

# THE SWIMMING MAGAZINE.



SEPTEMBER, 1915.



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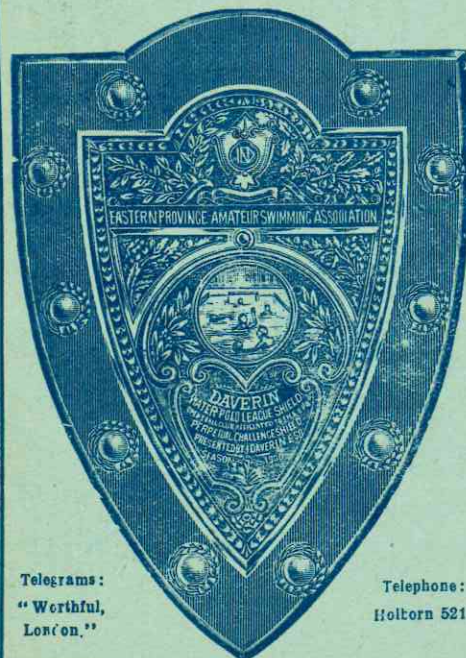
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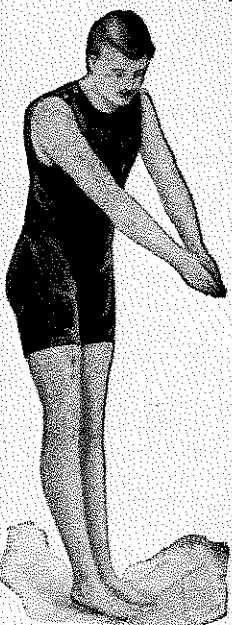
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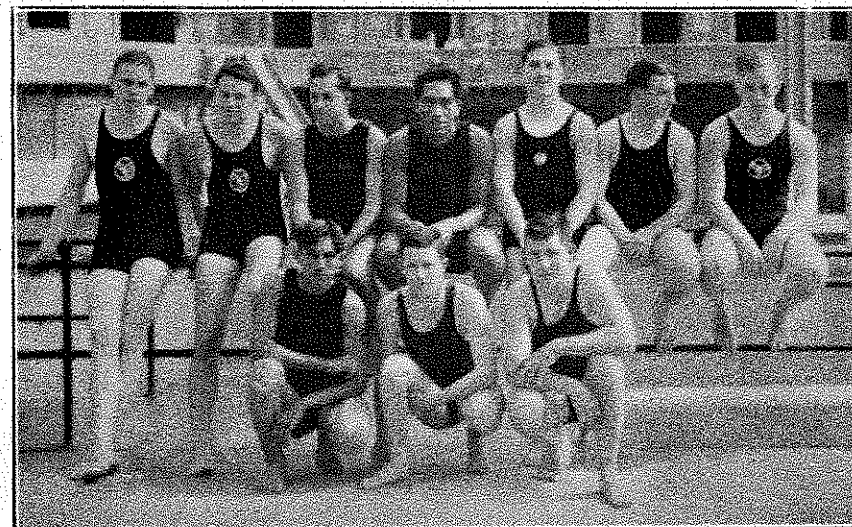
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SEPTEMBER, 1915.

**WORLD'S RECORDS SHATTERED.****KAHANAMOKU AND RAITHEL.****EXCITING DEAD HEATS AT SAN FRANCISCO.****T**HE finest swimmers in the world  
competed in the Panama-Pacific  
Exposition championship races held  
in San Francisco in July last, when several  
world's and American records were broken.  
The games commenced in the Sutro Baths  
on Friday, July 16, and were continued incords were lowered. In the 100 yards race  
Duke Kahanamoku and Arthur Raithel, of  
the Illinois Athletic Club, dead heated in  
0.55.2, but in the swim off Kahanamoku won  
by three yards in 0.53.1, a world's record.Raithel is the greatest short distance  
swimmer the United States has yet developed,**American Champion Swimmers.**Left to Right. First Row—ARTHUR RAITHEL, Chicago; HARRY HEBNER, Chicago;  
GEORGE CUNHA, Hawaii; DUKE KAHANAMOKU, Hawaii; W. P. HEYN, Chicago;  
ARTHUR MCALLENAN, New York; PERCY MCGILLIVRAY, Chicago.  
Bottom Row—CHARLES FEREDAY, New Orleans; G. HERATY, Reading, Penn.;  
MICHAEL McDERMOTT, Chicago.the open throughout the following week.  
It was the greatest aggregation of swimmers  
ever brought together in the United States,  
the only prominent man absent being G. R.  
Hodgson, of Canada, the Olympic champion.During the two days' swimming in the  
baths four world's and two American re-and it was he who beat Kahanamoku at  
San Francisco a year ago in a fifty yards  
race.Michael McDermott, of Chicago, the  
national breast stroke champion, won the  
200 yards breast stroke championship by  
ten yards from E. J. Heraty, Reading (Pa.)

Athletic Club, and formerly of Pennsylvania University, in 2.49.2, which lowered his former record by two-fifths of a second.

In the relay race there was another dead heat, this between the Hawaiians and the Illinois Athletic Club, the latter composed of Percy McGillivray, well known this side of the Atlantic, Harry Hebner, a great back stroke swimmer and holder of several American records in the free style, W. R. Vosburgh, the inter-collegiate champion of the West in 1911, 1912 and 1913, and Arthur Raithel. After the swimmers had been practically level to the last lap Kahanamoku and McGillivray were left to sprint home, and they dead heated in 2.43.1, record time, the previous best having been 2.44.3, made by Illinois. In the swim off the Illinois team won in 2.42.2, thus again lowering record, Kahanamoku being unable to overcome the lead given to Raithel.

McGillivray suffered defeat by Ludy Langer, of the Los Angeles Athletic Club, in the 500 yards race in 6.13.4, the winner thus easily lowering McGillivray's American record of 6.20.3. The world's record for 500 yards is 6.2.4 by J. G. Hatfield, of Middlesbrough. Ludy Langer is the holder of the American quarter and half mile records.

Miss Fanny Durack, of Australia, who it was announced would go to San Francisco to compete, apparently did not, and Miss Frances Cowells, the San Francisco swimmer, won every ladies' event and broke the American ladies' record for 220 yards, her time being 3.20, the previous record being 3.25.2 by Marguerite Brack, also of San Francisco.

In the fifty yards dash Miss Cowell won easily in 0.53.2, this being only two-fifths of a second behind her own Pacific Coast record.

In the hundred yards race Miss Cowells swam the distance in 1.16.4, only four-fifths of a second outside the American girls' record held by Olga Dorfner, of Philadelphia. Miss Cowells also won the fifty yards back stroke, her time for this being 46 secs.

Louis Balbach, a diminutive diver from the Multomah Club, Portland, surprised everybody by outclassing Cliff Bowes, the coast champion from Redondo Beach, and W. Williams, the Olympic Club champion. His dives from the 16 foot platform are said to have been perfect.

The 220 yards Exposition championship was won by Kahanamoku, who beat McGillivray in the last few yards in 2.26.2, G. Cunha, also of Hawaii, being third. The

Duke also won the 50 yards race easily in 0.24.1 from C. Lane, also of Honolulu, Cunha again being third.

In the 150 yards back stroke event H. J. Hebner, of Chicago, the 100 metres Olympic champion, won easily in 1.53.3, which is a fifth of a second better than the world's record made by M. Weckesser, at Schaerbeck, on November 28, 1910. Weckesser is always credited in the record books as being of Belgium, but, as we have previously pointed out, he hailed from Magdeburg. Hebner holds a record of 1.49.3 for this distance, but as it was made in a bath of less than 25 yards in length it has not been passed as an international record. The English record is 1.54.3 by G. H. Webster on August 18, 1914.

In the outdoor swimming Ludy Langer, of Los Angeles, won the 440 yards in 5.32.1, and the 880 yards in 12.8.3. The races were swum over a 110 yards course.

We have the advantage of the use of several American exchanges, but times and statements as to records differ very considerably. According to one exchange Miss Cowells swam 100 yards in 33.4. We therefore await particulars of the times as passed by the governing body of the Panama Games, as it is obvious that while so much discrepancy is extant no reliance can be placed on the newspaper reports. Perhaps Mr. Coffman, of the General Athletic Committee of the Panama Pacific Exposition, will be good enough to furnish us with a copy of the official report so that we can make this Magazine a reference for permanent record of the greatest games held since those at Stockholm three years ago.

Latest mail advices are to the effect that the ambiguity of the rules of the Amateur Athletic Union of America has caused much discussion about the records. It would appear that one rule indicates that time should be taken when the competitors' heads pass the finishing line and not when the hands do so. It has always been the custom in this country to time when the hands pass under the finishing rope or touch the end of the bath. The American Union seems to have based its rule in forgetfulness of the fact that a swimmer is lying prone and not in the position of the athlete, who instead of breasting the tape tries to break it with his hands outstretched. So far as we can glean the contention is that if a race finishes under a rope the head has to pass under it before time is taken.

