

THE SWIMMING MAGAZINE.



OCTOBER, 1915.

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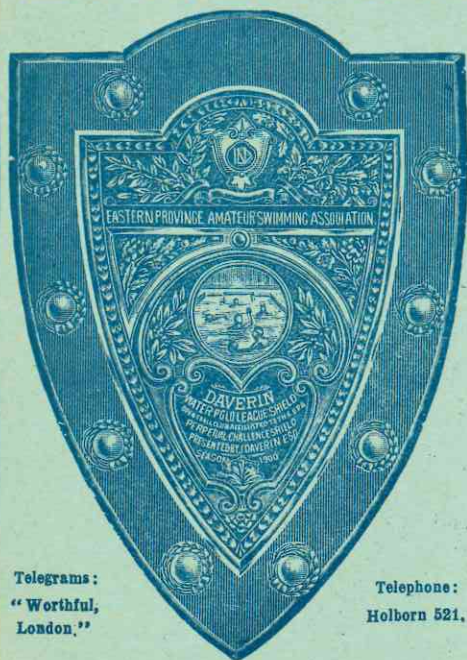
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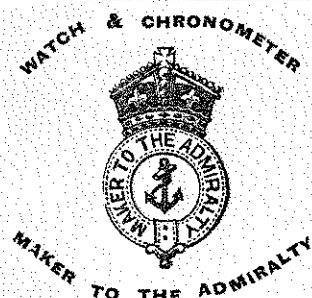
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OCTOBER, 1915.

THE ROYAL LIFE SAVING SOCIETY.

WONDERFUL PROGRESS EVERYWHERE.

Curious Action of New Zealand Swimming Legislators.

THE usual monthly meeting of the Central Executive of the Royal Life Saving Society was held on September 16, when reports were read from many Centres, which gave great gratification. The Awards gained during the month showed that the activities of the Society have not been suspended; over 2,700 awards were granted at this particular meeting, including 1,200 Proficiency Certificates and 760 Bronze Medallions, also 160 Awards of Merit.

A letter was read from Tasmania which showed that everything was going well with the new Branch. With a splendid working Executive and a first-class Secretary, the work was spreading wonderfully, particularly in the schools, and plans are on foot for the erection of a club-house at Longbeach, with the assistance of the City Council. In connection with examinations for the Diploma, the question arose as to the possibility of candidates entering for this Award, and it was resolved that for the present should any candidates present themselves for this high honour the matter of examination should be left in the hands of the Victorian Head Centre, that Centre being the nearest and having the privilege of possessing Diploma holders. As regards other Awards, this was left in the hands of the Branch Executive, with full power to act.

With regard to the Sheffield Branch, it was reported through a letter received from Mr. William Watts, the Hon. Secretary, that the Executive had lost their President, and it was resolved that a Vote of Condolence for the great loss sustained be passed, and the same be conveyed to the Sheffield Executive.

With regard to South African Headquarters a letter was read containing a resolution that the South African Executive should

consist of one Representative from each Centre, to be located for three years in one district, then the Headquarters to be transferred to another Centre, and it was suggested that the first Headquarters should be at Johannesburg, the Transvaal Branch undertaking to make all the necessary arrangements. It was resolved to convey this resolution to the other Branches in South Africa and ask them to communicate with the Transvaal Branch in order if possible to arrive at a mutual understanding.

An entry having been received for the Diploma from Mr. James Carter, of Preston, notifying that the examination was required to take place on September 30, it was resolved to invite Messrs. Broom and Grundy, of the Manchester Branch, to act as Examiners. A letter was read from Mr. Radcliffe, stating that the subject of Life Saving at Southport was receiving much attention, chiefly owing to the efforts of two ladies, Mrs. E. Rimmer and Miss M. France, who had qualified for Instructors' Certificates. Classes are being formed in the Elementary Schools and in the Southport S.C., who have a Membership approaching 400. Mr. Radcliffe suggested that these two ladies should be appointed Examiners, as they are fully capable and most enthusiastic. The suggestion was unanimously adopted.

Mr. William Smith, of Bournville, Birmingham, who has been responsible for the instruction of 83 girls for the Bronze Medallion and 108 for the Proficiency Certificate, also 41 for the Award of Merit, totalling 230 awards, was unanimously elected an Hon. Associate of the Royal Life Saving Society. Mr. H. R. Jones, who has done so much to promote the cause of Life Saving at Wallsend-on-Tyne, was voted the Special Service Certificate. Mr. Jones has had through

his hands, since the outbreak of the war, over 60,000 of the military stationed in the district, and on the departure of several of the regiments they presented him with a splendid token of their appreciation of his labours, which took the form of a case of regimental medals. These were presented to Mr. Jones by the Chairman of the Bath Committee at the last council meeting. The Chief Secretary reported that the instructions for the recovering of those suffering from electric shock or poisoning by suffocating gases were now ready, and were being issued to the military training centres. He also reported that he had visited several of these centres since last meeting for the purpose of conducting classes and holding examinations for the Awards of the Society.

ROYAL LIFE SAVING LODGE.

The regular meeting of this Lodge of Freemasons was held in London on Friday, September 17, when the Worshipful Brother Warren Faraday, P.M., L.R., W.M., was in the chair, among others being present being W. Bro. Francis A. Wynn, I.P.M., W. Bro. H. L. Balfour, P.M., L.R., S.W. Bro. William Henry, J.W., W. Bro. J. W. Stevens, P.M., secretary, W. Bro. H. J. Grimwade, P.M., D.C., Bro. Lieut. D. B. Harrower, I.G., and in the absence of officers on war duty W. Bro. Guy M. Campbell, P.M., vice-president of the R.L.S.S., acted as S.D., and W. Bro. Harry J. Barclay, P.M., Hon. Treasurer of the R.L.S.S., acted as J.D. There were also present Brothers George Pack Grose, W. H. Blair, Col. Harry Dade, J. H. Broadhead, D. W. Allan, member of the Central Executive; Lieut. L. Dodson, Hon. Representative at Swindon; H. Rees, City of London S.A.; Sergt. C. H. Orchard, Southampton; C. P. Mauritz, the famous Swedish diver; also Sergt. R. Fotheringham, president of the Scottish Centre; Sergt. R. A. Nixon, of the Glasgow Centre; Major R. Kyle, H.L.I., who holds the Society's Diploma with honours, all these having enlisted for the war and came specially from their training quarters in order to be present. The interesting features of the meeting were that Lieut. L. Dodson had conferred on him the highest degree, and H. A. F. Campbell, a brother of the vice-president, who had come from America, was initiated a member, which gave much satisfaction, as he passed for his

Bronze Medallion with his brother in 1893 at the Royal Normal College for the Blind at Norwood, of which Mr. Guy M. Campbell is now the principal. After the business meeting the members and their friends dined together, and a very happy evening was spent.

NEW ZEALAND A.S.A. AND LIFE-SAVING.

We learn from a valued correspondent in New Zealand that in all probability the New Zealand A.S.A. will shortly alter the restrictive rules it has on its books against the promotion of life saving work, which work that body has regarded in the light of sport, forgetting that sport, amateur or professional, does not count when a life has to be saved, and to be sure of effecting a rescue ably, with safety to rescuer, practice is a *sine qua non*. This has been recognised in every country in the world except in New Zealand, where many prohibitions exist which are totally opposed to the rules of the International Federation to which the N.Z.A.S.A. is or was affiliated. In England and a great many other countries of the world instructors in connection with this humane work are permitted to be paid without losing their status as amateurs. Amateurs travelling to give exhibitions with the object of providing practical instruction, may receive their out-of-pocket expenses, but in New Zealand these are prohibited. It is in the interest of swimming that sport should be made a secondary consideration, and it is for that reason we hope that the N.Z.A.S.A. will set its book of rules in order and in line with the rest of the world with which at present it is much out of joint and out of touch. In order to be able to judge the views held by the N.Z.A.S.A. Council with regard to life saving work we have only to mention the fact that a rule has recently been passed by that body which prevents any member of a Committee of the R.L.S.S. or of any of its centres having a seat on the Council.

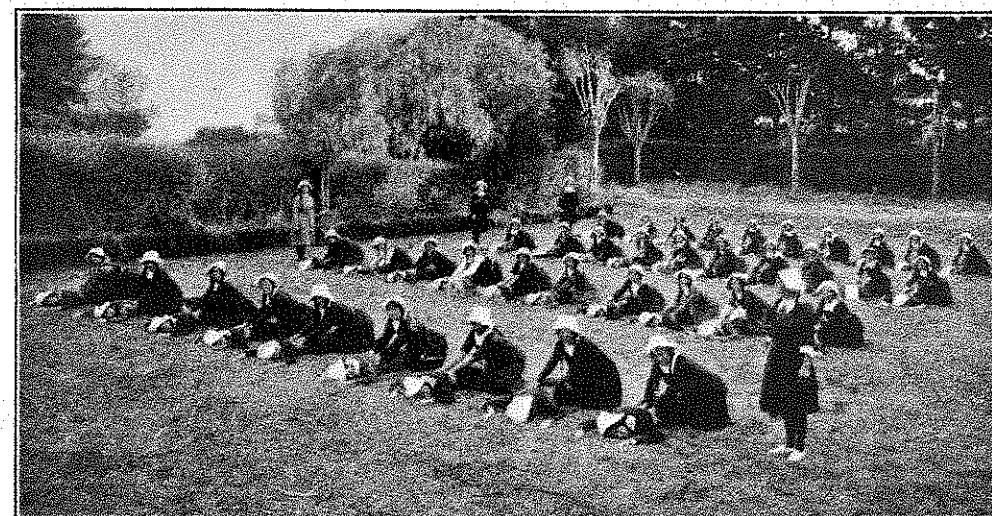
To those interested in swimming, this extraordinary decision will be past understanding. It is evident there is need of reform, not only in the personal and the rules, but also in the methods of this peculiar body. It is clear that more broad-minded principles are necessary in order that those working for the cause of humanity may not be ostracized.

