AT Redondo Beach, California (one of the many coast resorts near Los Angeles), thousands indulge in surf bathing all the year round. The stretches of inviting sand beaches are many miles in length, and because the surf is so fine and the bathing so popular, it has become necessary to equip a motor ambulance life saving reel, capable of great speed. It consists of a high power twin-cylinder motor tricycle, on which is fixed a 6ft. box about 14in. wide. The lid of the box forms a stretcher on which an unconscious person may be carried to an emergency Hospital.

Outside the box is a torpedo-shaped life buoy capable of sustaining two or three men in the water. To this a belt is attached which the life-saver buckles about his body, and from the belt is run fifteen hundred feet of fine strong cable, wound on a reel fixed to the cycle frame.

In practice, within five minutes after an alarm, a man was pulled out of the surf three miles further along the beach from where the life saving machine was stationed, but by the old method, owing to the long distance, it would have taken the life-savers a long time to arrive at the scene of danger and then they would have been too fatigued to battle with the undercurrent or tide to be of any special service to the man in the surf two hundred yards or more from the shore. Now the life-saver leaps on to the cycle and rushes down or along the beach at terrific speed. Being bent on an errand of life, he has the right of way and when the point of vantage is reached, perhaps at the rate of a mile a minute, the rescuer, who is a good swimmer and proved life-saver, dashes into the surf whilst the reel of rope is unwound by means of which he is brought to land with the drowning person.

This life saving service is naturally regarded as the most efficient and rapid in the world, and though it has been in use only one season, it has fifteen rescues to its credit, and has answered many calls a month.

The men who perform this duty are known as "Life Guards." They are on guard during bathing hours attired in close fitting bathing suits, ready to act at a moment's notice, to help a bather in trouble who may be far out in the surf.

Good Encouragement Scheme.

THE Bishop Stortford College has a tepid swimming bath about 20 yards by 12. In this bath all the boys are taught to swim, to save life and to play the game of water polo. It is also used as a dressing-room before and after games. Life Saving practice, although a purely voluntary subject, is largely indulged in, and about two-thirds of the scholars have passed the Royal Life Saving Society's examinations for certificates, Bronze Medallions, Instructors' Certificates and Awards of Merit. A display is given each year on Speech Day. Water Polo is very popular, and although it is difficult to arrange fixtures owing to the geographical situation of the College, in order to play the game regularly, last year ten matches were decided; these included Cambridge University, Old Stortfordians, Leys School, London Hospital, Otter S.C., etc., all of which were won. The Old Boys S.C. was started two years ago and was very successful, but the war brought its career to a swift conclusion, as almost all the members joined the forces. But the School interest is kept up by means of Inter-House Competitions and by the regular use of the bath for practice. Sunday afternoon dips are also very popular. For part of last term the bath was handed over to the military authorities for the use of the troops in the district. At the time of writing, the establishment is practically out of use in consequence of the shortage of coal, owing to the extended use of the railway for military purposes. However, it is hoped that during the present month a large class of boys will be submitted for examination for the R.L.S.S. Awards, the 20th March having been fixed for their examination. The Society is greatly indebted to Mr. F. B. Shawe, who is a keen swimmer, for the interest that is taken by boys in this particular work.

* * * *

Corpl. Harrison, 5th Battalion East Surrey Regt., an old boy of Rutlish School, Merton, has been mentioned in battalion orders for saving the life of a drowning man. Private A. Protheroe, another old boy, has been killed in action. Brigade-Major Dimer, V.C., is on the school roll of honour, and Corpl. Power and Pte. Mertinnant, also old boys, are serving with Kitchener's Army.

SWIMMING LITERATURE.

Works of the Nineteenth Century.

By ARCHIBALD SINCLAIR.

Concluding Article.

Continued from the January and February numbers.

IN the last article I brought the story of "Swimming Literature" up to 1825. There were, of course, many other books published than those I have referred to, but only those which appear to me important and to denote progress have been mentioned.

In the year 1837 a National Swimming Society was formed by one John Strachan, of Perthshire, who was a wine merchant at Buckingham Street, Strand, and afterwards at Dean Street, Westminster. This Society was afterwards known as the British Swimming Society and gave prizes for essays. It also had races in the Serpentine, commencing them in 1837. Several of the essays were published.

Handbooks and articles in encyclopædias were now common enough but they did not add much to what was already known; in fact some were out of date, particularly the encyclopædia articles which, by virtue of being included in huge compilations, were published long after being written.