## STAYING UNDER WATER.

### ITS DANGERS AND DIFFICULTIES.

BY WILLIAM HENRY.

ALL the expert swimmers of the world are agreed that under water competitions are undesirable and not conducive to physical well-being. Although I have often judged events which may be classed in that category, I was always against them, through long experience, and repeatedly urged the Amateur Swimming Association to make a pronouncement against them. At length they did so. The International Swimming Federation has also ruled strongly against this class of competition, and has refused to consider any applications for records.

Yet at the same time the question is fraught with interest to all swimmers, and particularly to those who practice life saving with the hope of being able to perform effective rescues in cases of distress. But competitions themselves are dangerous, the competitor who is striving after the impossible often bringing about fatal complications to himself. The great advantage of being able to swim under water is that a swimmer may thereby be enabled to reach the body of a drowning person, or stay long enough to disentangle that body from weeds, but none should go on after the warning pain, which strikes the back of the neck, has become pronounced, for then insensibility soon ensues. The best authenticated performance is a swim of 340ft. by James Finney in 1882, but no time is quoted for this, but we have a record of a boy named Archie McMillan, who in 1890 swam 132ft. under water in 51½ seconds. So far as I have been able to ascertain the limit of endurance for actual swimming under water is about a minute and a half. In going under water the breast stroke is used, the head depressed so that the chin almost touches the breast, and when it is deemed wise to come to the surface again the head is deflected backwards and the body comes up at once.

In 1899 I had opportunities of making a special study of the question of staying under water, and its effects on the human body. At that time a Miss Elise Wallenda was giving exhibitions in a tank at the Alhambra

Music Hall in London, and her feats attracted considerable attention. Some of the performances she accomplished were extraordinary. To her records seemed to be nothing, and she was wonderfully consistent. We had then a ladies' record of 3.18.1 by Miss Annie Johnson at Blackpool in 1889, but in a trial given to Miss Wallenda on December 5, 1899, that young lady remained under water 4.9.3, and on five following days her times were 3.39, 3.45, 3.50, 3.29 and 3.23. Not content with these times Miss Wallenda, on December 14 of the same year, made an attack on the two best credited records, these being 4.29½ by James Finney in London in 1886, and 4.35½ by Beaumont at Melbourne in 1889. Miss Wallenda easily beat these, her time being 4.45.2, an extraordinary performance for so young a girl, but it must be noted that her sister was ordered into the tank to raise her or at least indicate to her that she must come up as the judges were getting anxious. But when she did come up she was all right. What added to the value of the performance, accomplished in water of 80° temperature, was the fact that immediately preceding the attempt Miss Wallenda had illustrated a number of under water feats in rapid succession, she remaining under 50.2; 30; 50.1; 44 and 29.3. These prolonged stays of course only prove that under certain conditions and certain temperatures the resuscitation of persons who have been under water some time is quite possible, and that hope should never be given up. In under water swimming the strain on the respiratory organs is enormous, and when performing these feats great attention has to be paid to the lungs. They are first well cleared and the fresh air is taken down in gulps so as to expand the cavity of the chest. When under water the first sign of distress noticed is a peculiar twitching of the stomach, followed shortly by bubbles of air rising to the surface. In the case of Miss Wallenda's record attempt I saw bubbles rising after the young lady had been down 2.43, and four or five more after she had been down 3.12. When the time



keeper ordered her up a volume of bubbles had just began to rise, this being due to the lungs trying to perform their ordinary functions. The supply of fresh air to the lungs having been stopped, the air in the lungs was gradually becoming too impure to effect an exchange with the blood, and the first thing that happened was an irresistible desire to force the air out of the lungs.

In other cases I have noticed that the swimmer always complains of a dull, sickening pain at the base of the skull, and this soon after produces insensibility unless the would-be record-breaker rises quickly. Too sustained exertion in staying motionless or swimming under water produces the same results upon the system as prolonged violent exercises, during which respiratory distress often occurs, as in the case of athletes, who fall unconscious and have to be restored.

It is worthy of note that Miss Wallenda's chest measurement was only 31in. when fully inflated, and that the cubic capacity of her lungs was only 137 cubic inches. Her height was 4ft. 9ins., and her weight 6st. 7lbs. The lung capacity of her two sisters who were performing with her was 210 and 204 cubic inches respectively, but neither of them could stay under the water anything like the time that Miss Elise could.

A diving competition, open to all youths under sixteen years of age who are members of clubs or schools affiliated to the Midland Counties' A.S.A., is being organised by the A.D.A., who have asked the Derby and District Swimming Association to carry out the competition at Nottingham, Derby and Leicester in rotation, or at such other towns within the district as may hereafter be decided upon. The tests for the competition are: (1) standing dive from side of bath; (2) standing dive about 3 feet; (3) standing dive from about 5 feet; (4) standing dive from about 8 feet.

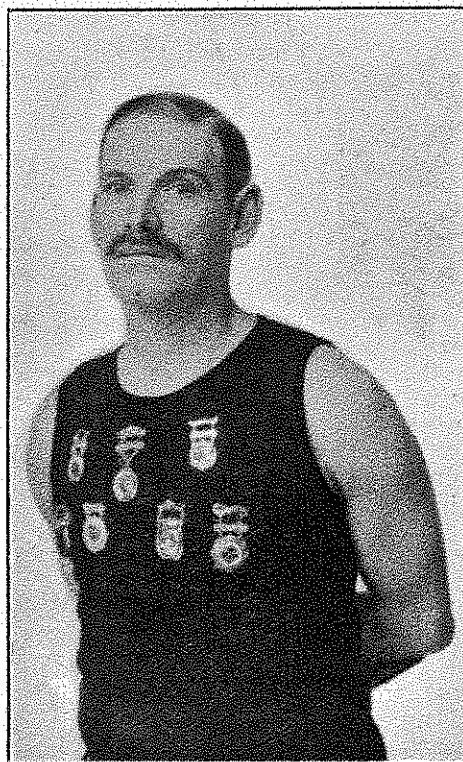
\* \* \* \*

The champion of Harrow School this year is A. B. Philp, who won the Viscount Ebrington Cup for a race over 390 yards, which carries with it a place on the name board. D. Darrock won the Little Ebrington, decided over a distance of 260 yards.

## EXPERT LIFE SAVER.

### Bathers' Life-guard.

One of our most valued correspondents is Professor John A. Jackson, the instructor at the Lurline Baths, San Francisco. He was born in California in 1875, and since he was twenty-three years old has done surf guard duty in his native city, and as we recently pointed out has lately been promoted to the



*Professor John A. Jackson, of San Francisco.*

rank of lieutenant in the United States Life Saving Service. Professor Jackson is a most expert swimmer and a fine water polo player. He is of commanding presence, standing quite six feet and weighing 170 pounds. After graduating as teacher of swimming at Coronado and Long Beach, he went to the Sutro Baths for a couple of years, and then transferred to the Lurline Baths. Professor Jackson is of British extraction, his father hailing from Dumfries, and his mother being born at Sheffield.

## THE LADIES' SECTION.

*By our "Lady Dorothy."*

### LACK OF CONSIDERATION FOR LADIES' CLUBS.

#### The Swanking of So-called Champions.

#### Expenses of Swimming in War-Time.

A NEW bath at Finchley has been opened, and a ladies' swimming club is being formed under the guidance of Miss G. Roberts of the Holloway United Club. The promoter is already handicapped by the fact that the only time the first-class bath is open for ladies is on Wednesdays up till 6 p.m., thus giving no evening when the club may meet. It is an extraordinary thing how rarely one hears of the opening of a bath in which women are to share with men where the women are given reasonable hours in which to swim. It seems to be nearly always a case of fitting them in at a time when the men have no use for the bath. Considering the number of women who avail themselves of whatever facilities are offered at the baths it is hardly fair that they should so often be given much smaller baths with less depth of water and inferior diving boards. Added to this is the complaint one is always hearing of the inconvenient hours allowed them when they have to share with men. It is also ridiculous when building the baths in a district where there are twice the number of women to men to make their bath about half the size of the other, and to charge them the same price for the use of it as the men pay for their larger bath.

Then, again, at the seaside, in any number of places, the women are left to paddle about in the surf with the children, under the care of a crusty old boatman, while the men go off to swim and dive from the pier-head. One of the first places where mixed bathing was permitted in the sea was Langland Bay, S. Wales. There, in the olden days, the men occupied the big bay while the women were allowed the use of the little bay. Now it is all changed, and there is mixed bathing in both. There are big rocks standing up out of the water at high tide, and to these have been affixed ladders, so that bathers may climb up and dive from the natural ledges when there is enough water. At this popular bay the ladies bathe from tents and the

men from the rocks, or one may have one's own private tent on the beach, but further away from the towns every one bathes from the rocks or caves in the cliffs, which seems to have been made to accommodate bathers. There are many holes and recesses where one is absolutely private, and one does not have to submit to the annoyance of other bathers knocking at the door to know how long one will be!