VICTORIA

THE ladies are working energetically in the cause of life saving in Victoria while the men are at the war, and the classes organised by them have been wonderfully successful. Miss May Cox, who is the organiser of swimming and life saving under the Education Department at Melbourne, has been most energetic, and is gradually educating the public to the necessity of teaching the youth of both sexes to learn swimming and acquire a knowledge of life saving. Since Miss Cox pioneered the Society's methods among the schools in the season of

the classes at work at the Geelong Camp at Osborne House, the operators just being ready to imitate breathing by the Schäfer method. They are so pestered by mosquitoes that they have named this particular lawn "Mosquito Flat."

From Mr. Harry Witty, the hard-working Hon. Secretary of this centre, we learn that the work of the members for the past season has resulted in a magnificent record being achieved in the matter of granting Awards. The grand total amounts to no less than 682, as against 377 last year, 178 in 1913, 210 in 1912, and 242 in 1911. This goes to show that considerable effort was put forth in the



Australian Lady Teachers in Training.

Life Saving Class at Geelong Camp, Victoria.

1910-11, over 1,300 teachers have been trained, and these in turn impart the instruction in their various schools throughout the State. During the Christmas vacation Miss Cox held summer schools at the seaside, where teachers from remote parts voluntarily attended classes of instruction lasting about two weeks. These teachers have become the apostles of the future and in many cases have already been responsible for the inauguration of classes and the raising of funds whereby baths or suitable bathing places have been established in their districts.

We reproduce a photograph of one of

interest of the cause, on which all who are associated with the movement in Melbourne and elsewhere are to be heartily congratulated. We feel sure that this splendid result will be received with great gratification by all friends of the Society in every part of the British Empire. We learn also that a very large number of swimmers in Victoria have enrolled for service in the cause of the Empire. Amongst those who have recently joined H.M. Forces are Messrs. S. L. Horton, A. J. May, F. H. Day, and R. Edmonds, all Members of the Executive. Mr. Horton is the Hon. Assistant Secretary.

THE SOCIETY'S AWARDS.

SHORTCOMINGS OF CANDIDATES.

A WHOLE-HEARTED GRUMBLE.

BY A LONG-SUFFERING EXAMINER.

WHILE the examination of some classes for the awards of the Royal Life Saving Society is a real pleasure on account of smart and accurate work combined with intelligent comprehension of resuscitation, in other cases examiners have been much tried by slackness even when the candidates have been fairly strong swimmers.

(1) LAND AND WATER DRILLS.

The R.L.S.S.'s handbook particularly specifies for the proficiency certificate that "smartness and precision of the various drills . . . are absolutely essential." Some folks have been heard to express an opinion that so much stepping back and stepping up was unnecessary. There is however no single movement in the land drill but has it practical value which should be apparent to any intelligent person, and if the candidates once appreciated the fact that stepping up represented swimming towards the drowning person and stepping back was merely preparatory to the act in land drills, they could more readily remember these movements. Such omissions render land drills imperfect, even though they may be minor defects. The correct way of turning the subject is learnt on land in order that it may be done readily in the water, and yet what examiner has not seen a candidate, after a left-handed release, turn the subject in the opposite direction to that learnt on land, thus causing awkwardness and confusion. In the release itself a fairly common fault is that the rescuer pushes the subject a yard or more away, quite out of reach, regardless of the fact that in an actual case of drowning he would, on approaching a second time, be again clutched. The subject should of course be pushed under, and a smart rescuer will often partially turn his subject when effecting the second or third release by pulling him round with the hand which is either in the small of the back or on the shoulder, he will also take care to duck the struggler thoroughly under, and, observing the advice given in the handbook, he will "take advantage of his knowledge of the water and keep uppermost."

(2) SURFACE DIVING.

Many an examiner has been informed that with regard to the object to be used in surface diving that "we usually get it here." *Here* may mean anything between 4 and 5ft. Candidates for Proficiency certificate do not always grasp the fact that they are required to "swim to a depth of *not less* than five feet." If the object be placed deeper by the examiner they are injured mortals. Candidates for the Bronze Medallion, supposed to have "expert knowledge" of surface diving, are sometimes horrified when required to get up the object in 6 or 7ft. of water, forgetting that if the surface dive can be properly performed in 5ft. of water there is no more difficulty in doing it in 6 or 7ft. Those who quibble for a foot or inches are of course only those who feel non-proficient in this part of the examination. How much better to make a rule not to enter for either exam. until the object can be easily got up in the deepest part of the bath where the practice is done.

(3) A COMPLETE KNOWLEDGE OF PART II.

Another weak point is often the deficient knowledge of the small amount of physiology required. Questions as mentioned in the book are asked, but if the question be put in any other form the candidate who has crammed and not digested his facts will be stumped, and rather than blame his own lack of thoroughness may feel inclined to credit the examiner with a desire to bewilder him. A sort of general excuse for this form of slackness is that "anatomical knowledge is unnecessary in saving life from drowning." Even so, intelligent understanding of the resuscitation drill is at least desirable, moreover it is *required* by the R.L.S.S. that their examiners shall be satisfied that the candidates *do* understand respiration, also the circulation and purification of the blood.

(4) AWARD OF MERIT (REGARDING LADIES).

Candidates for the Award of Merit present themselves in clothing of an "ordinary" character. It too often happens in the case of a lady or girl that the skirt is unduly short (practically a drill dress) not properly fastened, the blouse loose from its moorings, and the stockings not anchored. What lady or girl would care to walk in the street under such unhappy conditions? Not only might it be a point of honour to make the dress ordinarily tidy, but a belt and neck

finish would add to the effect and impress the examiner that there was no desire to shirk or get through easily. It gives pleasure neither to the candidate nor the examiner when the former has to be called out of the water after swimming two lengths because the dress has fallen off!! or the stockings are gone, and the distance must be begun all over again.

Those who pride themselves on never wearing corsets do not generally recognize the fact that in this examination they must substitute for the corset a vest which comes off over the head. The "liberty bodice" is not a permitted substitute.

The fancy swimming submitted in this examination is often extremely poor, preventing the success which should crown the long swim, and causing intense disappointment. If some experienced swimmer were consulted as to the accuracy and style of these scientific movements before they are put in for examination, much time would be saved to all concerned. Only by a combined effort of instructor, candidate and examiner can the standard of efficiency which has made the awards of the R.L.S.S. rank high, be maintained.

BRITISH COLUMBIA.

CHAMPIONSHIPS AT VANCOUVER.

BAY pier was thronged on August 7 with spectators attracted by the amateur swimming championships of British Columbia. The motor boats, canoes and other small craft surrounding the course added a real gala touch to the spectacle.

The majority of the entrants were members of the Vancouver Amateur Swimming Club, but they found keen competition from the Victoria Y.M.C.A., the Victoria Amateur Swimming Club, the newly organised police club, the Mermaids' Amateur Swimming Club and the Victoria Ladies' Amateur Swimming Club.

The Victorians covered themselves with glory, taking all the events in which they were entered. Not the least interesting feature of the gala was the exhibition of life-saving, showing the methods of release, rescue and resuscitation of the apparently drowned, given by E. W. Hollingum and C. C. Ferrie, of the Vancouver A.S.C., holders of the Desborough Cup, emblematic of the life-saving championship of B.C. Their exhibition was thoroughly interesting and deserving of the fine applause it won.

The relay race and the water polo match found entrants from only the Vancouver Club, but both were keenly contested, and the work of Stephens, who scored all the goals registered in the water polo match, was a fine exhibition of the sport.

The police force joined in the contests for the first time, and gathered with the local and visiting swimmers at the banquet, which followed, at which the prizes were awarded the successful contestants. The following are the results:

50 yards, senior championship—Won by J. F. Cameron (Victoria); W. Beasley (Vancouver) was second. Time, 0.30.1.

440 yards, ladies championship—Won by Miss M. U. Ransom (Mermaids); Miss D. Moore (Victoria), second; Miss Fenn (Mermaids), third. Time, 8.42.2.

A protest was lodged against the winner, who is an Australian, on the ground that she had not been in the country long enough to qualify to compete, and the result was that Miss Moore was awarded the race.

50 yards, junior championship—Won by A. McKinnon (Victoria); R. G. Gray (Victoria), second; L. Francis (Victoria), third. Time, 0.32.2. 100 yards, senior championship—Won by J. F. Cameron (Victoria); N. G. Stephens (Vancouver), second. Time, 1.9.4. Relay championship of Vancouver confined to members of police forces (teams of 4 men, each man to swim 25 yards)—Won by team composed of H. W. Ricketts, J. Parsons, R. Newington and E. Owen. Time, 1.19.1. Relay championship of B.C. (teams of 4 men, each man to swim 25 yards)—Won by team composed of J. Russell, N. G. Stephens, H. Bealey and A. McKinnon. The water polo championship of B.C., contested by two Vancouver teams, was won by the Reds—E. W. Holling, S. E. Deane, F. D. Pickett, A. McKinnon, H. R. Kenwyn, A. Eadie and N. G. Stephens, the final score being 6.0. The officials were: Referee, E. E. Hand; starter, A. Cotter; judges, E. W. Dean, R. F. Ely and H. E. Arnold.

