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**SWIMMING**  
MAGAZINE.



NOVEMBER, 1915.



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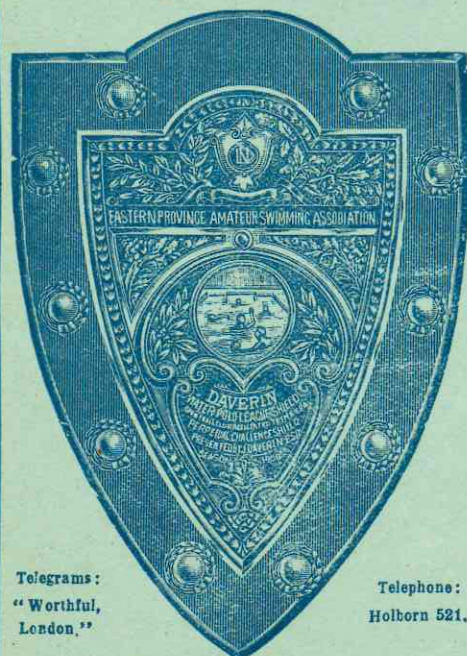
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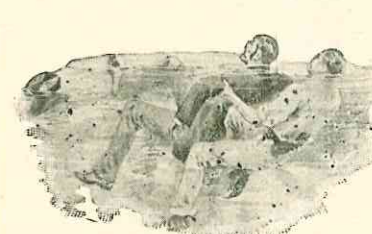
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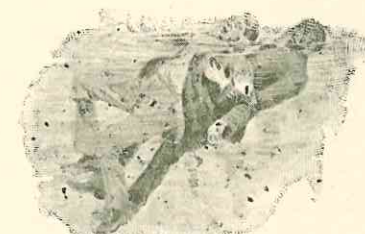
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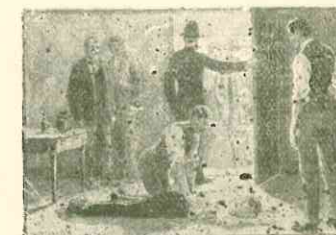
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# The Swimming Magazine

(The Official  
Organ of The  
Royal Life  
Saving Society)

No. 6. VOL. II.

NOVEMBER, 1915.

## THE ROYAL LIFE SAVING SOCIETY.

GOOD WORK IN HOLLAND.

GLOWING REPORTS FROM NEW ZEALAND, ZULULAND & CANADA.

Meritorious Rescue by a Blind Life Saver.

FROM Mr. J. W. Bull a report has been received of the last examination of the season in connection with the Royal Naval Brigade at Groningen in Holland, where several classes have been conducted by Mr. B. C. Gray. The water is now too cold for further effort. At the last examination it registered  $13\frac{1}{2}$  centigrade, when eight passed for the proficiency certificates and Bronze medallions of the Royal Life Saving Society, also one Hon. Instructor's certificate in favour of Mr. Bernard C. Gray, who obtained his knowledge of the subject at Croydon before the War. Mr. Gray's voluntary effort to promote the knowledge of life saving among the members of his Brigade in Holland has met with unqualified success and for which a unanimous vote of thanks of the Central Executive was accorded to him at their last meeting, also to Mr. J. W. Bull for acting as Examiner and general promoter of the practice of swimming during the past season.

On September 15, the Brigade S.C. conducted a grand swimming gala (under A.S.A. Laws) at the Corporation Baths, Groningen, under the presidency of Commodore W. Henderson, when the first open Handicaps held in Holland were decided. The 48 Metres Handicap secured fifty entries, in which Messrs. E. Crow, W. J. Yetton and F. Morgan (a well known swimmer of Bristol) were at scratch. The programme, which was very well got up, contained no less than ten events and was voted a big success.

On October 29 there was a big meeting at Rotterdam, arranged on international lines by the Dutch military swimmers, who invited the English and Belgian troops

interned in Holland to meet them, when Messrs. Gray and Bull also conducted a life saving display. The Dutch team included such well known speed swimmers as Meyboom, van Hasselt and Blitz.

Last month Mr. G. P. Beamish, Hon. Representative at Bath, paid a visit to Cork, and had the pleasure of an interview with Mr. Dennehy, the Society's Representative for that city, who has been doing some very good work, although the results have been somewhat disappointing to him in respect of awards obtained. This is entirely due to the patriotic spirit of the thousands of swimmers in Cork and Queenstown who have joined His Majesty's Forces, and when examinations were arranged it was found the classes were so depleted by recruiting that they had to be abandoned. Fresh classes were formed with similar results, and although the men have benefited individually by the knowledge gained, still it is felt that the same credit has not devolved on the Hon. Instructor as if the many pupils had qualified for awards, which, although disappointing in one sense, could not be avoided. We learn that Mr. Dennehy sets a good example by personal influence, and is a most active worker in the interests of the Society, and Life Saving is by no means at a standstill; quite on the contrary, the work has been going on steadily, a number of men are preparing to obtain the award of merit, and many others who had to postpone the examination owing to the War, will be prepared to qualify for the various awards next season. Mr. Beamish has arranged to keep in touch with Mr. Dennehy for this purpose. The Executive are extremely grateful to both gentlemen for what they are doing to keep the flag flying.

Mr. and Mrs. Gilbert Reynolds, of the Durban and District Branch of the R.L.S.S., spent an interesting holiday last September at Eshowe in Zululand, where Mr. Reynolds, as Hon. Sec. of the Branch, has been promoting the cause of Life Saving. During his stay in Eshowe he gave a public exhibition, for which purpose the City Swimming Baths were utilized, and at this exhibition a collection was made in aid of the War Funds. Mr. Reynolds also has been busily engaged interviewing the heads of the Government Schools with the idea of establishing regular classes in the district. We earnestly trust his efforts will meet with every success.

While on the subject of South Africa we may state that quite a number of the members of the various branches have either joined the South African contingent or have come to England and enlisted. We have had the pleasure of calls from C. J. Walton, of Port Elizabeth, and Captain W. J. P. Dicks, of East London.