\* \* \* \*

In order to convince the authorities at Plymouth that mixed bathing has its advantages, the Port of Plymouth Swimming Association held a massed mixed swim off Tinside, where over 200 bathers entered the water and gave a display of swimming and diving. The principal objection raised by the Corporation hitherto has been the lack of a suitable situation and of sufficient accommodation, but it is hoped that now that it has been demonstrated that the commodious bathing houses off Tinside are all-sufficient for 200 persons (most, women) that the Corporation will, in the near future, allow Plymouth to be up-to-date and have mixed bathing.

\* \* \* \*

All lady swimmers will, I know, join me in congratulating Miss Irene Steer, the popular Welsh champion, on her marriage to Captain W. Nicholson. Miss Steer set up a record the year she won the English championship, and for seven years she has held the Welsh event. She has an uncommon crawl stroke, with a sharp leg kick, which races her over the surface of the water with very little apparent effort. Though absolutely in the first rank of swimmers Miss Steer is one of the very rare swimmers, who does not swank. It makes one absolutely disgusted to hear so many girls who have far less call to boast relate in glowing terms how they won this, that, or the other local event, or else put up records for undisputed and unrecognised times and distances no one ever attempted. Why do swimmers swank so terribly? As

soon as the merest kids can swim across the bath they begin, and they write elaborate accounts of themselves and their powers, or else they allow newspaper reporters to do it for them, so that they may appear in the press. The whole thing is self-advertisement, which does not stop at such titles as champion something or premier somebody else when the swimmer has no real right to any such title. Winning a school event or a club race is quite sufficient grounds for an unlimited degree of swank. Every one knows that Miss Durack holds the world's records, and unless one is English champion, such as Miss Curwen, or Scotch champion, like Miss Moore, or any other country's representative for recognised distances, what reason is there why one should go around claiming for oneself renown and glory because one happens to have won a district event or a club trophy?

Swimming girls are making themselves notorious by their ridiculous behaviour, which one cannot help noticing whenever one comes in contact with them—more especially at swimming galas. There are some who do not advertise for themselves, but their parents, or trainers, or both, are perfectly ready and capable of blowing their trumpets for them. It is becoming an absolute farce, and the swimmers themselves should put a stop to it now and for always. Nobody wants to hear a lot of talk—let the swimmers do the things and improve on them, and beat some of the existing records recognised by the swimming associations, and even when they have done these things let them practise just a little modesty, and not have their photographs and life's history appear in all the periodicals. The sort of "How to become like me" touch is the silliest kind of advertisement, and that any self-respecting sportswoman can allow such things to be printed in her name is a degradation not only to herself, but to swimming.

With the entry into popularity of the charity gala, exhibition swims and diving displays by ladies are very much in demand. Those invited should bear in mind that their exhibitions are popularising and improving the sport, and they should be careful to select distances or dives at which they excel, so that their strokes and their style and methods will best bear criticism and imitation. It must sometimes be very tiresome for swimmers when they have promised their services, and

they are not keen to advertise themselves, to find they are billed in glowing and extravagant terms to which they do not feel themselves in the least entitled. Some gala promoters are under the impression that posters should be worded in the most elaborate manner which would do credit to a native in a foreign bazaar dilating on his choicest goods. I am sure that the majority of passers-by would be far more likely to go to a gala which was advertised in plain language. The only method for the swimmers to adopt is when accepting the invitation to give a display to quote word for word what they wish to have printed in all advertisements with reference to themselves.

Like everything else, swimming in England is becoming more expensive owing to the war. Rubber caps are becoming rare, as the manufacturers are not making the large numbers they used to turn out, and I know of one or two instances where clubs have tried to order quantities and have come to the conclusion that it is not possible to obtain their special pattern, and have to take what they can get, as most of the retail merchants' stocks are very low. Then, again, it is almost impossible to buy the comfortable worsted regulation bathing costumes one was able to get last year. They are now much coarser and heavier and not so durable, and in some cases the shops have not been able to supply them at all. There are also no railway facilities for swimmers and no cheap tickets, so if the clubs and teams wish to continue to visit one another they must pay the full fares. Entrance fees for competitions at galas are on the increase. So many are in aid of the war funds that the swimmer is called upon to pay bigger fees, and in many cases there are either very small prizes or none at all. Fortunately, the baths have not put up their prices, nor have many closed down as one might have expected, owing to the increased expense of lighting, coals, or the difficulty of obtaining attendants.

I do not believe that lady divers in and around London realise that with very little trouble or expense they could use the Amateur Diving Associations pond at Ken Wood. So few ladies seem to take advantage of it, though it is a beautiful stretch of water in ideal surroundings, only a few minutes from Highgate or Hampstead Heath. It is exclusively used by members of the

A.D.A. and their guests, and there are very high diving stages with plenty of intermediate boards and a great depth of clear, clean water. There are two bungalows, one for men and one for women, the latter having a verandah where after a swim one may have tea. There is a boat on the lake in which one may scull to liven up the circulation, and it is difficult to realise, when one is enjoying oneself at Ken Wood, how near London really is.

There are so many lady divers nowadays who need above all things to get out into the open air and dive from varying heights, to let the wind and sun and big stretch of water give them a chance to strengthen their dives. There are so few who can make a clean, confident, strong take-off the board and follow it with a powerful flight. There are plenty who dive neatly and gracefully from low boards in the swimming baths, but only exceptional divers go up higher. The reason with the majority is lack of confidence and strength and it is out in the open or in the sea that they will learn to use the power which is so necessary for really fine diving.

It is very sad that Miss Knollys, who was a strong swimmer, should have been drowned in Denbighshire, at Chirk Castle. Her friends were quite near her at the time, but she seems to have been seized with cramp and gone down at once. She was a niece of Lord Knollys, private secretary to King Edward, and had temporarily undertaken the work of a check-weighman at a South Wales colliery from which many miners had enlisted. She was doing war work while the mine was shorthanded.

A number of Southsea lady swimmers have formed a voluntary sandbag working party, and after their daily dip they spend the rest of the day in working at sacks to help preventing the enemy getting it all their own way. They are keen sportswomen, for in three weeks they completed two thousand and sent them to the Portsmouth depot. They are now endeavouring to beat all records and to show to others that much good work can be done by those who bathe regularly and work in the open air. Miss Amy Green is the energetic organiser of these Southsea Sandbag Sewing Swimmers.

A remarkable performance was accomplished by Miss Eileen Lee, a Teddington young lady, only nineteen years of age, in the Thames on August 23. She started just below the Tower Bridge, on the flood tide, and swam to Marble Hill Steps, Twickenham, then having to swim about until the ebb tide, on which she returned back as far as Kew, having thus swum about twenty-two miles, and having been in the water 6 hours and 38 minutes. Miss Lee used a very powerful right hand over-arm stroke with strong leg kick, and was never distressed throughout the swim. The only refreshment she took was a little chocolate, some rice pudding and a cup of tea.

Sergt. Reading, of the Army Pay Corps, who was the first to introduce the subject of Life Saving into Malta, is one of the British soldiers to receive French honours.

The president of the Scottish Centre, Sergt. R. F. Fotheringham, H.L.I., and Major Kyle, who gained the diploma with honours, are with their regiment in Wilts; they are now working south after months of hard training in Scotland.

Ernest White, of the Cygnus S.C. and the Executive of the S.C.A.S.A., has taken unto himself a wife. They are both river people and Thames campers. The best of good wishes to both.

The local authorities of our seaside bathing resorts may well copy the methods adopted in Australia, New Zealand and America by appointing life-guards to look after the bathers and supply them with life saving reels.

During the last month we have met with a good many New Zealand swimmers who have been sent home from the Dardanelles for medical attention. Among these is Mr. W. H. Ellis, the Hon. Treasurer of the Wellington Head Centre of the R.L.S.S., who has been invited to be the guest of the Society during his convalescence.

The Serpentine Swimming Club, as well as the Amateur S.C., two of the oldest clubs in London, have been working hard for swimming by conducting a programme which is nearly "as usual," with the idea that the ability to swim is now even more essential than ever before.