Recently Mrs. Leo and Mr. Mead, of the Royal Life-saving Society, approached the Municipal School Board of Victoria with a view to getting swimming taught the pupils of the public schools. Their efforts met with so much success that in all probability compulsory training in swimming will be introduced in the schools if terms can be arranged with the Y.M.C.A., which at present owns the only available covered swimming-bath in the city.

The first Outdoor Gala of the Victoria Ladies' A.S.C., British Columbia, was held in park waters at the Gorge on August 21, and proved most successful. This effort of the Victoria ladies towards popularising swimming, particularly among young people, was strongly endorsed by those present.

Crowds early in the afternoon filled the seats, and occupied vantage points commanding the course, while the closely packed water-craft and an unusually large attendance of bathers at the beach gave life and colour to the scene.

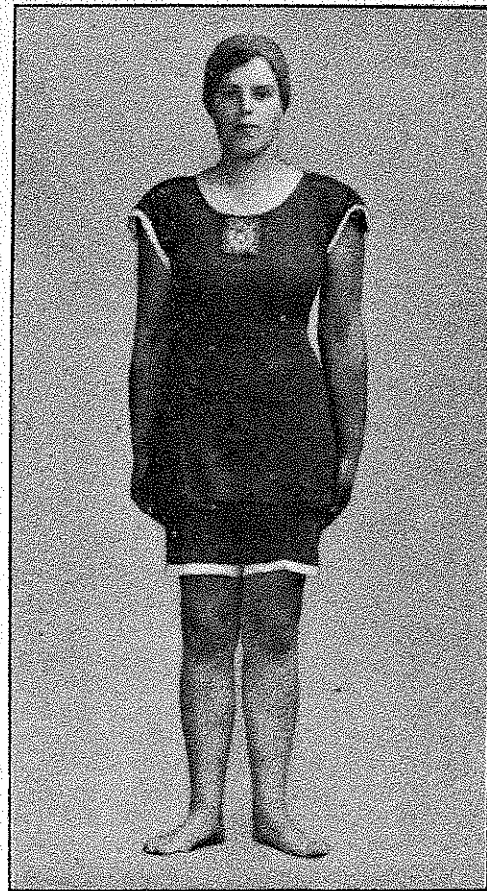
The 50 Yards Ladies' Championship, which was the chief event of the programme, suffered somewhat through the indisposition of Miss Dorothy Moore making it impossible for her to take part, but it brought out a most promising little swimmer in the person of Miss Audrey Griffin, a girl in her teens, whose first swimming experience dates back but two years. She won the event in 0.41. Miss May Armstrong was second, and Mrs. L. Van Donge third. The performance of the winner is remarkable in that she has not had the advantage of tuition. Given careful instruction, particularly suited to her naturally good style, Miss Griffin would undoubtedly develop into an unusual performer. Miss Audrey Griffin is not related to Miss M. M. Griffin, referred to on this page, but is a native of the Prairie Provinces, and first saw the sea when she arrived in Victoria little more than two years ago.

The ladies who planned the programme, which contained twelve events, and worked so earnestly in carrying it out gained the warm praise of the contestants and spectators alike. Particularly do the untiring efforts of Mrs. Fullard-Leo, and Hon. Secretary, Miss C. Gray, call for special mention. They had the major burden of responsibility. It must be admitted that the ladies have now taken the lead in these affairs, so many of the men swimmers being either on active service or in training preparatory for same.

The gala itself was excellently handled by the following officials:—Referee, A. Cotter, C.A.S.A., B.C. Section. Starter, A. J. Dallain, R.L.S.S. Judges, Mrs. Catterall, V.L.S.C.; E. Ive, Y.M.C.A. S.C.; Wm. Mead, Hon. Secretary and Treasurer, R.L.S.S. Timekeepers, W. J. Shortt, L. Fullard-Leo, George Stott, Vic. A.S.C. Clerk of the course, F. Crompton, Vic. A.S.C. Announcer, Robert F. Ely, Pres. Y.M.C.A. S.C.

British Columbia possesses a famous lady swimmer in the person of Miss Margaret

M. Griffin, aged 18, who was born at Victoria. She is what is known as a natural swimmer, she crawls, trudges or uses the over-arm as occasion may require, and has the distinction of being the first swimmer in British Columbia to gain the Diploma of the Royal Life Saving Society. In 1913 she gained the proficiency certificate and bronze medallion, in 1914 the Award of Merit, and this year she took the



Miss Margaret M. Griffin.
Expert Swimmer of Canada.

Diploma. She is good not only at 50 yards but also at all distances up to three miles. She accomplished the latter distance in open water in 1 hour, 19 min. 54 secs., and has won not only local but also the Canadian Ladies' Championship, and we have much pleasure, not only in congratulating her upon her fine ability, but also in welcoming her among the select coterie of diploma holders all over the British Empire and in other countries.

Suggestion for Schools Associations.

New Scheme for Teaching Water Polo.

By William Henry.

THE teaching of swimming, diving, and life saving is now common in our elementary schools, but there is no systematic instruction in water polo. It has occurred to me that this subject could be taken up with great success, and would prove highly beneficial in the training of school teams, as well as aid in teaching the youths discipline, and improving their staying powers and swimming abilities. All children like ball games and take to them with avidity, but the majority of the younger ones could not lift the heavy polo ball of the present day, keep a wide stretch of goal space, or make the clean arm throws so essential to success.

Now my idea is that if the size of the goal posts was altered, the ball reduced in size to say six inches in diameter, and the field of play reduced, we should gradually train up a good set of water-polo players of both sexes, and I say both sexes, because it is evident that the ladies are not going to be kept out of the game much longer, and will soon want a championship of their own. Many ladies' club teams are now assiduously practising the game and they will serve, and most willingly too, as the teachers of the girls of the future.

With regard to the boys it is more and more apparent every day that there will be a great dearth of water-polo players after the war, and that those released from naval or military duties will be out of practice. It is therefore our province, indeed our duty, to encourage the younger players, and in order to do this we must look to the schools first. The existing schools associations have of course been depleted of most of their energetic organisers, but there are many left who, I make no doubt, will take this subject into serious consideration and mayhap evolve a scheme which shall lead to junior school water polo matches and championships. But they must reduce the task set the boys and girls in the same way as they reduce the distance of the swimming and the height of the diving, in the same way as the Royal Life Saving Society introduced elementary certificates for its school tests.

These reductions have led to general improvement all round and a desire to excel, because the scholars are not disheartened when they just fail to get there and try again. Were the harder tasks set, and the majority of them failed, they would probably confine themselves to paddling about, instead of trying to pass because nearly every one in their class had done so. But if the majority of the class failed the *esprit de corps* would have been lost.

It will be the same with this water-polo scheme if carried into effect. The boys, having a comparatively easy task set them, and not a championship task, will improve, and a win or two will give them such heart as to carry on and later join one of the older clubs. As I have before pointed out the self-discipline that is necessary to success in life is admirably taught by engaging in water polo when you are young.

I commend to the teachers the following suggestions:—1. Reduce the distance between the goals to fifteen yards, which can easily be done by the present suspended goals being drawn in with a bit of twine. 2. Reduce the goal area of the present goal posts by half or two-thirds, which can be done by stretching a bit of canvas across. 3. Reduce the time of play by one half, three and a half minutes each way, all in. 4. Retain every other condition and quality of the present rules, particularly with regard to fouls. 5. The ball to be six inches in diameter, or 18 to 20 inches in circumference.

These changes will provide a delightful game for boys and girls, and by inter-school matches with practice in between, a step-ladder to club, district, national and international honours. The Schools Association already cater largely for every kind of swimming, and therefore why not water polo?

Associations proposing to adopt the scheme I have set out, might derive some benefit by some further practical advice in the early stages. For that purpose I would recommend a consultation with experts, such as Messrs. J. Edwardes Stevens and others who have had much experience in connection with English International Water Polo.

THE LADIES' SECTION.

By our "Lady Dorothy."

PHYSIQUE AND SWIMMING.

LADY LONG DISTANCE SWIMMERS—OBSTACLES TO IMPROVEMENT.

The A.S.A. and Sleeves.

A CONTEMPORARY American journal has raised the question as to whether women are better swimmers than men. The writer deals with the art in general in an entirely practical manner, particularly dwelling on long distance swimming and diving. He says that medical authorities assert that women are better fitted by nature than men for prolonged effort and immersion in the water. He bases his theory on the physical superiority of women in this respect on two principal points. Firstly she possesses a greater proportion of subcutaneous fat which checks heat radiation and so prevents the chill of the water from lowering the temperature of her body to such a great extent. As an instance of the verity of this assertion we will take the fact that when women are bathing with men the latter, though they may often be the finer swimmers and so able to keep moving for a longer period, are so often the first to leave the water on the plea of feeling the cold. The second point is that a woman's arteries are larger, relatively and in aggregate diameter, which fact makes it possible for a greater supply of pure, nourishing food to feed the working muscles and to replace the wear and tear involved in prolonged muscular action. If this process is in any way checked the veins become overloaded with impure, useless blood, and this state naturally leads directly to muscular fatigue and, not infrequently, to cramp. Thus if men's arteries are unable to feed their muscles with sufficient quantities of nourishment their energies must soon tire, and, added to this, is the fact that the gross fibred male muscles develop the poison much more quickly than the finer fibred female muscles. Thus the American writer contends that woman has additional staying power by her extra covering of fat and her ability to keep her muscles more freely supplied with fresh energy.