#### ONTARIO BRANCH.

The Ontario Branch, Canada, has sent in a large list of awards for classes that were held in various parts of the province, including six awards of merit, many bronze medallions and proficiency certificates, also eight annual subscribers to the *Swimming Magazine*. Mr. E. A. Chapman, of St. Andrew's College, Toronto, Hon. Secretary of the Ontario Branch, has been unanimously elected Hon. Associate of the Society, he having taught no less than 47 candidates who had been successful in obtaining the Bronze Medallion. Mr. Chapman is the director of physical training at St. Andrew's College and Camp Kajawong on Balsam Lake, Ontario, as well as Hon. Secretary and Treasurer of the Ontario Branch. The success achieved by Mr. Chapman in connection with the classes conducted by him is chiefly due to the kindness and interest of the authorities at the University of Toronto and the Central Y.M.C.A., who have lent these baths for practice and placed them at his disposal for all Life Saving Classes. To show what good results have followed Mr. Chapman's honorary labours, we only need mention the fact that one of the Hon. Instructors, who has been assisting him at the College, now resides in California, where he has succeeded in creating quite a big interest in the subject. Thus it is that life saving keeps spreading to the benefit of all who take part.

#### WELLINGTON HEAD CENTRE.

The activity of the Centre during the past year, which ended on 31st July, was confined almost wholly to work among the schools, Boy Scouts, and Colleges, and to the more remote parts of the Wellington Provincial District. A new scheme was inaugurated whereby a Chief Hon. Instructor relieved the Secretary of much of the responsibility in connection with the formation and conduct of classes. Being yet in its trial stages, the time has not arrived to comment decisively on the efficiency or otherwise of the scheme, but the greater amount of methodical work accomplished certainly indicates that with experience it should bring good results.

One established fact of the experience of the officers of this branch is that with the heartier co-operation of schoolmasters and teachers life-saving will become a necessary feature of swimming lessons in all public schools and colleges where facilities obtain. At present, with a few notable exceptions, the teachers are apathetic. Those schools which have affiliated to the Centre are the notable exceptions, and too much cannot be said for the enthusiasm of the masters and their genuine desire to see their respective schools thoroughly efficient. The Colleges, generally, show a sincere enthusiasm and the Centre can safely state that swimming and life-saving has come to stay. Among the Boy Scouts the movement is spreading and the Executive has noted with extreme pleasure the practical results obtained in this direction. The first awards gained by any girls' school in the Centre's district were the result of instruction given to the pupils of the Sacred Heart Convent, Wellington.

Among the adult clubs, with one exception, few awards were gained, owing chiefly to the fact that large numbers are at the Front in the Service of the Empire. In some cases the enlistments crippled clubs, and one or two have disappeared altogether. Unfortunate as this is, it is nevertheless most gratifying to note that swimmers have shown their willingness and eagerness to serve their country.

Owing to the War, instruction at the Technical College and at the public class at the Young Men's Christian Association had to be abandoned, but extensive propaganda work was carried out during the year and a sub-centre has been successfully

established at Blenheim—where a class attained 90% of awards, among them two awards of merit. This is highly creditable, and says a great deal for not only the instructor, but for the men themselves. There are great possibilities for the Marlborough district, more especially if the present executive personnel maintains its enthusiasm.

A great boon has been obtained by reason of the City Council extending the period of the free pass for the City Baths to school children who gain the Proficiency Certificate. Hitherto the pass extended only for the season during which the award was gained. Now it covers one calendar year, so that the children enjoy a full season free of charge.

The expansion of the work at the present time is forced to depend almost entirely on the Government Humane Grant, a state which in normal conditions would not exist. No one would like to see a work suffer retrogression which can give ability to men to do what Lieutenant B. C. Freyberg did at the Dardanelles recently. This hero was instructed and gained awards under this Head Centre, of which he was an Honorary Instructor.

The programme mapped out for this Centre next year is an extensive one, and includes a visit to each of the towns in the district where there are, or are likely to be, baths, including Pahiatua, Eketahuna, Feilding, Palmerston North, &c.

The grand total of awards gained through the medium of classes conducted and examined by the officials of the centre during two seasons, amounts to 554, which includes 60 Elementary Certificates, 250 Proficiency, 175 Bronze Medallions, 8 Teachers' Certificates, 23 Hon. Instructors', 37 Awards of Merit and one Diploma. Twenty-two clubs, colleges, schools and classes have affiliated with this Centre, which is in expectation of big results in the future, particularly in Wellington, where the first Tepid Bath, 33ft. wide and 100ft. long, is established at the New Boys' Institution.

The following members of the Doncaster Amateur Swimming Club have successfully passed for the Royal Life Saving Society awards:—Miss F. G. Abel; Messrs. J. W. Johnson, J. F. Parkes, H. G. Pearce, E. W. Pettifer, A. Steeles, C. L. Ward. Mr. F. Hazlewood also passed for honorary Instructor's certificate. The examiner was Mr. J. Oakes, Sheffield.

A long letter has come to hand from S. H. Kelso, of St. Louis, U.S.A., who is deeply interested in Life Saving work. He is taking care to create an interest in the subject in that city, particularly at the Central Y.M.C.A., where he has taught several for the R.L.S.S. awards, for which the workers at the Central office return their grateful thanks. It is by such means that the good work is spread far and wide for the benefit of humanity.

\* \* \* \*

The annual examination of the Royal Life Saving Society in connection with the Ashton-in-Makerfield Swimming Club was a complete success. The following candidates were passed:—Proficiency certificates, Samuel A. Lowe, David J. Owen, Albert Latham, Jesse Ashton, John Johnson, Lester Lowe, Thomas Witherington; bronze medallion, Samuel A. Lowe, Robert Lowe, William Gerrard, Harold Harrison. At the conclusion, the examiners, Mr. J. Lomas, of St. Helens, and Mr. J. Cunningham, Liverpool, congratulated the class and their instructor, Mr. Geo. S. Beaton, on the result, and said they would be able to send a very good report of the performance and the enthusiasm shown.