## THE ROYAL LIFE SAVING SOCIETY.

### CLASSES AT MANY TRAINING CENTRES.

### NOTABLE WORK IN THREE CONTINENTS.

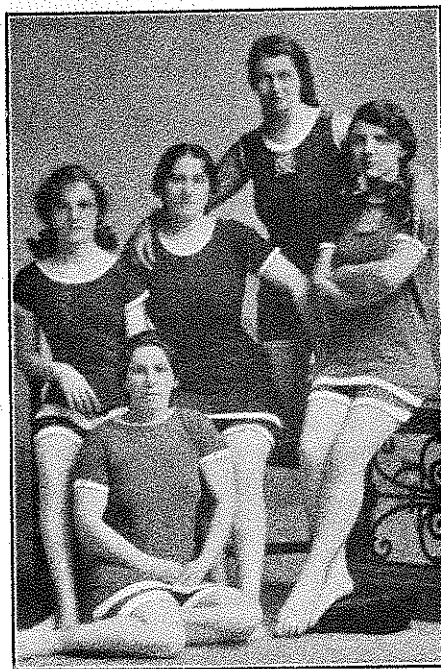
**T**HE past month has proved another very busy one in all departments of the work of the Society. Many new classes have been formed at the Naval and Military Training Centres, where large attendances have been registered; a class has also been held among the men engaged on Coast Guard duty. At Harrogate, Professor F. Boyd has done yeoman service in promoting Life Saving among the members of the Harrogate A.S.C.; Harrogate Ladies' S.C. and the Harrogate Imperial Ladies' S.C. At Dunfermline, Mr. Colin Campbell has had a big class at the Carnegie Baths, with the result that the candidates gained 16 Proficiency Certificates, 16 Bronze Medallions and 6 Awards of Merit. Lancing College, Sussex, is again to the fore, the scholars having gained no less than 50 awards, whilst Ripon Grammar School is a new School to take up the subject with zest.

Our boys of the Royal Naval Brigade interned in Holland have been busily engaged conducting classes and holding examinations which have been conducted by the Society's Examiner, Mr. W. J. Bull, who is with them, the result being most satisfactory, as already 24 Proficiency Certificates and 10 Bronze Medallions have been awarded, and it is expected that shortly many of these will try for the Award of Merit; thus everywhere the work is making most excellent progress.

With regard to actual cases of rescue, we are pleased to note that F. N. Punchard, of Exeter, who has the Proficiency Certificate, Bronze Medallion, and passed for his Award of Merit in 1909, has saved several lives in the Dardanelles. We also learn that Lieut. Leonard Dodson's son had an opportunity of displaying his ability in the River Ouse. It appears that with other men of his regiment they were swimming horses, and one man was carried away by the fast current. He quickly went to his assistance and successfully brought him out. He has been recommended by the officers to the R.H.S. for recognition. Lieutenant Dodson, until the War, was Hon. Representative of the Society at Swindon, where he conducted all

the Life Saving work, he also is a member of the Royal Life Saving Lodge of Freemasons, and is now stationed at Winchester.

The deep sympathy which all swimmers extend to Lord and Lady Desborough in their sad bereavement is nobly expressed in the message from our New South Wales Head Centre. "We pray that they may be



**Lady Life Savers Team.**

ELSA BIERI, NELLIE GUEST, ANNE TYNAN,  
ZOE WALKER and OLGA BIERI.

Winners of the Senior Life Saving Championship of Victoria for the Treadwell Shield.

granted every grace, strength and courage in this their sad time of sorrow." Captain the Hon. Julian Grenfell, D.S.O., the eldest son, died of wounds received in action, his two cousins, Captain Francis Grenfell, V.C., and Captain "Rivy" Grenfell, having previously given their lives for their country. The Hon. Gerald William Grenfell, Lord Desborough's second son, joined the 8th Rifle

Brigade soon after war broke out, and about the time of his brother's death went to the front. He was killed instantaneously while leading his battalion. The brothers were all in all to each other, and in the obituary notice the words were added, "They were lovely and pleasant in their lives, and in their death they were not divided."

### VICTORIAN HEAD CENTRE.

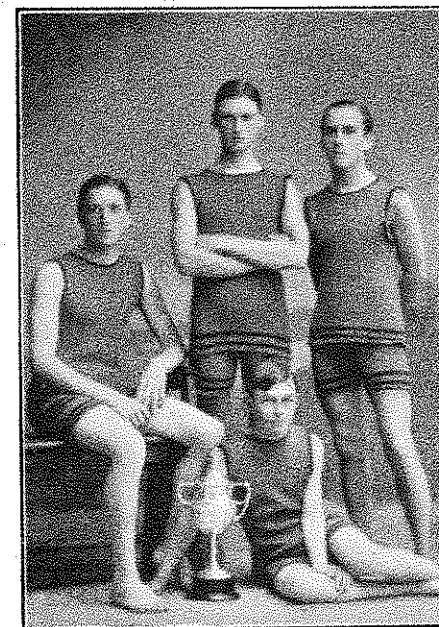
From this go-ahead Centre in Australia, Mr. Harry Witty, as Hon. Secretary, reports considerable progress, notwithstanding that the work of instruction has been much interfered with in consequence of the War. The work has increased to such an extent that the Council is to be asked to consider the advisability of employing a paid Secretary if the work of organisation and instruction is not to have a set back now that the subject has been largely taken in the State schools.

The principal Life Saving events of the year were again brought to a successful conclusion: these are the Treadwell Challenge Cup and the Sweyn H. Lemme Cup; both are team competitions, the former carries with it the Senior, and the latter the Junior Championships of Victoria. For two years previous the Treadwell Shield was won by the Port of Melbourne S.C., and last year Albert Park Club was second, and the Lady Life Savers third, but this year the Lady Life Savers gave such a fine display of ability that they were placed first, and we most heartily congratulate them on their victory. The Junior event was held by the Albert Park State School, but the Wesley College Team did so well that they, too, were successful, and so in each case the Trophy changed ownership for the year. We print a photo of each team with the names beneath, for which we are much indebted to Mr. Harry Witty, and feel sure that the donors of the Trophies are delighted to know that their gifts are so keenly contested for. The ladies also must feel particularly proud of their achievement in beating the leading men's team in their event.

### ONTARIO BRANCH.

The Hon. Secretary of this Branch, Mr. E. A. Chapman, in his dispatch, states that the work is making fine progress, that Life Saving is a big feature among swimmers in Camp at Kagawong on Balsam Lake, where a very large class is to try for the Society's awards shortly. A class has also

been formed at the new swimmers' playground pool at Toronto, whilst in the same City the Central Y.M.C.A. class examination has resulted in 25 Proficiency Certificates, 16 Bronze Medallions and 2 Hon. Instructor's Certificates being passed, and the Broadview Y.M.C.A. class claim 5 Proficiency Certificates and 4 Bronze Medallions. The Life Saving work that is being done at the various Camps in Ontario is a credit to the activities of the Branch.



**Wesley College Team.**

E. D. BARDEN, E. L. TIMSON, C. W. SCOTT  
and R. H. BROWNE.

Winners of the Junior Life Saving Championship of Victoria for the Sweyn H. Lemme Cup.

### SHEFFIELD BRANCH.

The Sheffield Branch has sustained sad loss by the recent death of its chairman, Mr. A. S. Price, who was never weary in well-doing, and was always ready to promote the aims and objects of the Royal Life Saving Society. Mr. Price was connected with the Branch almost from its foundation, was very keen about the subject of life saving being taught in every school, and nothing gave him greater pleasure than to see the records of passes for the Society's awards increase yearly. His presence will be missed by all who have worked so hard and so well for the cause in his district.



## NEW SOUTH WALES.

We are glad to learn from Mr. Geo. H. Williams, the secretary of the New South Wales Head Centre of the Society, that the total number of awards for the season 1914-1915 will be nearly 1,200. The executive of the Society realised that as war was raging it would be difficult to get good results. Yet so energetically did they work, and so constant were the labours of Mr. Williams in giving addresses, exhibitions and displays, that enthusiasm was renewed and a wonderful record achieved. The clubs have been depleted of their members, but are anxious to carry on. As an example of the depletion of membership, Mr. Williams, writing to us under date of July 6, says: "I was down the South Coast at Corrimal a day or two ago, and a small club had thirty-nine of its members at the Dardanelles. We are pleased to know that our boys are putting up a good fight at the Dardanelles, and can depend upon them to do credit to our mother country. Many of them are greatly disappointed at not being able to have a fly at the Germans. They never thought about the Turks."

Lance-Corporal Douglas Archibald Sinclair, of the Australian Expeditionary Force, wounded at the Dardanelles, is the eldest son of our Assistant Editor, Mr. Archibald Sinclair. This soldier, who is only twenty-four years of age, went to Borneo when nineteen to collect orchids for the Hon. N. C. Rothschild and Sir Marcus Samuel, and later visited New Zealand, British Columbia and Australia. In a letter we received from him some time ago he told us how delightful it was to get a swim after trench work, and how greatly the Australian contingent enjoyed it, despite the fact that shrapnel was often bursting over them while in the sea.

All swimmers who know Mr. Clifford Reader, the president of the Cygnus Swimming Club, will regret to learn that he has lost his son, Colin W. Reader, who gave his life for his country in Flanders. He was also a member of the C.S.C., as well as a good swimmer and water polo player. Mr. Reader's second son, Sid, is in the Navy on patrol duty.