I pass over these and come to 1857, in which year was issued "Instructions on the Art of Swimming," by C. Richardson (about whom, by the by, any biographical information would be acceptable), who makes the astonishing statement that he does not think a quarter of a mile has ever been swum in a quarter of an hour. But his book is a good one for his time and most of it appears to be original. In 1861, Ralph Harrington wrote "A few Words on Swimming with Practical Hints to Beginners." Books by champions now became the order. We all know how those are written, so I pass on to 1867, when Charles Steedman, who was born in London in 1830 and after a swimming career in England went to Australia, published the "Manual of Swimming." For my copy of

this excellent work I am indebted to Mr. Roland St. Clair, of Auckland, New Zealand, who kindly sent it me over twenty years ago. Steedman's work did good service in its time and apparently formed the basis of several other compilations. His chapter on rescue work was probably the forerunner of the life-saving drill or at least gave some ideas for the elaboration of it. In the following year, Mr. Ralph Thomas printed his first bibliography of swimming, a copy of which is to be found in the Reading Room at the British Museum, and this is where I discovered it twenty-five years later. It proved of eminent service in research work, but its place has of course now been taken by the colossal work by the same author, to which I referred in my first article, and the perusal of which gave me the idea of this summary of "Swimming Literature."

"The Art of Swimming in the Eton Style," by Sergeant Leahy, 1875, next claims attention. It is mainly a series of notes on his methods of teaching, edited by two Etonians. In it Sergeant Leahy gives instructions for training on land, and curiously enough says he prefers fresh water to salt water swimming.

A book, said to be by "Captain" Webb but apparently written by A. G. Payne, 1875, adds little, if anything, to previous knowledge, but the next year we had a delightful book "Swimming, Diving, and how to save Life," by William Wilson, of Glasgow, the originator of the first life saving drill. It is a practical treatise, up to date, except so far as some of the illustrations are concerned, these being copied from Steedman and in some instances being slightly incorrect. The rescue figures are the same as those of Steedman.

In 1877 R. H. Wallace Dunlop, C.B., contributed a book on "Plate Swimming," in which he described the Dunlop Plates. He spent much time and money on the invention but the use of the plates was short-lived. The question of life-saving was dealt with by John Strickland in "Methods of

saving Life from Drowning," published at Melbourne in 1878. Of this I have not been able to see a copy, but Mr. Thomas says the advice is original and good. In the same year, Mr. Harry W. Fisk, then hon. secretary of the Portsmouth Swimming Club, wrote "The Bather's Guide," and in the succeeding year "How to Swim," in both of which the instruction is wise. Mr. Fisk, who was born at Ipswich in 1851, and has for years been Clerk to the Justices at Portsmouth, has always been enthusiastic about swimming and was the founder of the Portsmouth Club, as well as its representative on the Amateur Swimming Association.

Next in importance in order of date is the "Swimming Instructor" by William Wilson, of Glasgow, an author's presentation copy of which I have in my possession. Mr. Wilson, whose death in 1912 the Royal Life Saving Society had to deplore, was born in London of Scottish parents in 1844, but left when a child and lived many years in Glasgow. He was a prolific writer on swimming and at one time filled the duties of instructor. He was an expert swimmer and was able to impart his knowledge in lucid form, both orally and in writing. His contributions to swimming literature and his practical work in furtherance of the art were extremely valuable.

Professor Fred Cavill, who in 1877 claimed to have swum across the Channel from France to England, published a book at Sydney in 1884, entitled "How to Learn to Swim," a copy of which Mr. Thomas has kindly lent me for perusal.

Cavill was born at Knightsbridge, London, on July 16, 1839, and taught himself to swim at ten years of age in the Serpentine and was soon able to swim the length of it, 1000 yards. He went to sea at thirteen years of age on the *Fairy*, tender to the Queen's yacht *Victoria and Albert*, but on the outbreak of the Crimean war he joined the Royal Navy. On leaving the service he settled at Brighton, and there joined the Royal Naval Volunteers and also won the South Coast Championship of England in 1864. In 1879, Cavill left England for Australia, where for a time he was Staff Paymaster in the New South Wales Naval Defence Forces. Among his awards were the Royal Humane Society's silver and bronze medals and the Australian Royal Humane Society's medal and clasp. Cavill's attempt to swim the Channel reminds me very much of that of Holbein who, like Cavill, practically accomplished the feat.

Cavill, who started from Cape Grisnez, was within a very short distance of the English coast when the French boatmen accompanying him refused to go in closer as it was too rough and Cavill was pulled out.