\* \* \* \*

At Glossop Baths, Sheffield, the following members of the Southbourne S.C. passed for R.L.S.S. awards, Mrs. Hazeldene being the instructress: Misses M. Deakin, K. Clough, M. Robson, D. Ruff, C. Callum, F. Sergeant, S. Pearson, L. Keeling, K. Cuff, A. Wainwright, M. Sheahan, H. Fisher, N. Marples, H. Burdall, M. Wigfull, M. Vaux, C. Naish, M. Oxley, E. Yates, I. Champion, D. Taylor, M. Stone, M. Storer, Y. Maruin, C. Pearson, E. Hall, K. Turner, M. Judge, L. Price, L. Newhouse, M. Lee, B. Ellison, M. Callum, D. Moulson, E. Puttrel, J. Tulett and A. Fisher. The examiners were Messrs. France and Ekin, of the Sheffield Branch.

\* \* \* \*

A life-saving examination, R.L.S.S., was also held at High St. Baths, Bolton, when the following lady members of the Bolton S.C. were successful in winning the proficiency certificate:—Misses M. M. Harley, A. Sutcliffe, M. Adamson, G. Roscow, A. Holehouse; for the bronze medallion, Misses M. M. Harley, A. Sutcliffe, P. Walker, M. McDonald, and M. Broughton. Prof. T. W. Grundy was the instructor and Mr. W. H. Broom, Hon. Sec. of the Manchester Branch, the examiner.



It is with great pleasure we learn that one of the graduates of the Royal Normal College for the blind at Norwood, Mr. A. W. Rablen, of Holsworthy, was the means of saving life. He was one of a class of candidates in 1914 who, when at College, passed the test of the Royal Life Saving Society for its proficiency certificate. On September 24 some children were swinging in the nets on Polruan Quay, and a boy fell overboard. The tide was high, with no boat at hand, and had it not been for the plucky action of Mr. A. W. Rablen the child would have drowned. While waiting for the ferry Mr. Rablen heard the alarm, and being informed that the boy had drifted out from the quay, plunged in and held him up until help arrived, and the two were brought safely ashore.

We feel sure that Mr. Guy M. Campbell, Principal of the College, and Vice-president of the R.L.S.S., who always conducts the College Life Saving Classes, will be delighted to learn that his labours have been so well rewarded. We also congratulate Mr. Rablen on putting his ability to so practical a test.

The value of a knowledge of life saving was exemplified recently by Police-constable Charlton, of the West Hallam police. He went in search of a girl who had attempted to commit suicide in Mapperley Reservoir, which is very deep. Only pausing to take off his tunic and cap, Police-constable Charlton dived in after her. After a struggle he brought her to the bank and she was got out alive but unconscious. Artificial respiration was resorted to and after a time she came round. Police-constable Charlton gained the Royal Life Saving Society's medallion at Full Street Baths, Derby, his instructor being the late Mr. E. B. Mason. The class was one of those formed by Capt. Holland for the Derbyshire Constabulary, upon representations made by the Derby and District Association, after a sad affair at Matlock in which a policeman lost his life in attempting to save life from drowning in the Derwent.

Some time ago swimming was made an obligatory course at Princeton University. A new regulation makes it necessary for all candidates for a degree to pass an examination in life saving also. Each candidate will have to show himself practically expert in releasing himself from the clutch of drowning persons, in diving from the surface to a depth of seven feet, in carrying

persons to land, in treating them by the Schäfer method of artificial respiration, and in caring for them after revival. We are getting on! Of course abroad first—that is "as usual."

At an examination held by the Sheffield Branch members of the Water Lily S.C. were successful in passing for the Royal Life Saving Society's awards. Among those who qualified were Miss D. Ellis (daughter of the Master Cutler of Sheffield), Misses E. Bownes, K. Phelan, E. J. Bennett, B. M. Mounsey, F. M. Burrows, A. Wood, R. Reaney, E. Wood, and R. M. Osborne. This class was organised by Miss E. Pryor and Miss K. Blake, A.O.M., who were the hon. instructors, and they are to be highly congratulated upon the success of their efforts.

Under the ægis of the Wolverhampton Swimming Club an examination was recently held for ladies in the studies advocated by the Royal Life Saving Society. Six entered, and, with equal credit to themselves and their instructor (Mr. G. Jennings), they succeeded in passing for the society's certificate and medallion, being the first ladies in Wolverhampton to obtain this distinction. They were Misses M. Allerton, C. Turland, D. Jeavons, K. Smith, E. Edwards, and M. Whicker.

The Liverpool Shipwreck and Humane Society have awarded a Silver Clasp to his medal and presented a certificate to Captain James Wheat, of the steamer Prenton, for bravely diving into the river Mersey and rescuing a man who attempted suicide. This is Captain Wheat's third life-saving service in three months. He obtained the proficiency certificate and Bronze Medallion of the R.L.S.S. as a member of the Wallasey Ferries Life Saving Class, October, 1909.

Captain C. A. H. Shaw, Hon. Representative of the R.L.S.S. and of the Swansea Swimming Club, has been in the thick of the fighting with the Sixth Welsh, and has now returned to duty after treatment for an injured foot. He has a brother serving at the front with the Engineers, and two others in the army who hold commissions. All four are Swansea swimmers. The Captain has for many years been one of the mainstays of swimming and Life Saving in Swansea.



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**GENERAL BIRDWOOD AT THE DARDANELLES.**  
*Bathing within the Range of Shell and Shrapnel.*

Whenever General Birdwood can snatch a few minutes' rest from the strain of conducting the operations of the Australian and New Zealand forces in Gallipoli, he delights to lave his martial limbs in the waters of the Dardanelles. Most of the members of the Australian and New Zealand forces are keen swimmers and are proud of their general natatorial ability.

## THE LADIES' SECTION.

### MORE ABOUT LONG DISTANCE SWIMMING.

#### PROPOSED CONTEST OVER CHAMPIONSHIP COURSE.

Our "Lady Dorothy" somewhere in France.