## NOTES ON NEWS.

## Items of General Interest.

Private G. H. Kent, of the New Zealand Stationary Hospital, Port Said, who has had much experience in conducting classes under the auspices of the Canterbury Head centre of the Royal Life Saving Society at Christchurch, Sumner and Brighton, New Zealand, has been appointed an instructor of the Society.

Mr. Donald Munro has been doing good work for the Royal Life Saving Society in Bombay, and at the beginning of July spent a week at the Jamalpur Railway Institute, where he informs us that eighteen members, including three ladies, passed the Society's tests.

The Royal Humane Society has awarded its certificate on vellum to Mr. H. Culmer, of the Highgate Life Buoys, who rescued a youth at Southend in July last. This is the fifth certificate now held by members of the club.

The 3rd Battalion of the Bedfordshire Regiment has formed a life saving class. Only four of the men have learnt to drill, but two hold the medallion and certificate, and these will form the nucleus of a class of instructors.

We observe that Mr. Cyril A. Rushworth, hon. secretary of the Southport Swimming Club, has sent his annual letter to the press on the subject of life saving, in which he deals fully with the matter on the basis of the handbook of the Royal Life Saving Society. We hope as an outcome of his persistent effort large classes will be formed. We believe that the Southport Swimming Club is making an effort in that direction, and we trust that not only the members of Mr. Rushworth's club, but all members who have read his letter will take to heart the lesson he has provided them with.

We regret to learn that Leading Signaller Stanley Victor Radcliffe has died of fever in the Gallipoli Peninsula. He was a son of Mr. Arthur Radcliffe, who gave life saving instruction to Petty Officer T. E. Duncan, whose heroic work at the sinking

of the Majestic we referred to last month. The youth, who was barely twenty one years of age, had been recommended for the D.C.M. Our deep sympathy is with Mr. and Mrs. Radcliffe, who have three other sons in the fighting line.

A new bathing pool has been opened at Scarborough, extending along the shore for 350 feet and seawards for about 190 feet. It varies in depth from 2 feet to 7 feet. On the top of a portion of the establishment will be a cafe, with terraces, promenades and seating accommodation for spectators, overlooking the pool. Space for the buildings has been excavated out of the cliff side.

Miss Kirby, holder of the Award of Merit, who is instructress to the Harrogate Ladies Swimming Club, is to be congratulated upon the success of the nineteen pupils she recently presented for examination, for all were passed by Prof. Boyd of Leeds, the examiner appointed by the R.L.S.S. Ten obtained bronze medallions, seven proficiency certificates, and two elementary certificates.

A gallant rescue was effected by Messrs. H. Isherwood, A. Hatley and J. Spink at Whitley Bay, on July 18. Lieut. Salt, North Staffordshire Regiment, had been taken out to sea by heavy rollers. Life buoys and life lines were thrown, but without success. Mr. Isherwood, who holds the proficiency certificate and medallion, tried to get out but without success, being repeatedly driven back. Fortunately Lieut. Salt kept his presence of mind, though buffeted about in the heavy seas, and at last it was decided to try and launch a small life boat, and by the aid of swimmers on the beach this was successfully accomplished, Mr. Isherwood and the other two rescuers named going out in her. After getting through the surface breakers, which was difficult, they had to keep her nose continually to sea and when they got among the high rollers they could not see Lieut. Salt. Flag signals were made for the shore and at last they saw the officer on top of a large wave and managed to get hold of him. Much difficulty was experienced in getting the boat ashore for it was nearly swamped. Lieut. Salt, who had made a gallant struggle, collapsed upon being brought to shore.

The military Forces stationed at Wallsend-on-Tyne, to show their appreciation of the services rendered to them by Mr. H. R. Jones, the Hon. Representative of the R.L.S.S. at Wallsend, for the instruction he provided and the excellent arrangements made by him for their comfort, have presented him with a set of Regimental jewels, which were publicly handed to Mr. Jones by the Mayor on behalf of the donors, on the invitation of the Royal Life Saving Society. We most heartily congratulate Mr. Jones on the honour conferred, which was quite unexpected, for what he did was purely for the love of the cause which has for its aim the prevention of the loss of valuable lives to the country.

There are so many of the old members of the Serpentine Swimming Club in all parts of the world that they will be glad to hear that the old club was able to decide its annual 1000 yards Bridge to Bridge handicap towards the end of July. Fourteen took part in it, victory going to C. P. Bryant, who had 300 secs. start, D. N. L. Gollin, 350 secs. start, being second and W. H. Melhuish, scratch, third. The club, of which Mr. Alfred Rowley is the energetic honorary secretary and wonderful organiser, is having a most successful season.

The late Second-Lieut. Reginald P. Stoneham, Sherwood Foresters, who was killed at Hill 60, was a member of the St. Matthew's (Croydon) Swimming Club and 200 yards champion of the South London Swimming Club in 1912-1913. In November, 1913, Stoneham went to India and there joined the Bombay Volunteer Rifles. When war opened he volunteered for the Indian Expeditionary Force, and was awarded the D.C.M. in January, and later was given a second lieutenancy in the Sherwood Foresters.

Subscribers to the *Swimming Magazine* may now obtain cloth binding cases for the first volumes, lettered in gold at back and on side, ready for binding, by post at an inclusive charge of 1s. 2d., or they may forward their first twelve numbers and have them bound in the above cases for a total charge of 2s. 3d. All communications regarding cases and binding must be addressed to Messrs. Terry, Herbert & Co., Ltd., 19, 21, Fore Street Avenue, London, E.C.



According to latest advices George Hodgson, the Olympic champion, was qualifying for the Canadian Flying Corps, of which Frank McGill, another Canadian swimmer, is already a member. Hence Hodgson's non-appearance in the Panama Exposition Swimming Championships.

The usual swimming races at Beccles College were abandoned this year, but the contest for the Mayo Cup was decided, this being won by Hurst, last year's champion of the school, as also the school championship, which was won by Asser. There was not a single failure in the Royal Life Saving Society's examination, six passing for the Bronze medallion, 15 for proficiency certificates and three for the elementary certificate. This reflects great credit on Mr. Roderick, the instructor.

Miss Blanchard, the well known swimming and diving and life saving instructress at the Plumstead Baths, has recently been giving exhibitions of swimming and diving with a troupe of swimmers known as "The Diving Belles." Miss Blanchard holds the hon. instructor's certificate and diploma of the Royal Life Saving Society.

The Grimsby Dolphin Club is doing everything it possibly can to encourage swimming in the army, and to that end is organising galas for members of the South Humber Defences and other military units as well as inter-regimental and navy and army water polo matches.

It is reported that there were no fewer than 20,600 attendances by school children at South Shields Baths last year for swimming lessons. In a town where many boys adopt seafaring as their career such instruction must be of great value, especially as it is accompanied by lessons in life saving methods.

C. J. White, of the Chelsea Swimming Club and Middlesex County Water Polo Association, champion of Chelsea 1912-13-14, Marylebone 1912 and West End A.S.A. 1912-13-14, is serving as Lance-Corporal with the 25th London Cyclists Corps.

Second Lieut. G. F. Pragnell, promoted Lieut. Queen's Own Royal West Kent Regt., is the son of Sir George Pragnell, who was for many years hon. secy. of the Amateur Swimming Association, and its president in 1903.

Lieut. J. E. Brewin, Royal Naval Flying Corps, who has been wounded at the Dardanelles, was for many years hon. secretary of the Birmingham and District Swimming Association and Water Polo League, and two years ago became its president.

The 100 yards junior and 100 yards junior ladies' championship of the Southern Counties of England District will be decided at a gala to be given as a benefit to Prof. W. Brickett at the Prince of Wales' Baths, Kentish Town, N.W., on September 27. The Holloway United Swimming Club has charge of the arrangements.

The Amateur Swimming Association is to be asked to circularise the principals of all the training colleges in this country for elementary and secondary school teachers, with a view to ascertaining what is being done in the direction of teaching the pupils how to give instruction in swimming.

The Phoenix Film Company has given two challenge cups for handicap competitions for boys and girls to be decided at a regatta to be held off the Embankment, Twickenham, on September 1. Our Assistant Editor will act as handicapper and starter. On the same day Miss Eileen Lee, the nineteen year old daughter of the Teddington lock keeper, who has surpassed all other feats of lady swimmers in the Thames, will give an exhibition. The regatta will be in aid of local hospitals.

In reply to a letter we have received from Mr. A. Clennett, of West Hartlepool, the stroke which Mr. Crawshaw was swimming was the breast, which, if properly executed, imparts the glide referred to. There appears in this number a separate article on the crawl stroke by Mr. T. W. Sheffield, in which Mr. Clennett will observe that another view is set forth, thus bearing out our remarks at the foot of the article on page 60 of the August number.