I have some slight recollection of seeing Frederick Cavill at the old Crystal Baths at South Kensington when I was quite a youngster. James Finney, the well-known underwater showman and erstwhile professional swimming champion of England, had a book issued in his name in 1886, and in 1889 Captain Andrews, of the Dominion of Canada Life Saving Society, who was unfortunately blind, published an original work on "Swimming and Life Saving," and soon after the foundation of the London Water Polo League presented several copies to that body for competition as prizes and as personal gifts to the officials. Of one of these copies I am the pleased possessor.

In 1890, "Swimming," by Martin Cobbett and J. Racster Cobbett, was published in the Bells' All England series. Both writers were members of the old Ilex Swimming Club, an organisation only open to members of clubs affiliated with the Amateur Rowing Association, but now defunct, and both were good swimmers. Martin Cobbett was also well known as "Geraint" of the *Referee*, and his brother was for years connected with the *Sporting Life*. Another brother, Col. G. T. B. Cobbett, is the commandant of the newly raised City of London National Guard. It is in this book that the proper action of the feet in the breast stroke is first described.

In 1891 the Royal Life Saving Society first began to publish its handbook but discussion of this and later issues can be left over for inclusion in the "History of Life Saving and Resuscitation," which is being prepared. In 1893 the first issue of "Swimming," in the Badminton Library, by Archibald Sinclair and William Henry, then joint hon. secretaries of the Royal Life Saving Society, was published by Messrs. Longman, Green & Co. It was illustrated by S. T. Dadd, the artist of the Swimmers' Roll of Honour, and has since seen several editions. Mr. Thomas says: "No book has given me so much trouble or caused me so much hesitation in criticising as this." At that I will leave it for it is obviously invidious for me to comment upon a work of which I was joint author. I should like to say here, however, that it was the practical ability and theoretical brain of Mr. William Henry that made its teaching chapters such a success.

In 1894 I wrote a shorter work on "Swimming" for the Oval series, a second edition of which was published by Messrs. Routledge in 1908.

In 1898 Mr. Charles Newman, the chief superintendent of all the baths in the City of Westminster, published at his own expense "Swimmers and Swimming or the Swimmers' Album," edited by Archibald Sinclair and Charles Newman. The last-mentioned had a remarkable collection of photographs of old and modern swimmers, and the majority of these were faithfully reproduced in the book, thus forming an unique record. The same year an effort was made to run a "Swimming Magazine," but it only lived a year. There had previously been "Swimming," in which Sir George Pragnell took keen interest, and "Swimming Notes and Record," over which Mr. Robert P. Watson, *Sporting Life*, a prolific writer on swimming, laboured hard for support, and several other periodicals, which attempted to make swimming a feature but without success.

In 1902 was published the "A B C of Swimming" by Robert Marriner Painter, and the "Art of Swimming" by J. A. Jarvis, Amateur Champion, and in the next year Montague A. Holbein brought out "Swimming." Jarvis was born in 1872 and Holbein at Twickenham in 1861. Since then we have had the "Complete Swimmer," by Frank Sachs; "How to Swim," by H. R. Austin, a notice of which appeared in the September number of the *Swimming Magazine*; and some books in America, one on "Swimming and Life Saving," by C. M. Daniels, H. Johansson and Archibald Sinclair, and one on Water Polo, both in Spalding's athletic series; a book by Jabez Wolffe, and another on "Swimming and Life Saving," by Archibald Sinclair, both in the English "Health and Strength" series, and many other publications. But all these are of this century and most of them are still in print and therefore swimmers can comment on them personally. Mr. Frank Sachs has dealt largely with swimming at the public schools and universities in his work, and apart from useful particulars and statistics gives many very interesting photographs. The latest addition to the literature of the art is the *Swimming Magazine*, in which Mr. William Henry, has dealt with "The Art of Diving" in a manner never before attempted and in so instructive a way that the articles are to be reproduced in book form.

UNCLEAN BATHS.

Ventilation and Sanitation.

Hints to Health Authorities.

IT is cleanliness and proper sanitation that we want in public baths, not adornment and comfort for the few.

The practice which now largely obtains of placing the dressing boxes on the bath side with the public gangway in front is radically wrong, for no matter how sincere are the precautions to prevent the contamination of the bath water they are bound to result in partial failure.

A bath should be so arranged that the bathers do not enter the bathing hall or at least have access to the side of the bath until their boots have been removed and furthermore, prior to entering the water, they should be compelled to have a shower bath or otherwise cleanse themselves.