THE difficulties with which women have to contend in practising long distance swimming in this country are gradually being surmounted, yet they have not the facilities which are granted their American cousins, in the matter of training and the acquirement of the best strokes. But for the present position of the world's affairs there would have been effort made during last and this winter to give widespread instruction to women in the more speedy methods of swimming, with due regard to the cultivation of staying power, but the closing of many baths has necessitated postponement of this valuable crusade. The correct movements in making the various strokes would have been explained, special emphasis being laid on the fact that all strokes are tiring unless properly completed, and that correct movement means less fatigue and the consequent power to make a much longer sustained effort in the water. It was in the minds of many of the leaders of the Royal Life Saving Society that some such course of beneficial instruction should be instituted, as the call for the granting of opportunities to learn the trudgen and crawl strokes has become insistent from women. The Amateur Swimming Association is teaching schoolmistresses and schoolgirls the best methods of the back and breast strokes, but the lady swimmers who have already gained the elementary knowledge, now so generally taught and wisely explained by the leading swimmers of the day, want to make further progress, and to that end are calling upon their various ladies' committees to insist that the Association should use some of its funds for the higher training of the women who are already proficient in the ordinary strokes. In that way they hope before long to emulate the doings of those American cousins whose feats "Lady Dorothy" described last month.

One of the ways in which long distance swimming among women might be encouraged, would be the institution of a race for ladies over the men's Kew to Putney Pier Course, a distance of about five miles and sixty yards, for this would bring entries from all parts of the kingdom, more especially from the North, where there have been many long swims by ladies during the past season. The contest could easily be arranged for next year, and would be highly beneficial to swimming, as it would be an object lesson to the crowds who would gather on the banks, and be an incentive to them to go and do likewise. The performances of Miss Eileen Lee are proof of the vast improvement ladies have made since we were astonished by the positions gained by women in the old "Through London" swims. Here is a young woman of only nineteen years of age, who not only swam from Tower Bridge to Marble Hill, Twickenham, and back to Kew Bridge, a distance of about twenty-two miles, but who has also succeeded in making very fast time over the Kew to Putney championship course, for, on September 25, she covered the distance in 1.14.13.2. The best known for the course is 1.3.12.2, by T. S. Battersby when he won the men's championship in 1910. Miss Lee only learnt to swim after reaching the age of fifteen, but like many other members of the Kingston Ladies' Swimming Club, to which she belongs, has since made remarkable progress. By the way, some of the fine doings of the Kingston Ladies' Club have not gained the publicity they deserve, for had they done so there would have been many other clubs to follow their example. The Kingstonians have been constantly making long swims, mostly from Molesey Lock to Richmond or over intermediate courses, and they have consequently a number of splendid distance swimmers, most of whom also trouble very little about the temperature

of water, and rarely take refreshment on the way. For instance, in Miss Lee's swim from the Tower Bridge the plucky girl only had about eight small pieces of chocolate, a few spoonfuls of rice pudding, a cup of tea and about a quarter of lemonade. Yet she was in the water close upon seven hours.

\* \* \* \*

Of course the promotion of a ladies' long distance championship rests with the Amateur Swimming Association, but it is the ladies who can force it on, and we commend the suggestion to Mrs. Lyon, of the Dartford Premier Ladies' Club, who has ever been energetic in advancing the interests of lady swimmers and gaining them due recognition. Years ago the old Portsmouth Club endeavoured to get the Association interested, but the idea was scouted, much to the chagrin of the famous seaside club, which has many ladies among its members, in fact its ladies' section is properly the strongest in this country. But times have altered since those Victorian days of swimming legislation and the sentiments and wishes of lady swimmers are more closely studied and receive careful consideration instead of being incontinently ruled out of court.

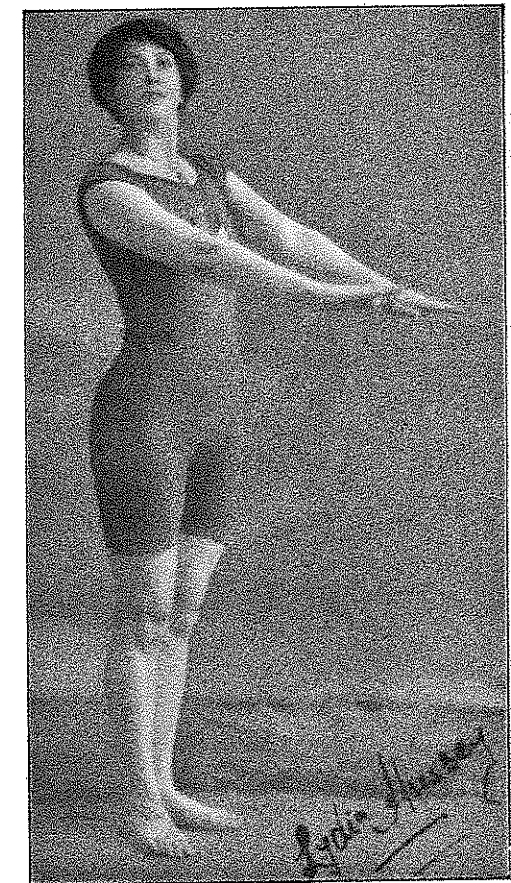
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Lady swimmers will regret that owing to Red Cross work our "Lady Dorothy," who has so charmingly defended the interests of ladies and advanced many schemes for their benefit, will be unable to contribute again to these pages until the close of the war. While we shall miss her valuable assistance, and her broad-minded and practical expositions of the views of lady swimmers, we sincerely commend her for joining in such a noble cause and wish her God-speed in her good work.

\* \* \* \*

"Business as usual" has been the motto of the Gloucester City Ladies' Club during the past season, and as the result, they have been able to teach a number of really promising young swimmers. At their gala, which was held in aid of the local Red Cross hospitals, the race for the Western Counties Ladies 50 yards championship was included, this being won by Miss Thould, of Weston-super-Mare, in 37.2, Miss Manley, Port of Plymouth, being second and Miss Braine, Gloucester, third. A most attractive item was a water polo match between the Gloucester Ladies and the Gloucester High School, which the former won by three goals to love. That reminds me. Why do not the

ladies' clubs pay more attention to water polo? If the example of the clubs in the Western Counties and Wales had been more extensively followed, we should now have some excellent clubs in the Metropolis and the larger towns of England. But there seems a rooted objection to water polo for ladies, though for the life of me I cannot understand the reason of it.