Sergt. F. N. Punchard, 1/10th Middlesex Regiment, who recently rescued a drowning soldier in the Persian Gulf, is the holder of the Award of Merit of the Royal Life Saving Society. He is the eldest son of Mr. Tom Punchard, a well known Exeter swimmer, and has himself an exceptionally fine Devonian record.

We regret to learn that Lance-Corporal Thomas W. Wainwright, 2nd Battn. Northamptonshire Regt., who instructed a class of his comrades at Alexandria, Egypt, where the examination took place in August last, has been killed in action, that Pte. James Park, one of those who passed in the examination, has been killed, and Pte. Arthur Anderson, who also passed, has been wounded. The examiner Pte. E. Rowthorn, holder of the award of merit, is also wounded.

At South Shields, Mr. W. Whittaker, the hard working hon. representative of the R.L.S.S., has been keeping the life saving movement well to the front, interesting the local people by personal exhibitions and advice. In addition to classes of instruction a gala was promoted in aid of the local branch of the St. John Ambulance Brigade, and there are several residents who have noted his advice and are training hard in order to pass the test for the award of merit.

Sergt. Frank J. Templeman, 5th Lincolns, killed in action, was associated with swimming in Grimsby for over twenty years, and for six years won the Grimsby half-mile championship, and for years was one of the team representing Grimsby and Cleethorpes A.S.A. and Humane Society in the Midland Counties' Water Polo Championship.

The *Athletic News* has presented the Hyde Seal Club with a replica of the famous Northern Counties' Water Polo Championship trophy. The original trophy was presented in perpetuity for the above championship in 1892, but in recognition of the unparalleled sequence of successes and the remarkable record put up by the Hyde Seal Club in winning the original cup eleven years in succession, and also to commemorate the other achievements of this now world-famous water polo team (chief of which were the winning of the Inter-national Water Polo matches in Paris, 1904-5-6, and the English Water Polo Championship of 1903-4-5-8-11-12-13, and the semi-final in 1914, at which stage it was abandoned). Arrangements have been made for the cup to be kept in the Town Hall to remind further generations what fine swimmers and skilful players Hyde Seal were able to turn out.

Among the Canadian forces are Pte. George Crockett, Sergt. N. Arnold, Ptes. E. Arnold, H. Arnold and C. Heathcock, all old Stourbridge swimmers. They put up some good swimming performances out West prior to the war.

Mr. S. T. Dadd, the well-known artist, who among other well-known work illustrated the Badminton volume on "Swim-mind," designed the certificates of the Royal Life Saving Society, the "Swimmers' Roll of Honour," etc., has three sons in the fighting line. In 1893 Mr. Dadd won the amateur plunging championship, and more recently one of his sons created a world's



*The late Leading Seaman S. G. Dadd,  
Anson Battn. R.N.D.*

record for one of his age by plunging over 70 feet before he was 15 years old. This son, Edmund, has, with his older brother Julian, been at the front in France or Belgium, and in some of the heaviest fighting since last November. The third son, Gabriel, who inherits his father's artistic instincts, and has a fine bust in this year's Royal Academy, is now in the trenches at Gallipoli. Father and sons are all members of the Lewisham Swimming Club. Since writing the above we have received, with great regret, the news that Leading Seaman S. G. Dadd, Anson Batt. R.N.D., has been killed in action at the Dardanelles.

The practice of throwing bottles and empty tins into rivers and lakes is to be greatly deprecated. The action itself is criminal, and deserves hot punishment. In the Wanstead Park Lake, near London, there has been great complaint by swimmers of broken bottles and tins being trod upon and feet thereby badly lacerated. Quite recently a full sized dust bin was fished up. Whoever threw this in deserved a public thrashing. When will people learn common sense?

\* \* \* \*

Sergt. W. J. L. Milne, 4th Batt. York and Lancaster Regiment, wounded, has been a very enthusiastic worker on behalf of the Royal Life Saving Society, and has done splendid work for the movement in Sheffield. He is an excellent water polo player, and when down south, represented Kent in the late 'nineties, and was selected as reserve for England against Wales. In 1912 he was captain of the Sheffield Otters, of which club he has been a member several years. Apart from swimming ability, Serg. Milne is a splendid marksman and good skater.

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The 100 yards ladies' and 100 yards junior championships of the Midland Counties of England District will be decided on Thursday, September 2, at a gala at Wolverhampton, and the 220 yards ladies' championship at Luton on Monday, September 13.

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Corporal Syd. Smith, King's Liverpool Scottish, who has been awarded the D.C.M., was the professional swimmer and high diver at Southport Pier. When war broke out he was in negotiation for matches with Billington.

\* \* \* \*

The Belfast Victoria Amateur Life Saving team, holders of the Workman Challenge Shield, and winners of the Irish Life Saving Challenge Cup on five different occasions, has been giving excellent displays in the North of Ireland. Their instructor, Mr. Morris, was awarded the bronze medal of the Royal Humane Society for saving two lives at the launch of the battleship Albion in 1907.

\* \* \* \*

Lieut. George S. Dockrell, 9th Rifle Brigade, who has been seriously wounded by shrapnel, is the well-known Middlesex County and Polytechnic water polo player, and also an old Irish international.

Arthur Kidger, of the Leicester S.C., who joined the army in the early months of the war, has been invalided home.

\* \* \* \*

At the annual examination of scholars at Framlingham College, conducted by Messrs. C. R. Oury and G. Wilson, of the Norwich Swimming Club, twelve passed for the Royal Life Saving Society's award of merit, twenty-nine gained bronze medallions, thirty-two proficiency certificates, one the elementary certificate and one the teacher's certificate, a worthy tribute to the hon. instructor, Mr. S. Featherston. The total awards the college has gained up to date is 1,428.

\* \* \* \*

The annual examination of the Rutlish School boys was conducted by Mr. Hjalmar Johansson, winner of the King's Cup and holder of the Society's diploma. W. G. Creasy passed for the hon. instructor's certificate and E. J. T. Jones for the teacher's certificate. Five boys gained the bronze medallion, fourteen the proficiency certificate and thirteen the elementary certificate. Mr. Johansson has special praise for the work of E. T. Jones.

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The annual long distance swim held in the River Ribble by the Preston Life Saving Class was decided at the end of July, this being the tenth year of the swim and the first in which ladies competed, no fewer than nine of the fair sex being among the seventeen starters. No limit is fixed for the distances attempted, but only two of the ladies failed to complete the distances for which they had entered, whilst only three of the males completed their distances. The best performance of the day was by Miss Lucy Morton, a seventeen years old Blackpool swimmer, who covered six miles. This young lady was the Northern Counties' lady breast stroke champion. She has also won the ladies' mile championship of the Mersey, and was second to Miss Vera Neave in the two miles championship at Hoylake. P.-C. Charles Wright, the only entrant for the swim from Preston to Lytham, a distance of about five miles, completed the distance. Another good performance was that of Miss Maggie Hodson, ex-lady champion of Preston, who entered to swim three miles, but covered five. Many young swimmers competed, and all accomplished creditable performances.

## Valuable Advice to Our Soldier Swimmers.

### How to Overcome Electric Shocks.

#### The Remedy for Poisonous Gases.

**W**E learn that in many parts of the war area the barbed wire entanglements in front of trenches, etc., are charged with electric current, in many instances powerful enough to disable

may have full information. The points to be observed are as follows:

#### IN CASE OF ELECTRIC SHOCK.

First secure release from contact, and to free from contact note carefully and quickly the surroundings; then avoiding contact with any live conductors, and using great caution if high pressures are involved, pull the patient away, if practicable; if not, break the circuit. To pull the patient away avoid actual contact with the skin; use rubber gloves if at hand, or pull by a loose part of the coat (even this may be

#### THE SCHÄFER METHOD OF RESUSCITATION.

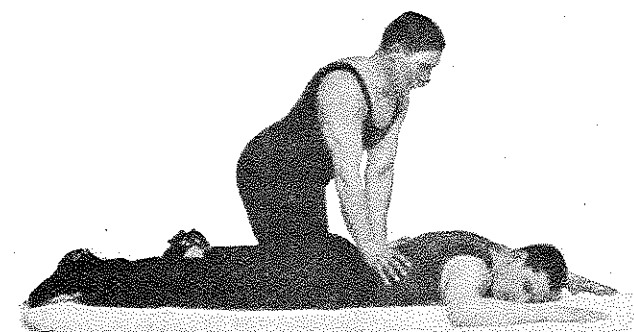


Diagram of Expiration.