It should not be forgotten that a swimming bath is not a washing bath, but yet the water in the swimming tank is often unconsciously used for cleansing purposes.

Many experienced bath managers are of the same mind as we are on this matter, but the construction of their buildings prevents them putting into practice any salutary regulations. All precautions at present are nullified by the mud from the streets, which after adhering to the boots of the bathers is worked into the wet on the gangways.

Another source of complaint is the placing of the lavatories in the hall itself, a most pernicious and so unhealthy a system that one cannot conceive what certain sanitary authorities are doing to permit their continuance. Mr. E. Harding Payne, A.R.I.B.A., in his work on "Public Baths and Bathing Places," admits that this is a defect in most existing baths. We are inclined to use a much stronger word than "defect," and decline to enter into the question of the exigencies of space. What we want are clean and wholesome bathing ponds, well ventilated and quite up to date in everything that relates to hygiene and sanitation. That should be the aim of the public bodies, for the sole idea of the bath house is the health and well being of the people. Why, therefore, provide them with bathing accommodation under unhealthy conditions?

CURACHO

(WATERS' OILLESS EMBROCATION)

Used by Prominent Swimmers. Prevents Chill and Cramp and refreshes Tired Muscles.

From **BOOTS LTD.**, 555 Branches, and leading Chemists, or the Manufacturer, C. Findon Waters, Curacho Works, Surbiton.

— Price 1/1½ per bottle. —

Swimmers' and Divers' EAR PLUGS.

READILY ADJUSTABLE
TO ALL EARS.

6½d. per Box.

To be obtained from the Offices of "The Swimming Magazine."

WATER POLO MEDALS.



The above design, which represents a full-size medal, has been specially prepared for Water Polo Players; it can be reproduced in silver or any other metal.

Seven medallions in silver cost £1 5s. 6d., or in metal with gilt centre, twelve shillings.

As badges they are issued at one shilling and sixpence each.

To be obtained from the offices of the "Swimming Magazine," cash with order.

J. DAFFERN & CO.
23, Hatton Garden,
London, E.C.

MEDALLISTS TO
THE ROYAL
LIFE SAVING SOCIETY.

SPECIALITY—

Silver Cups, Challenge Shields,
Club Badges, Medals, Silk Embroidered Badges, and General Athletic Prizes.

Phone—Holborn 5282



THE SWIMMING MAGAZINE.

Issued Monthly.

Offices: 8, Bayley Street, Bedford Square,
London, W.C. Telephone No.: Museum
1432. Telegrams: Natatorium, London.

NOTICES.

AUTHORS and ARTISTS submitting MSS. and Photographs or Drawings for consideration must write name and address upon the back of their work. The Editor cannot accept any responsibility for the safe custody of MSS., etc., so forwarded, but will endeavour to return unaccepted work WHEN STAMPED ADDRESSED ENVELOPE IS ATTACHED TO THE MANUSCRIPT.

All communications should be addressed to the Editor, 8, Bayley Street, Bedford Square, W.C.

SUBSCRIPTION RATE.

Five Shillings per Annum.

The Magazine is sent post free to all subscribers on the first of each month.

ADVERTISEMENT RATES.

For Advertisements of Club Galas, etc., prices will be quoted on receipt of copy and statement of space required.

All Cheques and Postal Orders should be made payable to Mr. William Henry and crossed a/c SWIMMING MAGAZINE.

THE
DUTY
of a
SWIMMER
is to be
READY
and
CAPABLE
to
RENDER
AID
in cases
of
DROWNING.

Offices :

8, BAYLEY ST.,
LONDON, W.C.

THE
Handbook of Instructions

For the Rescue of the Drowning, with Illustrations, issued by
THE ROYAL LIFE SAVING SOCIETY,
Contains a clear and easily understood METHOD OF
INSTRUCTION IN SAVING LIFE FROM DROWNING.



How to get a Struggling Man
out of the Water.



How NOT to get Drowned in
Rescuing Others.



How to release from the Clutch
of the Drowning.



How to Revive the Apparently Dead.

Especially prepared for the use of

SCHOOLS, GYMNASIA, INSTITUTES, SWIMMING AND ROWING CLUBS,
THE NAVY, ARMY, TERRITORIAL AND POLICE FORCES.

PRICE: Single Copy, post free, 1/1. Forwarded on Receipt of P.O.
Affiliated Clubs, Schools and Classes, One Dozer or more, 6/- per doz.

Only to be obtained from

THE ROYAL LIFE SAVING SOCIETY,
8, Bayley Street, LONDON, W.C.