To illustrate his proposition that women have made use of these powers in competition with men he gives us a series of accounts

of some of America's best swimmers. These are interesting in themselves, as one often does not hear of events as they take place. To begin with there is Miss Elaine Golding, who, it is unofficially stated, swam the thirteen miles between the Battery and Steeplechase Park Pier, Coney Island, in four hours, thirty-one minutes, forty-five seconds. This is the fastest time in which anyone has ever completed the course and it is probably for this reason that the time is not accredited. As a reason for its non-acceptance the point is put forward that no woman could ever beat the best efforts of world-recognised male champions. Yet it is said that reliable time-keepers are sure there was no mistake and that the course was actually covered in the time stated. The same swimmer, when she was barely in her teens, took part in a mixed race in New York Bay, which, though the course only measured four and a half miles, was nevertheless a very tough swim, owing to a swift cross tide. After a five hours' tussle against cold, rough water, and cross current Miss Golding landed safely, the eighteen male swimmers having been obliged to give up without completing the distance.

Another distance swimmer of note is Miss Anna Harriss, who in 1910 entered for a long-distance event in the Chicago river. There were sixty-four male starters, but on the day of the race Miss Harriss was told that she could not take part as mixed racing was forbidden by the Amateur Athletic Union. However, as she was ready to race, she decided to plunge in with the others and go over the course. The climatic conditions were all they should not be, and the water was freezingly cold, while the wind churned it into waves. By the time three-quarters of the course had been covered forty-five of the competitors had been taken into the escorting boats suffering from exposure and exhaustion. However, Miss Harriss was a stayer and ended in the front line, considerably fresher than most of the men.

Miss Elsie Akroyd, of Boston, swam in

the fifteen mile Thames race through London, and actually led T. S. Battersby, who then held the mile championship of the world, for the first eight miles. She was then ahead of all the competitors, but was unfortunately seized with an attack of water-sickness and was obliged to retire.

Miss Rose Pitanoff, who came to England two years ago to attempt the Channel, is another very well known American swimmer. She was the first to cover the twelve miles between Charlestown Bridge and Boston Light, though any number of really fine male swimmers had previously attempted the course. Miss Nellie Schmidt, of Alameda, is the only swimmer who has successfully negotiated the swim round the Seal Rocks, off San Francisco.

It certainly is marvellous when one bears in mind the difficulties women have to contend with that they have, in so many cases, become expert. Undoubtedly the time has only just arrived when women are really entering into the ranks of record makers and record breakers, and there is a great scope for individual and general improvement. There are, considering the number of women, a small average proportion of really fine exponents of the art amongst them. Go into any swimming-bath or watch a collection of bathers at the seaside. There are nearly always one or two fine swimmers; some good average swimmers, and the rest are perfectly content to bob and duck and thrill over the temperature of the water and enjoy themselves swimming a few weak strokes now and then.

It is perfectly true that it is only recently women have had the chance to swim and dive. How could one swim in those voluminous and mysterious bathing garments of a few years ago? Who could be expected to become expert when there was no swimming-bath and only a few weeks' holiday for sea-bathing in the summer? It used to be thought unwise and dangerous to allow young girls to swim, and in any case the competent instructresses were few and far between. Overarm and trudgen and crawl were considered far beyond the scope of the female capabilities. Besides, these hoydenish attempts wetted one's hair and caps were very inadequate and it was far more elegant to stick to breast stroke and back-stroke. Of course all these things were bound to change, and now women and girls have very few obstacles to overcome before they stand equal chances with men.

One of the worst obstacles in England is the rule of the Amateur Swimming Association enforcing the wearing of four inches of sleeve to one's bathing costume—England is the only country in the world hampered by this troublesome law. It is so simply rectified too that it is extraordinary that no one agitates for its reform. Of course it is wise to make some law with regard to the cut of the armholes of one's costume, but surely two inches of shoulder strap and not more than two inches cut away under the armpit would meet the occasion, and would be just as proper and infinitely less cumbersome than a piece of material stretched over one's shoulder on to one's arm—a constant drag and hindrance.

Bradford is fast becoming a swimming centre for women and bids fair to rival towns like Leicester and Glasgow in this respect. It seems to have sprung up in importance quite recently and with the building of the new open-air bath Bradford women should have every chance of expanding their efforts.

What extraordinarily daring feats cinematograph actresses attempt! Recently some girls at Pittsburg shot the waves on slight boards, standing upright and holding on only by two thin pieces of rope. They were towed behind a powerful racing motor boat and were supposed to be "riding [the waves."

It is curious that ladies have not taken up the trudgen-crawl stroke for racing. So many use the separate strokes and have done so for four or five years now, but I think I have only seen one swim the combined movement. I should not care to form an opinion on the value of the stroke for speed, but undoubtedly it has great possibilities, and for those who have the leisure to develop it and to work out its peculiar timing scientifically, it is of great interest. There is no apparent reason why it should not be just as suitable a stroke for women as it is for men, and I should not be at all surprised if someone should develop it and come quickly to the front as a champion.

Many clubs have been badly hit by the war, in fact in some cases the members have been entirely disbanded, and others, through temporary lack of bathing facilities, generally due to the fact that the baths and bathing-places are being used by the troops, have

come to a complete stop. At the earliest possible opportunity these clubs should be restarted so that the members may not lose interest, and, without the accustomed incentive to swim, take up other sports. It should be remembered that the members of clubs are always changing. There are always a certain number of resignations and new members in every annual report, and, therefore, the longer a club is disbanded the less likelihood there is of its restarting, as regards members, on as firm a footing as that upon which it left off. If there is temporarily no club there can be no new members and the old ones will drop out, those who would have resigned ordinarily will not rejoin, and others may not feel inclined to take it up again after a prolonged rest.

Although the war has affected many clubs in this way there are others which have grown out of all proportion since its outbreak. New members seem constantly to come up for election and they are keen and energetic. It seems to me there are two reasons for this state of affairs. One is that the war has changed everything and people have moved from town to town and from district to district to a far greater extent than they ordinarily would have done, and some centres being for the moment more popular, for varying reasons, the people come, and amongst them swimmers who join the local clubs. The other reason may perhaps be that many have changed their occupations and in the present wear and tear of life feel that swimming is the ideal recreation. It is refreshing and soothing and after a hard and perhaps, unaccustomed, day's work, it is pleasant to go to a club, to meet friends and to have a swim.

We regret that in our August number, when dealing with the fine gala held by the ladies of Dartford, we did not give the credit to the Dartford Premier Ladies Club, [who were of course the promoters.

Miss Connie M. Jeans, of the Nottingham Ladies' S.C., gained a decisive victory, and greatly enhanced her reputation as a speed swimmer, in the 220 yards Ladies' Championship of the Midland Counties in the magnificent new bath at Luton, in which she succeeded in lowering the record for the event by nearly eight seconds. Of the five entrants only three competed. Miss R. D. Stiles, of Coventry, and Miss E. Shipley,

of Leicester, were absent. This left the issue between Miss Olive Carson, of the Leicester Ladies' S.C. (the holder), Miss R. H. Lawrence, of Coventry Ladies' S.C., and Miss Jeans, who early took the lead, and swimming a powerful trudgen stroke with splendid dash and determination, she was never in any danger of defeat, though Miss Lawrence, who adopts the "Martin Crawl," made a very plucky effort in the last two lengths. In spite of the fact that she was not fully extended, Miss Jeans won in the record time, for this event, of 3.12.3. Miss Jennie Fletcher, the well known Leicester swimmer, having held the previous best at 3.20.2, made in the first year of its institution. Miss Lawrence's time was 3.24.3, and Miss Carson's 3.41.

Miss Jeans also won the 100 yards championship for the third time in succession, in the final she covered the distance in 1.16.1 but in her trial heat she did 1.14, thus creating another new record for the event. The previous record of 1.15.1 was also made by Miss J. Fletcher in 1911. Miss R. N. Lawrence, Coventry Ladies, was second, and Miss E. Chislett, Coventry Ladies, third.

Miss Jeans, who is just 16 years of age, is the first Nottingham lady swimmer to become the 220 yards Midlands champion, and there are strong hopes that she may add still further to her laurels when the English ladies' championships are resumed.

The hundred yards ladies championship of the Northern Counties Association was won by Miss Daisy Curwen, Westminster Ladies, in 1.16.1. Miss J. Spiers, Everton, being second 1.24, and Miss M. McCallum Chadderton, third.

It is predicted that the Finchley Ladies' S.C. is going to be one of the largest and strongest clubs in London. Miss G. A. Roberts is the Hon. Sec., and her sister, Miss Lottie Roberts, who is an expert in all branches of the art, is captain.

The Girl Guides of Hull have been given instruction in swimming by Miss Hargreaves, the Lord Mayor's daughter, and have made excellent progress. They had an interesting competition at the Beverley Baths on Saturday, September 4, the contestants being required to swim two lengths in uniform and to demonstrate diving, life saving, throwing the life line and the life buoy.

OUR SOLDIER SWIMMERS AND DIVERS.