One of the most enthusiastic of lady swimmers is Mrs. Lydia Hussey, who is the hon. secretary of the Barry Ladies' S.C. This lady is a constant visitor to the various London baths on ladies' days, and every Sunday morning during the past summer has cycled in company with her husband and son, who is an Award of Merit holder, from Camberwell to Walton-on-Thames for a swim. There are few who would care to cycle seventeen miles for a swim in open water which now registers under 50 degrees. Mrs. Hussey is also to be seen at nearly every gala and gives an excellent exhibition.



Our heartiest congratulations are extended to Mrs. Laura G. Spratt, Headmistress of the Queen's Head Street Girls' School, at Islington, on the very successful gala which she arranged entirely for the benefit of the little ones. To show how interested and enthusiastic every one must be in this school for Swimming we need only to mention the fact that all the programmes were handwritten, and what is more they were written in a nice clear round hand. In addition to the children's races there was an exhibition of swimming, floating and various fancy movements given by Mrs. Jarvis Dickinson, Mrs. D. King and Miss Mackey, which was exceedingly interesting, all the movements being perfectly executed. Mrs. Dickinson's plunge of 60 feet, somersaulting and revolving, also the undressing on the surface by Mrs. King, were loudly applauded. Mrs. King completed her undressing without taking a single stroke, floating perfectly and gracefully all the while. Miss Mackey also showed that she was as much at home in the water as the other two, her floating, surface dive and breast and back stroke swimming was exceptionally well done, and as a result these three ladies provided the children with a splendid object lesson, which should be very helpful to Mrs. Spratt in her efforts to make her pupils excel in all the branches of the art of Swimming and Life Saving.

Miss Eileen Chubb recently swam from the Giant's Causeway to Portrush. The intrepid young swimmer started at 12.20 p.m. in very favourable weather, being accompanied by a boat in which were her father and mother, with a good boatman. Though the currents gave her some trouble, Miss Chubb kept up a very steady stroke, putting on quite a spurt at the last few hundred yards, and completed an eight-mile journey in three hours and fifty-five minutes. On coming out of the water none the worse for her long immersion she received a great ovation from a large concourse of people who had assembled to see the end of the swim.

The South Norwood Ladies Swimming Club finished up its season with a capital entertainment. The prizes during the year have taken the form of silver "war" spoons, and as expenses have thereby been reduced, there is probability of some substantial subscriptions to war charities out of surplus funds.

The Windsor Ladies' Swimming Club has, during several seasons, made the subject of Life Saving a special feature, and at the last examinations for the awards of the Royal Life Saving Society, proficiency certificates and bronze medallions were obtained by Gladys Parsons, Cecilia Davenport, Lillias Davenport, Norah Fryer, Kathleen Harris; the bronze medallion, Laura Missen; and the Hon. Instructor's Certificate by Ethel Wareham.

From lady members of various clubs who have men's sections I have received complaints about the cancellation of gala programmes, the ladies averring that it would have been far better to have held galas for the youth of both sexes in aid of Red Cross or other War Funds instead of "packing up the books," and declining all interest in the year's doings. With this view of the case I am heartily in accord. There has been too much needless "shutting up the shop," with the result that clubs will suffer considerably in the future. Indeed some are moribund now, but would not have been had a little energy been displayed in their management.

Birmingham Bathers have now been conceded the right of mixed bathing, and there have been many pleasant afternoons spent in Kent Street Baths, during the past month. The baths are open on Wednesday and Saturday afternoons and Thursday evenings, during certain hours. The privilege will doubtless be extended to other baths next season, for family bathing has caught on in Birmingham and opportunity of indulging in it is greatly appreciated.

The 75yds. Northern Counties Ladies' championship, held at Chester on September 20, resulted in a win for Miss M. Leigh, of the Southport Swimming Club. There were fourteen competitors. Miss Leigh won her heat in 1.0.2, and the final in 1.1; second to her was Miss M. Stewardson, of the Manchester Victoria. Miss A. Roddy, Ashton-in-Makerfield, was third and Miss B. E. Addy, of Stalybridge, fourth. Miss Leigh, who is a pupil at the Scarisbrick College, Liverpool Road, Southport, holds many school and local championships, including the Lady Pilkington Cup. Miss Leigh was somewhat fortunate in winning, as Miss Stewardson, who used the crawl stroke throughout, reached for the bar with the

wrong hand and Miss Leigh smartly touched first. According to Mr. H. S. Finney, hon. secretary of the Sutton Harriers and Athletic club, who had the privilege of joining in one of the popular week end trips of the Manchester Victoria Swimming Club and was thereby an honoured guest of the Chester Ladies' Club, it was one of the finest races on record.

Miss D. Taylor, of the Hove S.C., who finished second to Miss Johnson in the 100 yards ladies' junior championship of the Southern Counties, decided in London on September 27, had, on the previous Saturday again won the Hove ladies' championship over a distance of 93 yards at the Hove Baths, her time being 1.15.4. The same young lady also won the Hove Ladies' Club diving competition.

On Thursday, September 16, at the Harrogate Baths, the Mayoress, Mrs. J. Sheffield, presented the Royal Life Saving Society's bronze medal and proficiency certificate to the successful candidates of the Imperial Ladies' Swimming Club. The recipients were:—Bronze medallions, Miss Ethel Milnes, Miss Gladys Buckley, and Miss Pauline Taylor; proficiency certificates, Misses Dora Moor, Annie Fraser, Muriel Balmforth, Doris Bottomley and Amy Lawson.

Romford Ladies held a gala on October 6, in aid of the British Red Cross Society's Funds, the chief event being a relay race between Romford and Ilford ladies. The home club was represented by four sisters, the Misses D., M., M., and B. Brock, members of a well known swimming family. They defeated the Ilford Ladies very easily.

Many girl students of Hunter's Bar Council School, Sheffield, have learnt to swim, and Miss E. Allitt, the instructress, is to be heartily congratulated, and particularly because in the examination for the Royal Life Saving Society's Elementary and Proficiency certificates, all the entrants, fourteen in each section, succeeded in passing the tests.