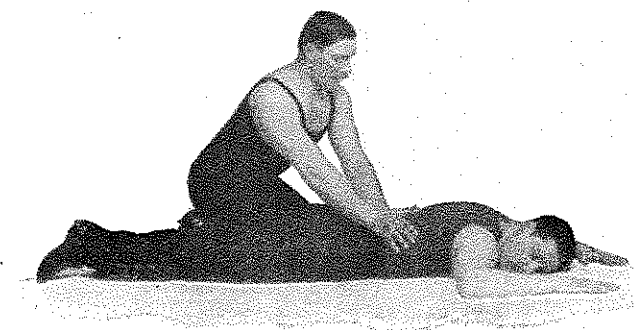


Diagram of Inspiration.

those who come in contact with it, or render them insensible. We know also that the gases that have been used have had a similar result. In both cases the effect on the individual is precisely the same as in the case of drowning, and unless prompt relief is applied, he is asphyxiated. We therefore draw special attention to this matter in the hope that the men who are sent to the front

dangerous in case of high or extra high pressure) or by any non-conducting dry material available, such as a loop of rope, a coat, broom-handle, or crooked stick. If the patient is holding any portable electrical apparatus pull out the plug of the connector.

After release from contact, place the body on a dry place, and, if no sign of breathing can be observed, immediately proceed



to promote artificial breathing as for suffocating gas cases.

Any burns should be treated with an oil dressing, and covered from the air.

Stimulants should not be administered unless recommended by a medical man.

#### IN CASE OF SUFFOCATING GAS.

If breathing appears to be obstructed or there are other signs of suffocation, place the patient face downwards, and immediately proceed to promote artificial breathing as follows:

1. Kneel at the side of the patient (*see diagram*) and place your hands flat in the small of his back with thumbs nearly touching, and the fingers spread out on each side of the body over the lowest ribs.

2. Then promote artificial breathing by leaning forward over the patient and without violence, produce a firm, steady, downward pressure. (*See diagram marked "Expiration."*) Next release all pressure by swinging your body backwards without lifting your hands from the patient. (*See diagram marked "Inspiration."*)

3. Repeat this pressure and relaxation of pressure as directed in Clause 2, without any marked pause between the movements, at the rate of about fifteen times a minute, until natural breathing is established.

The efforts to restore breathing must be carried out with perseverance, as life has been restored after a long period.

In order that the instructions in Clauses 1, 2 and 3 may be properly understood and carried out, the Handbook of the Royal Life Saving Society (post free 1s.) should be studied, see pages 42 to 62.

### Swedish Championships.

THE months of July and August have as usual been very busy for our Swedish swimming friends. They not only took part in many events in various parts of their country, including the annual championships, but also successfully carried through a tour in Norway. As far as we have been able to gather, the Swedes, Norwegians and the Americans have been the only people who have been able to carry

through their big events undisturbed by the present period of war.

During their tour in Norway our Swedish friends discovered a new speed swimmer in the person of K. Hansen, of Malmö. He is only 15 years of age, and yet in a 100 metres scratch was able to defeat such tried exponents as Robert Andersson, Harold Julin, and C. Andersson in the good time of 1.8. Robert Andersson's time was 1.8.4. and Julin's 1.9. This event took place at Christiania, and has been referred to as an item of much interest in both countries. There was also a 400 metres team race of 8 men per team, which the Swedes won in 4.9.2, the Norwegians' time was 4.59.1. The Swedes also won the Water Polo match by 10 goals to nil.

The Swedish championships were this year conducted at Gothenburg, and created much interest, and the results were as follows:—200 metres was conducted in two heats, and the final was won by Robert Andersson in 2.42.1. Harold Julin was 2nd in 2.45.4, and K. Hansen 3rd in 2.46.2. Ladies 100 metres was also conducted in two heats. The final was won by Emmy Machnow, Ulla Hjarne was 2nd in 1.37.1, and Sonja Jonsson was 3rd in 1.39. The 200 metre Breast swimming for ladies produced a very close race, which resulted in favour of Miss Sonja Jonsson in 3.49.2, Margit Frederiksson was 2nd in 3.50, and Emmy Machnow 3rd in 3.53. The 100 metres Back swimming was won by Harald Julin, in 1.29.3, Cletus Andersson was 2nd in 1.34. The 400 metres Breast swimming was won by Tor Henning in 6.49.4. Cletus Andersson was 2nd in 7.2.2.

There were three events in Diving, in all three of which Eric Adlerz, the well-known Olympic performer, took part. The events were: Spring-board championship, Variety championship and Plain Diving, and to the surprise of every one, he was defeated on points in the Variety Diving by Gustaf Blomgren, in the other two he was placed 1st. Blomgren was 2nd in the Spring-board diving, and John Jonsson 2nd in the Plain Diving. The 1,500 metres free swimming was won by Ville Andersson in 26.39, Ture Pehrson was 2nd in 26.39.2, and the Life-saving Championship was again won by Tor Henning with Frey Schiller 2nd.

This is an event which has received much attention from the Swimmers since the first visit of the representatives of the R.L.S.S. in 1897, when the Swedish Life Saving Society was founded.

## THE CRAWL STROKE.

### EXPLANATION OF ITS FUNDAMENTAL PRINCIPLES.

BY T. W. SHEFFIELD, CALIFORNIA.

THE principle of the "crawl," as in all other forms of propulsion through the water, is to maintain the correct balance of the body for the proper cycle of movements, with a minimum resistance and muscular strain.

It is, undoubtedly, with certain modifications, according to the weight and proportions of the body, the classic stroke of the swimming world, with the advantage that it gives great propelling power and speed without undue physical exertion.

The propulsion of the body through the water in any particular stroke is governed by its weight, displacement and resistance, three factors calling for careful observation when considering the individual peculiarities of the pupil, for this or any other stroke.

The Australian swimmers were the first to demonstrate the speed possibilities of this particular stroke.

Mr. Fullard Leo, the Cavill Bros., and C. Healy, of Australia, are generally admitted as being the early exponents of the stroke. The writer has had many opportunities of observing the wonderful even movements of the former expert, and, not excepting British and American exponents of this particular stroke, has not seen better action or more graceful propulsion of the body's progress through the water than the glide-like action of his stroke. The early record and particularly graceful style of Cecil Healy were quickly followed by C. M. Daniels, of the New York Athletic Club. His wonderful performance of 100 metres in 1908 in 55.2.5 awakened interest in the stroke throughout the States. Following his all too-early retirement from the sport, many of his records have been beaten by Eastern swimmers in Chicago, Boston and other great swimming centres of the States.

The recent performances of Western exponents of the stroke have eclipsed many of the East, and there is no doubt swimmers of the Pacific coast will maintain and even excel these recent wonderful records.

There are several different styles, modifications or improved actions which have been introduced, and, in order to avoid undue elaboration, may be grouped as follows:—

1. Swimmers who breathe regularly on completing the forward movement of the arms.



T. W. Sheffield,  
Swimming Expert and Author.

2. Swimmers who complete three or four strokes before inhaling to replenish their lungs.

3. Swimmers who make a distinct movement of the right arm and left leg alternately or vice versa.

4. Swimmers who have a quick, short alternating leg action irrespective of the particular action of the arms with such movement.

5. Swimmers who have a particular roll of the body from left to right or vice versa following the complete cycle of their stroke.

6. Swimmers who have a neat reciprocating action of the legs without unduly breaking the surface of the water.

7. Swimmers who glide the arms and hands forward just above the surface of the water with a pulling action on the downward sweep.

8. Swimmers who make a perceptible thrust with the arms and hands in the forward movement.

It will be gathered from this that, whilst those coming under the different styles alluded to may swim a fairly representative "crawl," it does not necessarily follow they show what may be considered the best form. That is why followers of the stroke should emulate the style of the leading exponents only, and, if uncertain of their action, place themselves immediately under a qualified instructor, because once a slovenly style, jerky or otherwise distorted action is acquired and allowed to develop, it will be rather difficult to conform to what may be considered correct form. A few lessons with proper regard for the respective actions of the arms and legs conforming to a well defined all round standard will minimise any glaring faults, materially assisting the pupil or swimmer to arrive at a very fair pitch of proficiency, bearing in mind no two persons swim exactly alike, each favouring some little eccentricity of his own. The average all round exponent of the stroke lies quite flat on the surface of the water, the head being brought down to the horizontal plane, being practically under the water, which position relieves the neck of all muscular strain, thus securing the best possible position for great speed or long distances.