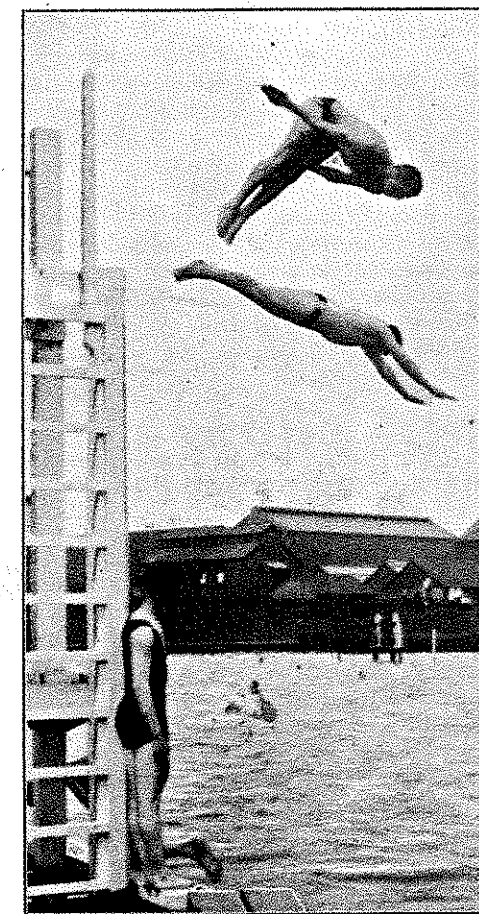
COMMENT has frequently been made in these columns on the number of swimmers who have answered the call of duty, and joined His Majesty's Forces since the outbreak of the War. They are scattered far and wide over the Empire, but, wherever they may be, they lose no opportunity of indulging in their favourite sport, and it is thought that the photographs we publish, showing some of these soldier-swimmers keeping up their diving practice, may be of interest to our readers. The photographs were taken by Mr. A. R. Bixby, at Ipswich, where the fine open-air baths are greatly appreciated, and where large numbers of our boys disport themselves in their spare time, affording proof of the saying that a love of the water is born in every Englishman. To a swimming enthusiast, and one who has for many years taken an interest in the instruction of school-children, it is particularly gratifying to find what a large number of the soldiers owe their knowledge of the art to the system of school swimming classes which is now being carried on in all parts of the country.

The divers shown in the picture are Lieut. J. M. T. Glyn (2nd 7th City of London Regt.) of the Old Malvernians, and Rifleman A. W. Whitelaw (Queen Victoria Rifles) of the Amateur Diving Association, both of whom are a credit to the art, and are well known in London swimming circles. The Ipswich club men have been very glad to welcome them.

Corporal Dal. Jones, of the Edge Lane Swimming Club, is serving with the Duke of Lancaster's Yeomanry in Egypt. He has had a lot of bathing, and in writing to Mr. Snowden, president of the Northern Counties A.S.A., says there is always a polo ball in the water, and when enough players can be obtained there are regular matches.

A Canadian soldier, named S. G. Chambers, of Truro, Nova Scotia, who had been blinded in action, and was returning home on board the Allan liner, *Hesperian*, which was torpedoed off the Fastnet Rock, Ireland, recovered his sight as a result of being thrown into the sea by the upsetting of a boat. As he swam

along he shouted with joy that he could see. He is thus doubly happy, as he was rescued and is able to see again. He had been under treatment at Ilford Emergency Hospital, and on bidding "good-bye" to the chairman, Mr. Ben. Bailey, who for many years was president of the Cygnus S.C., he used these remarkable words: "All I want now is for the Germans to torpedo the ship, and then I may get back my sight."



Soldier Divers at Ipswich.

Sergt. Eric Forsyth, of Wigan, who is serving with the forces, was English Amateur champion at 220, 500 and 880 yards in 1904, and has represented Great Britain, also England at water polo, and the Wigan and Hyde Seal Clubs in the national championships. His brother Cyril, the old Salford water polo player, is also serving, and like Eric, holds the rank of sergeant.

Notes on News from all Quarters.

Items of Interest and Information.

Details of Many Gallant Rescues.

The Burslem Swimming Club has had to abandon its gala owing to lack of entries. Yet the events were arranged solely for ladies and boys under sixteen. For the ladies' and schoolgirls' races not one entry was received.

At a gala held by the Keighley Swimming Club on Saturday, September 4, to provide funds for the equipment of the ambulance section of the Keighley Volunteer Training Corps, a profit of about £20 was made. Robert and Fernand Strecker, two Belgian refugees, competed in the Keighley Club's handicap, Robert being narrowly beaten in the final by Norman Hill. A life saving demonstration was given by Messrs. A. E. Heywood, W. D. Scoria, J. E. Raistrick, and W. A. Smith.

The final of the Yorkshire Schoolboys' Squadron Championship was decided at Brighouse on Saturday, September 4. Beverley Road Council School (Hull) won by a yard from Walkley Council School (Sheffield), this being for the second year in succession. Morley Secondary School was third, and Bramley Road Lane School (Leeds) fourth.

Lance-Corpl. Symington, Somersetshire Light Infantry, wounded in France, won the half mile championship of Lincoln at Lincoln and also at Grimsby. He is a good distance swimmer.

Sidney Henshall, of Nottingham, has been awarded the Boys' Brigade Cross for Heroism, the highest honour that can be won by a member of the brigade, for rescuing a child from drowning in a dangerous part of the Trent at Beeston.

At a gala given by the 177th (Fulham) Brigade, R.F.A., at Walham Green on September 6, the London Scottish won a 133 yards team race by six yards from the Queen's Westminster. Gnr. Phillips was first in the 100 yards championship of the Brigade, and Queen's Westminster drew with the London Scottish at water polo.

Driver Arthur M. Chorley, 4th North Midland Howitzer Brigade, R.F.A., has been awarded the Royal Humane Society's Certificate on vellum for saving the life of a Belgian from drowning somewhere in Flanders on June 8 last. Chorley went in with boots and spurs on and made a most gallant rescue. His home is at Nottingham.

Mr. J. P. Bacon Phillips, writing from Crowhurst Rectory, Sussex, makes the pertinent suggestion that no boatman should be licensed unless he can swim.

The Mayor of Winchester recently presented Miss Algar, the bathing attendant at the Corporation Baths, with the certificate of the Royal Humane Society for saving life in the Itchen. Miss Algar went into the water fully clothed and rescued a boy of ten years of age, who was brought out of the water unconscious, but was fortunately resuscitated.

At a gala given by the Southgate Seal Swimming Club, at the end of August, the sum of over £50 was raised for the British Red Cross Society. Among ladies giving exhibitions was Miss Annie McHattie.

Miss Frances Cowells, the American Amateur Champion, says, "Determination was the biggest factor in my fight to become swimming champion. That's what wins every fight—determination, ability and application. I swam four times a week until I had mastered the Australian crawl. I was determined to get it. But there is another thing that counts in swimming, just as it counts in other walks of life—willingness to see one's faults. I know my shortcomings. I have made it a point to find them out. And I am going to correct them because I know I'll never smash a world's record until my faults are gone. All my power is in my legs. The only way I can overcome this is by building up my arms and shoulders with exercise. I intend to do this with boxing and gymnasium work. I am going after the swimming championship of the world with a pair of boxing gloves."

It would be no bad thing if girls when indulging in swimming were taught to undress in the water while keeping themselves afloat, for once bereft of clinging skirts and boots, an ordinary swimmer would have no difficulty at all in keeping herself afloat until assistance came. It is, indeed, curious that more attention is not given to this matter, for the majority of accidents naturally happen when one is fully clothed, and not in suitable undress.

Swimming is the greatest exercise in the world for women because it builds up the form without bringing the muscles out harshly. Instead, it smoothes down the muscles and gives a symmetry to the physique that is the ambition of every woman to achieve.

Mrs. Stanley Jones, the well known Swansea lady water polo player, is commandant of the Y.M.C.A. hospital at Swansea, which is working in conjunction with the Glamorgan Branch of the British Red Cross Society. Miss Daisy Chapman, sister of Mrs. Stanley Jones, and captain of the polo team, is hard at work in the wards.

The Boys' Brigade, South London Battalion, held their Fourteenth Annual Gala at the Lambeth Baths on September 20, in aid of the British Red Cross Fund. The programme included inter-company races, team races and diving competitions for the Battalion Swimming Trophy. A clever exhibition of trick swimming by Harold Tilton, aged 10 years, who is a son of the popular manager, exhibition swimming by Frank Giles, the police champion, an ornamental display by Henry T. Sayer, and a water polo match, all of which was greatly appreciated.

We have received from Mr. A. H. French, the Hon. Treasurer and Hon. Secretary of the Southampton County Borough S.C., the Handbook of his Club for 1915 and 1916. The book is a splendid compilation of this Club's activities. It was only founded in 1914. The book contains much information which is of value to a swimmer, particularly one who is anxious to promote the advantages of swimming in connection with his club. It also contains a Roll of Honour with forty-eight names duly registered, including that of one of the Founders, Mr. C. H. Orchard, who has done so much to promote the subject

of Life Saving in Southampton. The Club has many prizes and challenge cups, by means of which the subject of Swimming and Life Saving is encouraged. It consists of ladies and gentlemen, and both sections do a great deal to promote the cause by means of class certificates, of which there are three classes in each section. The booklet is nicely printed and got up, and we have much pleasure in congratulating the Hon. Secretaries upon the really businesslike production.

Corporal R. S. Mather, who has been awarded the Royal Humane Society's medal and certificate for saving the life of a comrade, was decorated by the King during a recent royal visit to the west of England.