According to exchanges the following new American records have been created by Miss Olga Dorfner, of the Philadelphia Turgemeinde: 50 yards 30.2; 100 yards 1.9.3; 220 yards 2.15.2. Miss Lucy Freeman, National Women's Life Saving League

of New York City, won the mile swim in 35.38, which is claimed as a new American record. These times were made on the Schuylkill River under the auspices of the Philadelphia Turgemeinde.

The Belgrave Ladies' Club of Leicester held their initial championship competition at Cossington Street Baths, Leicester, at the end of September. The race was won by Miss D. Sarson, a girl only thirteen years of age, who swam most of the distance on the back stroke. Miss R. Bloor was second and Miss Green third.

In accordance with the suggestion of our "Lady Dorothy" in her notes, several galas have been given in various parts of the country for the benefit of wounded soldiers in war hospitals. We have much pleasure in this report in congratulating the members of the Beckenham, Croydon and South Norwood Ladies' Clubs on their combined gala at the Croydon Central Bath, which was filled with a blue-clad and khaki-coated audience who had done their part for their King and Country. The efforts of the ladies were acknowledged with cheers such as never before had been heard at these baths, given spontaneously for the good work done by them and the joy of having done it was theirs. A similar gala with like results was given by the Harrogate Ladies, which had the patronage of the Grand Duchess George of Russia, who distributed the prizes and the awards of the Royal Life Saving Society, which had recently been gained by the members, the instruction having been provided by Mrs. Kirby, who was presented with a handsome bag for her efforts on behalf of the Club.

At the annual gala of the Preston Life Saving Class at Saul Street Baths, Preston, on October 6, the special awards for distance swims in the river were presented. There were thirty-five recipients, Misses Lucy Morton and E. Burscough and P.C. C. Wright for the Lytham swim, five for five miles and the remainder for distances down to one mile.

Great credit is due to Mrs. Hazeldene for the valuable instruction she has given the lady members of the Southbourne (Sheffield) Ladies' Club; no fewer than thirty-seven having passed this season for the awards of the Royal Life Saving Society.

# LADIES' DIVING ASSOCIATION.

## ITS HISTORY, AIMS AND OBJECTS.

### PARTICULARS OF THE COMPETITIONS.

By Mrs. E. Jarvis Dickinson.

IN 1908 the idea came to Mme. Vautier, well known in Swimming circles, that much might be done to encourage diving among women and girls if an association were formed for their sole benefit.

Accordingly she called together other enthusiasts from all the London clubs, an initial meeting was held at St. George's Baths, a committee was formed and officers appointed. Lady Constance Stewart Richardson consented to become President, and kindly presented the association with the die for its medals, the design of which is an acorn with oak leaves. Miss Gustafsson, an exceptionally graceful diver, was the first Hon. Sec., holding office for two years, when Mrs. Lewis succeeded her, retaining the position to the present time. Among the vice-presidents are several well known members of the Bath Club.

There has been a constant addition to membership, and the support accorded has been most gratifying to those who worked so energetically with Mme. Vautier in the first instance, and have continued their loyal assistance all the years of the association's existence. Most of them are practical divers, and are regular in their attendance at the galas where members are competing. They have also given valuable help in the teaching of the knowledge of life saving to ladies, and in many other ways have devoted much time to the promotion of swimming.

In order to encourage *regular practice* weekly competitions are held during the summer season at four or five baths in rotation of districts, while every week during both summer and winter a morning or day-time competition is fixed for those whose hearths and homes demand their presence in the evening. During the winter months an evening competition is also held weekly at one fixed bath.

The highest average from the competitors' twelve best scores in these weekly competitions secures gold medal to the first placed, silver gold centre second, and silver third. These are *not attendance prizes*, but 12 at-

tendances must be made out of a possible 104 during the year. The object of the association being "*to encourage high and fancy diving*," most marks are awarded for the voluntary dive when it is both high and fancy.

All these arrangements apply equally to the *professional section* who, of course, compete among themselves apart from amateurs.

The positions of first and second in the preliminary competition of each affiliated club are naturally coveted and keenly contested, not only for the honour of place and the silver and bronze medal awarded by the association to the holders but also because the two will be eligible to represent their club in the final with a possibility of winning for it the *Donegan Shield*.

This trophy was presented to the L.D.A. in 1913 and has been won once for the Ilford L.S.C. by Miss Belle White and once for the Victoria L.S.C. by Miss Malcolm. The winner of this trophy is twice blessed in winning the L.D.A. gold medal (as first in final of affiliated clubs) for herself and the shield for her club. Encouragement to teams of four from affiliated clubs was afforded by Mrs. Ffrench Williams (née Willford) who in 1910 presented the association with the *Willford Shield*. One of the conditions of this competition is that each of the four members of the team must dive from the top board. The Fulham Ladies won this shield 1910-1911 and 1912 and the Mermaids in 1913 and 1914.

In its infancy the association received a cup from Mrs. Howard Thompson to be competed for annually by amateur members, one condition being a running dive from the top board. Mrs. Cussens (née Gustafsson) won this three years in succession and the cup became her own property. A second cup was then kindly presented by Mrs. Howard Thompson and this has been twice won by Miss Marx.

In order that the professional section might have something to work for and also that they too must perform the dreaded run

## Late News.

The Southport Swimming Club has handed over to the local Infirmary and St. John's V.A.D. the sum of £70 for endowing bets for wounded soldiers. The club tops the list on the Northern Counties' A.S.A. Roll of Honour. Naturally Southport is proud of this, and hopes to beat all records. The club has taken up life saving very enthusiastically, especially the ladies' section, by whom no fewer than 59 awards have been gained this season.

\* \* \* \*

The Welsh junior championships were decided at Swansea on October 16. E. Nicholls, of Cardiff, won the fifty yards boys' championship in 30.1, and Miss Ethel Doherty, of Swansea, the fifty yards girls' championship in 39.1. Both are Welsh records. The boys' squadron championship of Wales was won by the Swansea Grammar School.

\* \* \* \*

The St. Matthew's S.C., Croydon, has over one hundred members serving their country, and news has been received that five have fallen in action. Among them we regret to include the Assistant Hon. Sec., Second Lieut. St. J. L. Hartnell-Sinclair, who was killed in France. His elder brother was killed in the Dardanelles.