#### BREATHING TIME.

For open water races the head should be slightly raised as found most convenient following the completion of every few strokes, in order to allow the swimmer to take his bearings for a straight course. Many races have been lost to exponents neglecting this simple precaution. In tank racing this is not necessary, as broad black lines are generally painted on the bottom, or brass strips run the length of the bath to within

a couple of feet or so of the ends, which wise provision has the advantage of warning swimmers to take the last stroke before making the turn, the correct timing of which materially assists in getting the full advantage of the push-off or turning movement for another lap. In advancing the question of lifting the head to secure the straight course, it brings out one of the most important questions governing the "crawl" stroke, regular or irregular breathing. In tank swimming under the conditions allowed there is a marked tendency for exponents to hold the breath for a full length, replenishing the lungs on taking the turn, which action is continued to the completion of 50 or 100 yards, providing there are four or five turns. In other cases leading exponents have been observed to hold the breath before replenishing the lungs with air. In my observations of Duke Kahanamoku, the famous Hawaiian swimmer, he seemed to be taking a breath at every fourth or fifth stroke, which seems to be the prevailing style of the leading swimmers in the States. The question bristles with many side issues, making it too difficult to settle by any dogmatic conclusion, maintaining it is entirely a matter for the individual swimmer to decide for himself, adopting whichever method he finds most suitable for his particular style or movements through the water. At the same time, I incline to the opinion that for any distance over 100 metres a breath should be taken on the completion of each stroke. Practice enables this to be accomplished without throwing the head back or even breaking the horizontal line of the body. It can be accomplished by turning the face sharply sideways, the mouth barely breaking the water line, just as the arm becomes fully extended for the stroke, in which manner the lungs secure the necessary inflation for bringing into play the maximum power of the stroke at the psychological moment of the downward pull of the arms, a reasonable analogy being that a boxer would not attempt to deliver a knock-out blow until he had secured all the air possible in his lungs, the force of the blow delivered being governed by the correct control of the breath taken. In other words, the weakening of the blow is caused mainly through loss of breath or lung power.

The ideal stroke or form is undoubtedly the one giving maximum speed with a minimum of physical exertion, which is one of the underlying principles. In this con-

nection it is interesting to note Perry McGill-wray, the famous swimmer of Chicago, follows the unbroken thrash. His leg action is very even, the heels just breaking the water, making two strokes to each arm stroke.

#### THE UNBROKEN CRAWL

I have always maintained there are two distinct classes of crawl, and several indifferent forms of the stroke.

The particular form I have alluded to under the former class shows a trailing, unbroken action through the water, the water making a distinct streak, or wake of broken water similar to the wake following a ship, due to the propellers churning up the water.

The advantage of the former is that it causes the least resistance, the swimmer appearing to glide through the water with an unbroken movement, the angle or thrash of instep not breaking the surface of the water, the heel only just showing above the water line, thus minimising any splashing action.

The stroke advanced by the writer calls for a study of the finer points of the modern crawl, preferring swimmers to make a continuous and graceful motion of the arms and legs, which gives an almost perfect action for propelling the body in a graceful glide through the water. There is no doubt the splash crawl, with the instep breaking the surface of the water at each stroke, is more spectacular for races, which is the general style adopted by many leading exponents of the crawl stroke.

#### LEARNING THE STROKE.

In learning the unbroken crawl the swimmer should practice the arm stroke by pushing off from the side of the bath, working the arms alternately, as the body lies flat on the surface of the water, keeping the legs straight, with the knees quite close together without unduly straining.

There will be a tendency for the legs to sink, especially in fresh water, which action can be immediately stopped by slightly inclining the head downwards. The action should be practised repeatedly until the progress of the body from one side of the bath to the other is accomplished fairly quickly with little or no exertion or undue rolling from left to right or vice versa. Following the correct control of the arm action the swimmer should practise the leg movements as follows: Push off with the arms fully extended, or place your hands on a

board or other form of floating support, and, after taking a deep breath without straining, bring the head below the surface of the water between the extended arms, and then kick the feet rapidly up and down without breaking the surface of the water, the legs being kept closely together. Start from the side of the bath, and endeavour to reach the other side without lifting the head, or, if desiring to breathe, flick the head to one side, either right or left as found most convenient, taking a sharp breath immediately the mouth comes above the surface of the water, endeavouring from the outset to do this as quietly as possible, inhaling through the mouth and exhaling through the nose. After a little practice this action of breathing can be easily and quickly done. In learning the leg action, the whole limb from the thigh should be moved, but naturally the lower portion from the knee will move more rapidly.

Following a perfectly free action of the legs the swimmer should practise the arm and leg movements together, the right arm and left leg coming into action alternately, or vice versa. It is quite easy, if desired, to acquire the regular crawl stroke after becoming proficient in the "unbroken crawl," the only difference being that the instep is flicked on the surface of the water. Beyond that I leave the details, such as length of thrash, how far the instep should rise above water level, to the swimmer's inclination, as it is practically impossible to prescribe any fixed distance, unless the leg is lifted too high, which calls for immediate correction, as it is very fatiguing and quickly tires the muscles of the leg, which inclines me to the opinion that a short thrash distributes the strain more evenly over the muscles of the leg. In taking up either stroke it is advisable to have an instructor or one proficient in this particular style in order to get the correct time and action of the stroke.

In advancing the "unbroken crawl" I am not venturing the assertion it is original, but maintain, from results already secured, it carries the following qualifications:—

1. When the cycle of movements governing this particular stroke, which is a modified "crawl stroke," is correctly carried out, it minimises resistance, which is a common fault in other forms of the crawl.

2. It secures a perfect reciprocating leg action.

3. It gives the body a very graceful gliding motion through the water.



4. It confines the stroke to a definite form suitable for the average swimmer, especially ladies.

5. There is practically no splash.

6. It brings into play every muscle of the body without unduly straining at any particular point of the stroke, which brings us to the conclusion that either this or the crawl stroke of present-day exponents will, with certain modifications or improvements introduced from time to time, remain the classic stroke of the swimming world for all time, which statement is verified by the fact that a child, when immersed in the water for the first time, invariably shows a distinct action of the crawl stroke in the dog-like action of the legs and arms, proving beyond criticism the natives of Australia took up this stroke through a principle laid down by nature.

The records established by this stroke place it in a class higher than the ordinary strokes of the old school.

In making this statement I do not wish to convey the impression that a pupil or swimmer should neglect the breast and back stroke. They will always remain two of the best strokes for developing the chest and respiratory organs of swimmers, being at the same time two of the most useful strokes for bringing the art of natation to its highest and most useful service for mankind in that of saving a human life in distress or peril in the waters of the world.

There is a great demand for lectures on the crawl and trudgen strokes, and there have been frequent queries about the proper way to perform them. Made at the various demonstrations given under the Encouragement of Swimming Committee of the A.S.A., Messrs. Crawshaw and Unwin have done good work in their respective styles, but for speed swimming something more is needed, and the Committee will do well to take the matter into serious consideration.

Fred Cavill, a member of the famous Cavill family, has arrived in San Francisco to take over the duties of swimming instructor at the baths in Alameda, of which Mr. Sidney Eve, of Australia, is the manager. His uncle, Sidney Cavill, is the instructor of the Olympic Club.

Thanks to the advocacy of Mr. John Lomax, Hon. Associate of the Royal Life Saving Society, mixed bathing is now permitted in the lake at Taylor Park, St. Helens, Lancashire. Thus the advocates of this form of bathing are still making headway.

Sergeant Charles Cole, 9th Batt. King's Royal Rifles, killed in action, was a well-known Manchester swimmer, and was for years in the employment of Messrs. Hulton, the proprietors of the *Sporting Chronicle*.

Miss Reeves, who is only seventeen years of age, recently swam four miles in Powell's Pool, Sutton Park, in 4 hrs. 2 mins. 45 secs.

The 100 yards Junior back stroke championship of the Northern Counties Amateur Swimming Association was decided at Liverpool on August 18, and was won by A. Jones, Longsight Club, in 1.26. A. Rawlinson, Garston, was second, and Eugene Elliot, Harpurhey, third.

During the twelve months ending August 11 last, no fewer than 63,326 soldiers were admitted to the baths free of charge.

The Swedish Clubs have been conducting a big national water polo tournament, and purely with the idea of finding fresh talent. The final tie was played on August 29. Judging by how the game has been brought to a complete close in this country, the Swedes look like getting a big advantage in the matter of practice when normal times come again and international events are resumed.

The question of the best form of oxygen apparatus for resuscitating the apparently drowned or asphyxiated persons, suffering from electric shock, or collapse during anaesthesia, etc., has been receiving much attention from the leading American physiologists, and a committee, consisting of eminent medical and other scientists, has recently published the result of its deliberations in a pamphlet, a copy of which can be obtained from Messrs. Siebe, Gorman & Co., of 187, Westminster Bridge Road. The committee in the course of its work paid very special attention to and experimented with the various oxygen administering appliances on the market.

# The Swimming Magazine.

(Second Volume commenced 1st June, 1915.)

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The response to the proposal, made early last year, to found this Magazine, was so very enthusiastic and thoroughly representative of the Art throughout the World, that the issue of the only organ in the English language devoted to the interest of Swimming, Diving, and Life Saving was assured. The first number was published on the 1st June, 1914, and has continued each month since with complete success.

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*William Henry*  
Editor.

## SPECIAL NOTICE.

Many important reports received by late mails from the Overseas Dominions, as well as home news, will appear in the October issue of the Magazine.





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