The 125th London Cyclists' Swimming Club had a pier to pier race at Lowestoft on September 5. It was won by Lance-Corporal G. H. White, 30 secs. start. Cyclist F. Green, 150 secs. start, was second, and Sergt. H. G. White, 60 secs. start, third. The limit of start was 3 mins. and the time of race 17.30.

On the afternoon of Sunday, September 12, during the P.S.A. service at the Co-operative Hall, Langley Mill, Mr. J. Andrews, J.P., presented Charles Poundall, aged 15, with the Royal Humane Society's certificate for saving the life of a boy named William Allsop from drowning on June 27 last.

The first of the annual competitions for the challenge cups and trophies provided by the trustees of the fund bequeathed by the late Alderman A. S. Tomson, of Coventry, for the encouragement of physical development among the youth of both sexes in the city of Coventry, were held on September 6. Some excellent times were made, the best being by Miss E. Chislett, who won the 100 yards championship for girls under seventeen in 1.15.1. J. Fell won the boys' championship over the same distance in 1.19. Miss R. Lawrence, the 220 yards ladies' Championship of Coventry, 3.21.1; and S. Moore and F. G. Payne dead heated for the men's championship. In the swim off Moore won by a yard in 2.58.1. Some fine exhibitions of breast and back stroke swimming were given by R. A. Crawshaw and F. A. Unwin, the special coaches appointed by the A.S.A. The championship trophies were designed by Miss Winifred King, of the Coventry School of Art.

The Plymouth Amateur Swimming and Life Saving Society has not held races for adults this year, and the energies of its members have been devoted to giving instruction to boys and girls. On September 4 it gave an aquatic fête for these scholars. The Devon Schoolboys Championship went to R. Bartlett, Plymouth Amateurs, and Plymouth Regent Street School won the team competition very easily from the St. Philip and St. James's School, Ilfracombe.

Mr. F. C. Gadsby, who was formerly diver at Southport Pier, and is well known in English swimming circles, recently tried to race the ferry boat running from Liverpool landing stage to New Brighton. The attempt was part of an aquatic display which realised nearly £70 towards the provision of a motor ambulance for the Allies. Gadsby was in the water twenty-seven minutes, during which time he had swum three miles and a furlong. The boat had to make a call at Egremont, but of course won the friendly wager.

The National Volunteers in Cork are forming life saving classes, with Mr. Henry P. F. Donegan as hon. instructor. So impressed are they with the value of the teaching that they are willing to enlarge the class and give a course of instruction in detail at the Corn Exchange. According to the *Cork Examiner*, the subject is being taken up with enthusiasm and the Corporation is being called upon to assist in the good work.

A very plucky act was performed at Knottingley by Mr. Ralph Wake, who is a teacher and graduate from the City of Leeds Training College. Whilst in the garden near his home Mr. Wake heard screams from the canal bank, and hurrying to the spot, saw a woman fully dressed, struggling in the middle. Unavailing efforts had already been made at a rescue, with a brush and a clothes-prop by some women. Wake at once dived in fully dressed and brought the woman safely to the bank; she had evidently fallen backwards into the canal. Mr. Wake, who is a certificated trained assistant at the Featherstone George St. Council School, whilst at the City of Leeds Training College obtained the Proficiency Certificate, Bronze Medallion, Hon. Instructor's Certificate and Award of Merit of the Royal Life Saving Society.

The 100 yards junior Championship of the Midlands was decided at Wolverhampton on September 9. W. H. Cotterill, Derby, the holder, was beaten by C. S. Barks, Derby, by a touch in 1.15.1. F. Foley, Wolverhampton St. Peters, was third. A ladies' two lengths scratch race for the championship of Wolverhampton and District was won by Miss Gerstenwom.

At a meeting of the Glasgow Town Council, held on September 9, Miss Margaret Kyle was presented with a silver watch from the Carnegie Hero Fund in recognition of her bravery in saving the life of another girl who was drowning in the sea at Kinghorn on July 8. Sir John Lindsay, the Town Clerk, said the rescue was effected forty to forty-five yards from the shore in about 10 feet of water, and that Miss Kyle's bravery was accentuated by the fact that she could only swim a very little. The presentation was made by the Lord Provost.

Mrs. M. Kirby, an expert teacher of swimming and life saving, is the only lady at Harrogate to hold the Proficiency Certificate, Bronze Medallion, Award of Merit and Teachers' Certificate of the R.L.S.S., but we hope that before long others will join her.

A Swimming Bath, Park and Children's Playground have been presented to the town of Galashiels by Mr. and Mrs. A. Anderson Dickson. This is a practical gift. We would like to see a swimming bath in every park.

One of the most versatile of men is T. W. Sheffield, of the Ocean Baths, California, who is a diploma holder of the Royal Life Saving Society. His duties are multitudinous, but his energy is commensurate with the duties, and he has even found time to write a new book on swimming, entitled "Swimming Culture." The capital explanatory article on the Crawl which we published last month is included in this book and is accompanied with such excellent diagrams as to make the methods of the style clear to every reader. Mr. Sheffield has travelled in many lands and has seen many swimmers. Consequently his criticism of movement and his advice are most valuable. In his recent book he has given the benefit of his experiences to the world in lucid manner. It is certainly one of the best books on swimming published in recent years.

At the September Executive Meeting of the London Schools S.A., the chairman had the pleasure of presenting to Mr. H. Smith, ex-Branch Sec. of the North and East Islington Centre, and Mr. J. H. Woodley, who held the same position for South Islington, the L.S.S.A. silver and enamelled medals, with letters of appreciation for services rendered by both gentlemen in the promotion of swimming for over ten years.

The twelfth Annual Report of the Highgate Life-Buoys just issued states that the total membership amounts to 255. About 90 of these are on service. The balance in favour of the Club stands at £39 4s. 3d., after making a donation of £5 5s. to National Relief Fund and £2 2s. to the A.S.A. scheme for the encouragement of swimming. Owing to so many members being on National Service the Annual Meeting has not been called.

The Preston Life Saving Class held their third river swim of the season in the Ribble towards the end of August, but the conditions were not nearly so favourable as on the two previous occasions. The test is not one for speed but for stamina. P.C. J. Godbert, who entered for a swim to Lytham, a distance of nine miles, gave up after covering two miles. Miss Lucy Morton, the famous seventeen-year-old lady swimmer from Blackpool, whose performances were referred to last month, swam the nine miles in 3 hours and 10 minutes, but the surprise of the day was the swim of Mrs. Stokes, a Preston lady, who only learnt to swim last year. She entered for five miles, and accomplished the swim in 2hrs. 31min.

Fernand Feyaerts, the well-known Belgian swimmer, has been accepted for the Belgian Artillery, and Hermann Meyboom, the Belgian champion and English 100 yards champion in 1908, is with the Dutch army, he being of Dutch extraction.

The following members of the Bolton Swimming Club, who were coached by Mr. T. W. Grundy, have passed for the Award of Merit of the Royal Life Saving Society:—E. F. F. Bell, A. G. Charrington, J. Bowman and R. Makin. The examiners were Messrs. W. H. Broom and G. W. Longworth, Bolton, and Mr. Bentley, of Manchester.

Mr. Walter Brickett, who walked a mile, ran a mile, cycled a mile, rowed a mile, and swam a mile in the record time in 45.19, has now added another mile to his run and to his record. He is well known as a trainer of swimmers for special events.

Forty years ago, August 24 and 25 last, Captain Matthew Webb accomplished the memorable feat of swimming the English Channel from Dover to Calais, and became the hero of the hour. Twenty-seven years old and turning fourteen stone, Webb was rather a slow swimmer, and his great performance took him twenty-one hours forty-five minutes. Considering the many attempts made to repeat his exploit—only one of which has been successful, and that by Burgess—it is remarkable to recall that Webb had made only one previous attempt to swim the Channel, and that but a fortnight before he accomplished the feat which has been the ambition of many.

A sad tale of cowardice was told at the Battersea Coroner's Court the other day, when evidence was given showing that a gang of loafers—I was about to call them men—stood on the Embankment near the Temple Pier and saw a drowning child in the Thames without attempting to effect a rescue, whilst a brave messenger lad of only 16 years of age plunged into the river and did his best to save the boy. Mr. Ingelby Oddie, the coroner, severely denounced the inhuman conduct of these loafers, and the pity is that the cowards cannot be traced and made an example of. I suppose their plea would be that they could not swim, but they did not even attempt to throw a life-buoy to the drowning child, struggling against a swiftly flowing tide. Of course the coroner highly eulogised the brave conduct of the messenger boy, whose name is Edward William Harris, of 37, Watson Street, Stoke Newington, and at the request of the Battersea jurymen, will bring the lad's heroic conduct to the notice of the Royal Humane Society.

A grand members' gala has been arranged in connection with the Balham and Tooting Traders' S.C. to take place at the Elmfield Road Swimming Baths, Balham, on Wednesday, October 20. There are to be no less than eight events for ladies, and the same number for gentlemen members.

One of the foremost swimming authorities of America brings out the value of breathing while swimming as follows:

"So many young racing swimmers fail to realise the importance of correct and regular breathing in competition that there is urgent need of saying a few words on the subject.

"The idea appears to prevail that in using the crawl stroke one may breathe how and when he pleases. Such is far from the case. Frequent oxygenation of the blood through the lungs is indispensable to success in swimming, and the method so often advocated of breathing every second, third or fourth stroke is fundamentally wrong.