\* \* \* \*

Four of the senior boys—C. L. Allingham, C. J. Cobb, E. A. Jones, R. S. H. Whitty—all scholars at Rutlish School, have been awarded the Amateur Teachers' Certificate of the Southern Counties' A.S.A. in recognition of their success in teaching their fellow scholars to swim. The proficiency of the pupils was certified by Mr. H. Johansson, the famous Swedish Olympic champion, who conducted tests for that purpose at the Wimbledon Baths. In his letter notifying the awards, Mr. H. E. Fern, Secretary to the Association, says:—"May I be permitted to congratulate you on your plan of permitting the boys to act as instructors. I trust other schools will see the wisdom of following your lead." We understand that these boys, together with W. D. Gray, who was Swimming Captain of the School last term and is now a corporal in the Royal Engineers, are the only schoolboys that have gained this award.

from the top the Amateur Members of the Committee presented the association with a cup for professionals on the same basis as the Howard Thompson cup for amateurs. This cup was won three times by Miss Eva Johnson, thus becoming her own to keep and this same lady has also begun winning a second cup presented by the committee.

The amateur section has yet another friend in Mrs. Nixon, who in 1914 presented a cup for the five best fancy dives performed by one member. The winner was Miss Nora Pennington, whose intrepidity and determination are extraordinary.

How few can hope to win cups and shields or even place medals! Should the many who cannot be discouraged? Not at all! Let the member whose score stands at 29 or less out of a possible 42 take heart of grace. Practice under intelligent supervision will inevitably bring about that improvement which will lead to an average of 32 and be rewarded by that coveted little emblem the L.D.A. proficiency bronze medal.

The acorn is not yet the oak tree but it is only necessary to see the improved standard of diving among ladies and to note the *higher* standard of pluck to be convinced that the L.D.A. has accomplished a good deal, a great deal. Many members have been enabled to enter successfully for the Award of Merit and the Diploma of the R.L.S.S. solely owing to the persuasion and encouragement and help of the judges of the L.D.A. "It is only the dive that stops me," one hears so often in reference to both these examinations, and when that has been done once (probably pretty badly the first time) the rubicon is passed and the member tries and tries again until the high dive is passable if not excellent. It is invidious perhaps to make distinctions where many have helped in various ways, but it would be frankly wrong not to ascribe the success of the association to the unremitting labour willingly given by the Hon. Sec., Mrs. Lewis, and the valuable assistance rendered by the founder, Mme. Vautier, who also held office as treasurer 1908-15.

Events have proved that lady judges have the keen eye for faults, unhampered by that gallantry which the male judge is disposed (or supposed) to show in criticising the "weaker!" sex. The association acknowledges with gratitude the services of the A.D.A. judges, so willingly and kindly given each year in judging the events in the final.



## Notes on News from all Quarters.

### Items of Interest and Information.

#### Details of Many Gallant Rescues.

**A** LIFE saving class is to be formed this winter at Twickenham for the instruction of the watermen and the youth of both sexes who have passed their school swimming tests. Several of the watermen who already hold the bronze medallion of the Society are taking active interest in the work, which will primarily be under the direction of Mr. Archibald Sinclair, with an initial committee consisting of Messrs. G. Lee, F. Lee, J. Vine and F. Wright, all well known on the river and all very keen for the instruction of the younger generation in a subject so useful to all who live by the water-side or gain their living on it.

If Mr. Rawlins, of Honolulu, president of the Hawaiian branch of the A.A.U., can convince the powers that be that Honolulu is the logical spot to hold national championships in 1916, all the swimmers of the country will be scrambling to get the trip to the island. He is asking for the national 100 and 220 events to be held February 22 next. Rawlins feels that to Honolulu is due some consideration in the apportionment of the next championships. He points out that the islands have produced many famous swimmers. Kahanamoku went to the championships in 1912, and that same year represented the U.S.A. in the Olympic games and what he did is now history. Since then other great swimmers have come to the front.

The Southern Counties A.S.A. Executive held a meeting on the 11th of October, when they had the pleasure of welcoming back amongst them Mr. W. A. H. Buller from the Dardanelles. In a previous number we made reference to Mr. Buller's efforts in preventing loss of life by drowning; he informs us that the affair was quite trivial, and does not warrant the statement made about him. Mr. Buller is an expert swimmer and knows well when dangers are encountered, therefore in due deference to him, we make the correction and we are glad that he has returned safe and well in order to prepare for activities in other parts.

Charles Toth, of the L. Street Swimming Club, of Boston, Mass., swam to Boston Light and back on September 17, in 15 hours 47, but failed to beat the record, which is 13 hours 9, by S. Richards, made three years ago. The starting-place and approximate distance of the swim are not given in the report we have received.

Most hearty congratulations to Mr. Henry A. Pike on the great work he has done in connection with the Barnes and Mortlake Schools Swimming Association, of which he is the Hon. Sec., notwithstanding that these districts are without a bath and therefore all who desire to swim must travel to Richmond or take risks in the Thames. The second annual competitions held at Richmond Baths were again very successful and well managed. Mr. Pike has recently sent out a circular letter to all the schools in his district offering his services as Hon. Instructor in Life Saving during the winter months, to those of the scholars who can swim, these classes to start immediately after the Christmas holidays. We hope he will meet with the success that his very generous offer deserves.

The members of the Manchester Victoria Swimming and Life Saving club hold many week end meetings at beauty spots in Cheshire, both the ladies' and gentlemen's sections taking part therein. These social gatherings do much to enhance the well-being of clubs.

Among our visitors last month was Lance-Corporal Douglas Archibald Sinclair, of the 4th Battalion Australian Infantry, who was wounded at Pine Ridge on August 6, but who is now making rapid recovery. He particularly wishes to thank Mr. George H. Williams, the secretary of the New South Wales branch, for his kind courtesy and his genial hospitality during his short stay in Sydney, prior to going to the front with the First Australian Commonwealth Force. Lance-Corporal Sinclair is the son of our Assistant Editor, who has his two other sons also serving. All three are good swimmers.