"Not only does the long wait between inspirations soon exhaust, but the want of air becomes so imperative that the swimmer invariably raises his head with a jerk to relieve his distress and thus breaks the balance of the body, suffering a sudden check.

"The proper way to breathe is to inhale at every stroke, during the drive of the top-arm, by merely twisting (not lifting) the head, and to exhale under water, preferably through the nostrils, as the same arm recovers.

"Some men possibly profit by filling the lungs at every other stroke in dashing 50 yards, but never when swimming 100 yards or more. The developing youth should make it a rule to breathe at every stroke, even in sprinting, at least until he has mastered good form."

* * * *

At the second annual gala of the Wombwell Club, the fine swimming of the ladies from the Sheffield Excelsior Club and an interesting exhibition of life saving by the Wombwell Swimming Club, under the direction of Mr. Kay, their instructor, were the special features. Mr. Kay was responsible for the splendid results achieved at Warth-on-Dearn, and since he has been at Wombwell life saving has also received much attention.

* * * *

On Saturday, August 28, Miss Doris Taylor, who is only fifteen years of age, the daughter of Mr. Tom Taylor, instructor at Hove Baths, swam from Brighton Palace Pier to the West Pier in 15.32, beating the previous ladies' record, held by Miss Queenie Gordon, by 31secs.

The Cheshire Ladies' Championship was decided at the Hyde Baths on August 24, and was won by Miss Addy, of Stalybridge, by four yards, from Miss Wilkinson, of Altrincham, Miss Taylor, Seacombe and Egremont, being third. A squadron race for ladies, decided the same night, was won by the Manchester Victoria Ladies by twelve yards from the Hyde Ladies' Swimming Club.

* * * *

At Harrogate, on August 23, the Imperial Ladies' Swimming Club gave an entertainment in aid of the hospitals in Harrogate for wounded soldiers. With the exception of one race for junior members of the Men's Club, the events were all for ladies. Most exciting was the contest for the ladies' championship of Harrogate, over a distance of 100 yards, which was won after a great struggle by Miss Ethel Coleman, the holder, Miss Ivy Lee being second, and Miss Coleman third. H.I.H. the Grand Duchess George of Russia presented the prizes.

* * * *

In the reports of the lamentable accident which occurred in the Thames off Purfleet on Monday, August 30, whereby sixteen boys belonging to the training ship *Cornwall* and their instructor were drowned, we are told that the twenty-six lads who were on board the cutter were mostly good swimmers. So far as we know, however, this ship has no bath for teaching, and the only place apparently is off the bank in muddy Thames water, where training can only go on during a short period of the year. The constant training of these lads in swimming should be one of the first cares of the authorities.

* * * *

At the Hyde Ladies' Swimming Club Gala, George Wilkinson, jun., was placed in a schoolboys' race. He is the son of George Wilkinson, the famous water polo player, who played constantly for England and represented Great Britain in the Olympic games of London in 1908 and at Stockholm in 1912, being captain on the last-mentioned occasion. For over twelve years he has been captain of Hyde Seal, the National Champions.

* * * *

Mrs. Thornton, of Cleckheaton, principal of the swimming school, who obtained the diploma of the R.L.S.S. in 1905 as E. M. Sanderson, accomplished the feat of swimming across Windermere Lake from Water-edge Pier to Pull Woods Pier.

Bathing in the Nile is not allowed on account of an insect which affects the ears. A similar insect is found in many rivers in South Africa, which when it enters the body is very troublesome to get rid of and requires careful medical treatment.

* * * *

In the opinion of many London swimmers out in Egypt, Lake Limsat at Ismailia is just the place to enjoy the art. Several of the London regiments out there always keep a polo ball in the water and their only complaint is that the water is too warm and the sun too hot, which has caused the, shoulders to get into an awful mess through sunburn.

* * * *

Commander Edward Unwin, R.N.; Midshipman George L. Drewry, R.N.R., and Midshipman Wilfred St. A. Malleon, R.N., have been awarded the V.C. for heroic swimming work under fire at the landing at the Dardanelles. They assisted in getting lighters, that had broken adrift, into position again, and also saved some wounded men lying in shallow water, and under a murderous fire. Able Seaman William Charles Williams, who also assisted in their gallant work, was unfortunately killed.

* * * *

Private John Pybus, of the 9th King's Liverpool Regt., and a member of the Newsham Swimming Club, while at bathing parade in Sandwich Bay, went with another soldier for a swim of half a mile, but on return found that his comrade was being carried away towards Deal, also that a corporal and a private had gone out to assist him. They had to return, and Pybus again went out and brought his friend to land by the fourth method of rescue.

* * * *

We regret to say that Lieut. Robert Wilson, Lancashire Fusiliers, late hon. sec. of the Sefton Park Club, has been wounded in action at the Dardanelles.

* * * *

The Twickenham Boys' and Girls' Aquatic Sports held on Wednesday, September 1, in the Thames off Eel Pie Island, by special free permit from the Southern Counties Amateur Swimming Association, were an unqualified success. The Phoenix Film Company's 200 yards handicap challenge cup for girls was won by Miss Thompson, of Richmond, a very promising young swimmer, but only by a yard from Miss N. Clements, of

Twickenham, who started off the same mark. The Phoenix Company's 200 yards handicap challenge cup for boys was won by C. Robinson, of Twickenham, F. Cash being second. Miss Mills won a fifty yards ladies' handicap and Miss N. Clements a 100 yards ladies' handicap.

* * * *

The Carnegie Hero Fund trustees have recently agreed to bear the expenses of the apprenticeship to engineering of Albert Warren, a sea scout, of Barnsbury, Islington, in recognition of three rescues of boys from the Regent Canal at Islington. They have also agreed to allow him five shillings a week during his apprenticeship. The trustees have also resolved to place £40 in the hands of West Ham Borough Council to apprentice Joseph Sweetingham, of Tidal Basin, E.; this for an attempted gallant rescue in the Thames. This boy is also to receive a small weekly allowance.

* * * *

There have been many plucky rescues from drowning around the coast during the last few weeks. Many of these have been "hushed up" or forgotten to be reported. They have been done so neatly and cleverly by swimmers who know the methods promoted by the Royal Life Saving Society that they have not been given the appearance of life and death struggles in the water. Because every year we have more of these capable life savers, bathing is much safer now than it used to be. In this respect the Society has conferred a national service.

* * * *

The American champion swimmer, Ludy Langer, who stands 5 feet 9 inches, and weighs 11 stone 2 lbs., on leaving for College was presented by his Club with a beautiful gold watch as an appreciation of his great ability. In 1909 he entered his first race, a 50 yard swim for novices, after learning to swim at Rodondo Beach in Southern California. He finished a poor third in this event. It stimulated him to study the form of the successful contestants. Then he progressed rapidly. The next year he won three of the championships of Southern California. In 1911 he took a double victory in the Pacific Coast Championship meet, attracting the attention of George Freeth, then coach at Los Angeles A.C. Freeth corrected his stroke and trained him for the international 440 yard race in San Francisco this year and he won that event in the world's record time of 5.22.2.

Some time ago it was decided by the A.S.A. to gather a census of the swimmers who are serving with H.M. Forces, and a big effort was made by the Hon. Secs. of the various districts, and it is not disclosing any secret to say that the inconclusive response made by the club officials left at home has been a source of considerable disappointment to them. We suggested that every club should have a roll of honour of its members which should be hung in the swimming-baths for all who bathe to note. This also is not so general as it should be. Only in some few baths are these tokens of respect to be seen.

Some people are getting very excited at the fact that our amateur swimmers who are serving their country should be competing for money prizes, because of a rule that was made at a time when war was not contemplated. Now that we are at war and to avoid hindrance to the practice of swimming, any or all such rules should be suspended and a sort of moratorium declared, not only against most of the rules but also against those who made them, for they may be lying in waiting in order to enforce them, just to prove their wisdom and watchfulness.

All swimmers will be pleased to join us in congratulating Miss Irene Steer, the popular Welsh swimmer and water poloist, on her recent marriage to Captain W. Nicholson. Miss Steer set up a record in 1910, when she won the English Ladies' Championship, and for seven years she held premier honours in the Welsh event. She was also one of the ladies' team which did so well in the Olympic Games at Stockholm in 1912.

The Derby and District Swimming and Life Saving Society, which was started by Mr. F. G. Wraith, the Hon. Representative of the R.L.S.S. and ex-president of the A.S.A., is to be congratulated upon the result of its work because of the rescues that various members have accounted for at various times. The latest of these was performed by Herbert A. Walker, who at the moment is in the Army Service Corps. He joined a small crowd of people watching a little girl floating down the river towards a weir; he immediately went to her rescue and brought her safely to land. For this he has been rewarded by the R.H.S.

Participating in a swimming contest for women and girls, under the auspices of the Preston Life Saving Class, Miss Burscough swam from Preston to Lytham, a distance of nine miles, in 2 hours 35 minutes. She is the first Preston lady to gain this distinction.

We had the pleasure of entertaining Gr. E. J. Loney, who has arrived with the Military Forces to England from West Australia. He is one of the finest long distance swimmers on that continent, and is the long distance champion of West Australia, having swam on various occasions 13, 15 and 18 miles in the Swan River. The last-named distance is the longest official swim in the Australian waters. He is also a member of the West Australian branch of the Royal Life Saving Society, having taken a keen interest in the subject and has taken part in many displays of Life Saving.

Life Saving classes for ladies are being started by Miss E. A. Prout, to be held at 5 p.m. on Saturdays at the Prince of Wales Road Baths, Kentish Town, London, N.W. These classes are open to all ladies who desire to acquire this useful knowledge.

The Life Saving Instructor, Mr. T. W. Mallins, late of Manchester, is now busily engaged conducting a class of Police recruits in Life Saving at Melbourne.

Mr. Frank Beaurepaire, who joined the Australian Military Forces for the War, has married, and recently had the misfortune to undergo an operation for appendicitis.

An ordinary meeting of the Southern Counties A.S.A. Executive was held on September 13, when the Finchley L.S.C. and Tilling-Stevens S.C. were affiliated, officers were appointed for various junior championships, Mr. H. E. Kerrison was reinstated as an amateur, and a vote of thanks passed to the Otter S.C. for again presenting medals, for the London Schools team championship. It was also resolved to recommend that in 1916 only the ladies and junior championships be conducted.

Life Saving Classes under the regulations of the R.L.S.S. are to be started shortly at Tensaw, Ala., U.S.A. The practice of the methods of the Society is rapidly extending on the American continent.

"Stunt" nights are to be conducted weekly in connection with club swimming by some of our American friends.

We learn from America that the secretary of the A.A.U. has received a proposition from the officials of the International Swimming Federation that the work be discontinued until after the war.

Mr. Edward Meijer, the famous Dutch long distance champion swimmer, who has on many occasions competed in England, was married last month to Melle. F. Di Michele, of Volturmo. We wish both all possible happiness.

The Ladies S.C.A.S.A. Junior Club Team Championship was won by the Holloway United S.C. by 10 yards. The Battersea were second and Natantes third. The winners did the 267 in 4.32.2.

SOUTH AUSTRALIA.

From Mr. H. Stirling, the energetic Hon. Secretary of the South Australian branch, we have received a most encouraging report. The branch is now doing well, and we note that our old friend, Mr. C. Kellett, is as devoted as ever to the furtherance of the well-being of the South Australian Amateur Swimming Association and the good of the Royal Life Saving Society. The first of this year's Carnivals of the Association was held at the City Baths, Adelaide, on January 27, when R. C. Howe won the hundred yards championship of South Australia in 1.9.2, J. Farrelly being second. At the second carnival held on February 3, at the Unley Baths, S. Reedman, Gazeka Club, won the 220 yards championship in 2.51.3, H. Moon of the Semaphore Club being second.

The annual swim through Adelaide took place on February 13. Fifty-four started, and no fewer than fifty-two finished; the winner being A. Reedman, North Adelaide, 9 mins. start, who beat M. R. Kellett, S.A.A.S.A., 12 mins. start by sixty yards, his time being 32.56. R. Horrocks, North Adelaide S.C., 11 mins. start, was third, and W. Craig, Glenelg, 9 mins., fourth. The fastest time was made by L. F. Were, North Adelaide, 2 mins. start, who took 30.10 for the journey of a mile and three hundred yards. The first lady to finish was Miss Alice Kellett, S.A.A.S.A., who had an allowance of eleven minutes.

Swimming at Public Schools.

Fine Record at St. Paul's.

Increased Interest in Life Saving Work.

SO many of the older scholars having left with the various Officers' Training Corps there has not been so much swimming competition at the Public Schools this year as is usually the case, but instruction has been carried on systematically, and with very good results. The school which stands out pre-eminent is St. Paul's, which has for years had a fine record, and seems to be constantly improving upon it. Their best man, F. H. Newman, has made some capital swims, and it is unfortunate for him that the Public Schools' race for the Bath Club cup has had perforce to be suspended this year. In the school events Newman won the one length, six lengths, six widths and diving in Class I., and L. N. Gaskell the three swimming races, and Roy the diving in Class 2. Miller, Haines and Scott qualified for medallions, May and Poolman for certificates of the Royal Life Saving Society, and C. H. Gadsden and E. D. Lyle were awarded certificates of the Royal Humane Society for saving the lives of two children from drowning in the Thames. The school now holds two tests, and out of 570 boys, 350 have passed the six lengths (200 yards) and another forty-five the 66½ yards test. The school won the matches against Dulwich, Merchant Taylors, Harrow and Charterhouse.

Oundle was unable to carry out any outside matches this year, but over 90 per cent. of the boys are swimmers. Teaching is carried on systematically, and much enthusiasm is shown by the scholars. The "Ferrar" School Cup went to W. H. Markham, and the "House" Cup to Drydens.

Rossall is close to the sea, but before any pupil is allowed to swim in it he has to swim a quarter a mile in the school bath, eleven laps, three of which must be swum on the back. Before leaving the water he must also float without using his arms or legs for two minutes and tread water for two minutes. Even after passing this he has to get the permission of his parents, his headmaster and the house master before he can go into the sea, and he must then be accompanied by at least two other boys or a master who is a good swimmer. This is the most

sensible school regulation we know of, and might well be applied to tests other than schools, say for the navy or army. This year all the three open events were won by J. F. Lumsden, who becomes school champion. The ordinary school test is one length of the bath (40 yards). This has been passed by 92 per cent. of the boys.

Charterhouse met St. Paul's, Lancing, and Harrow, and managed to beat the latter, principally through the fine swimming of F. G. Emley, whose best time this year for sixty yards was 0.34. W. P. Cubitt swam 120 yards in 1.30, and G. R. Burrows plunged 40ft. The two Paulines, F. H. Newman and L. N. Gaskell, proved invincible in the match against St. Paul's, except in the diving, wherein Newman could only tie with C. D. Skinner, who dived very well throughout the season, he winning against Harrow and Lancing. The average of swimmers at this school is about 96 per cent.

Bedford Grammar School has annual relay races with Elstow School. Those held this year were both won by the Grammar School. Nearly 95 per cent. of the boys have passed the test, which is a stiff one, as this is a rowing school. W. J. Broughton won the half mile and quarter mile championship, and Ashburnham won the 100 yards, 220 yards and 440 yards "House" races, St. Peter's the Junior 50 yards relay race, and Crescent the junior 100. F. St. D. B. Lee-Steere, 1.25.2, was successful in the hundred yards seniors' race.

In 1903 the percentage of swimmers at Christ's Hospital, Horsham, was 40, now it is 91.3, thanks largely to the teaching of J. A. Jarvis, who is instructor to the school, and the enthusiasm of Messrs. W. G. Miall and the Rev. L. H. White.

The absence of a bath at Eton is against regular swimming training, but yet much is done in the way of tuition, and reports to hand are to the effect that over 87 per cent. have passed the test, which, like other boating schools, is a sound one. It is the aim to make every Etonian a competent and fearless swimmer, able to act promptly in any emergency. The school 300 was won this year by Brocklebank, and the junior 200 by P. G. Kennedy. Sillem was first in the school headers, and the Earl of Altamont second.

Framlingham has a fine record of Royal Life Saving Society awards. Its total last year was 1,352; this year it increased to 1,428. Twelve are for awards of merit, the successful candidates being E. R. Byas, T. P. Clark, J. S. Collings, J. A. Gray, E. A. Newling, C. M. Richards, J. N. Phelps, H. S. Philp, J. A. H. Pinney, E. A. Seddon, W. H. Troughton and W. F. Whiting. The test is 66 yards, and of the boys at the school nearly 80 per cent. have passed. The learners are taught by means of the land drill. G. R. Beauchamp won the 93 yards race in 1.13, the 62 yards in 41 $\frac{1}{2}$, and again became captain of swimming. His side also won the Lynch Challenge Cup.

Life-saving practice gains great support at Manchester Grammar School, and many of the Society's awards have been gained this season. The school intends to do even better next year. P. H. Colling won the annual half-mile race in 11.0.5, but the course is reported to have been seventy yards short. Fifty-nine started for the contest, and only two gave up, an excellent result. H. Holland, the Club Captain, won the six lengths open and dead heated, with A. Knowles, in the Upper School life-saving contest. D. R. and H. R. Riddell, R. H. Colling and K. L. Evans also did well during the season, and the Club team again won the Urwick Cup, open to the secondary schools of Manchester.

The junior two lengths at Malvern was won by W. H. B. Blew-Jones, a relative of the late W. Blew-Jones, of the Otter Swimming Club, who at one time was hundred yards amateur champion of England. N. E. Carden, a relative of R. H. Carden, who established a school record of 5.0.1. for 300 yards in 1911, won the four lengths, and W. M. Haslam the twelve lengths. At Malvern the use of the swimming-bath is optional, but this year over 300 boys joined.

At Repton great attention has been paid to life-saving this year, and Trumper won the Royal Life Saving Society's bronze medalion. Day swam 105 (3 lengths) yards in 1.15.2 and ten lengths in 5.46.2. The authorities are determined to push forward swimming, and already 75 per cent. of the boys are swimmers. The subject is receiving special attention, and we hope to be able to record much higher results next year.

(To be continued.)

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.

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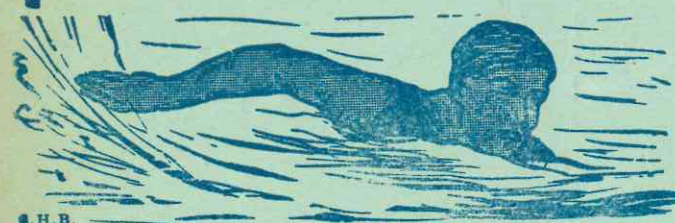
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