At the High Street Baths, Manchester, on the first Saturday in October, R. P. Taylor, Manchester Victoria, won the 100 yards junior championship of the Northern Counties in 1.6.3, after winning his heat in the fine time of 1.7. Second to him in the final was J. Wood, Reddish, C. Gartside, Hathershaw, was third.

The annual swimming competitions in connection with the Federation of London Working Boys' Clubs were decided at Lambeth Baths on September 28, the judges being Mr. William Henry, chief secretary of the Royal Life Saving Society, and Mr. F. Geoghegan. F. Blackwell, Eton Mission, won the 80 yards under eighteen, W. Caplin, Stepney, the 40 yards under sixteen, M. Ehrengott, West Central, the 160 yards under eighteen. Eton Mission the Senior and Junior team races, and G. Brown, also Eton Mission, the diving competition.

The fourth annual tests under the scheme for the encouragement of swimming at Lancaster were held in the Corporation Baths on September 28. The total number of scholarships offered for competition, comprising a season's free attendance at the baths, numbered 63, divided into three sections, viz., 38 for boys and girls under 14 years of age, for first year scholarships; 18 for second year certificates, for boys and girls under 15 years of age; and seven for third year scholarships, for boys and girls under 16 years of age. The competitors were placed in heats, and the fastest swimmers gained the scholarships. The ladies' championship of Lancaster was won by Miss E. Kittson, the schoolboy squadron championship by the Dallas Road Council School, and the boys under fourteen championship by W. Park, of the same school.

At the Sheffield Otters' Invitation Gala, held on October 5, the Bolton Cup race, which is over a distance of 226 yds., was won by Arthur Froggatt, the Yorkshire Junior and club champion, who is not yet sixteen years of age, in 4.41.4.

Scout Ian Robson, who rescued a coast-guard'sman at Nairn in March last, was publicly presented with the Royal Humane Society's medal and certificate at Kirkcudbright on October 2, by Major-General Pollock, Dalbeattie, Deputy Scout Commissioner for the Stewartry.

The Pontefract Swimming Club has a membership of eighty-two, including a large proportion of juniors, yet forty-two members are on active service.

We strongly support the recommendation of many coroners that swimming should form a compulsory part of our elementary educational code. We are afraid that there would be a good deal of "passive resistance" on various grounds, if swimming were made compulsory, but it does seem strange that in an island kingdom like this the art of swimming should be so much neglected, particularly in country districts and most seaside resorts.

Private W. Tongs, Scottish Rifles, died of wounds, was the recipient of the D.C.M. for very conspicuous bravery. He was the holder of the Royal Life Saving Society's certificate and bronze medallion, which he passed for at Malta on July 11, last year. Private Tongs was formerly a resident of Guernsey.

A gala was given at the Prince of Wales's Baths, Kentish Town, on September 27, by the Holloway United Swimming Club, as a testimonial to Mr. Walter Brickett. Thereat was decided the hundred yards junior ladies' championship of the Southern Counties and the hundred yards junior championship of the same district. The ladies' race was won by Miss V. A. L. Johnson, Holloway United S.C., by four yards from Miss D. M. Taylor, Hove, S.C., in 1.23.1. Miss E. C. Smith, Victoria Ladies' S.C., was third. In the youths' race the successful competitor was E. S. Savage, Sutton Dolphin S.C., who beat E. C. Coombes, Holloway United S.C., by only a few inches after a great race, the time being 1.8.1. A. E. Dickin, St. Stephen's School, Shepherd's Bush, was third, only about a yard and a half behind Coombes.

We regret to record the death of two prominent members of the Otter Swimming Club, who were killed in action at the Dardanelles, these being Captain W. C. Hayden, Hon. Artillery Company, and Lieut. A. H. Ridsdale, City of London Rough Riders. The last mentioned was a nephew of Sergt. George H. Rope, Hon. Artillery Company, the life president of the Otter Swimming Club. The sincere sympathy of all swimmers is extended to the relatives of these brave sportsmen.



The four hundred yards London Schools Team championship final and the junior graceful diving championship were decided at the Prince of Wales's Baths, Kentish Town, on September 29. The St. Stephen's School, Shepherd's Bush, represented by F. Subweber, W. Craighill, J. Canlon, S. Drake, F. Drake, G. W. Miller, won in 5.41, Kennington Road South Kensington School being second, and Gopsall Street Hoxton School, third. Three of the lads in the winning team were only 11 years of age, one 12 and two 13. A boy from the same school won the diving championship, this being A. E. Dickin, the holder. Last year W. Donnelly, West Ham S.C., was awarded first place, subject to a protest, on the ground that he was not present when the competition started, and this being upheld by the Association, the championship resulted in a tie between A. E. Dickin and his brother, J. H. L. Dickin. In this year's competition Donnelly showed fine form for his size, and on the judge's placings dead-heated with Dickin for first place, but the rules provide that in such cases the points must be totalled, and this gave Dickin first place with 112½ against Donnelly's 111½. The latter, as a member of the St. Nicholas' School, won the under 16 diving event at the Home Office Schools gala earlier in the day.

The recent successes in junior and schools championships in London by boys from St. Stephen's School, Shepherd's Bush, are largely due to the interest taken in their teaching by Mr. T. J. Cook, the assistant master of the school. Most of the boys are capable exponents of the crawl stroke.

A championship gala was held at the Northumberland Baths, Newcastle, on the last afternoon in September. R. Bullough, of the Clarence Street School, won the 50 yards schoolboys' championship of Newcastle in 0.43.; Miss K. Wright, Snow Street School, the schoolgirls' championship; J. G. Hatfield, Middlesbrough, the English mile champion, a 300 yards invitation handicap from scratch in 3.45.; Miss M. Brown the 50 yards championship of Newcastle, and the R.A.M.C. a squadron race. There were many wounded soldiers present on the invitation of the Corporation, to whom the idea of providing some little attraction had been suggested by Mr. J. W. Priestley, the Baths Superintendent, who in his youth was one of Scotland's most noted swimmers.

Out of forty-eight active members of the Romford Town S.C. no fewer than forty-five are serving with His Majesty's forces.

At the Sheffield Victoria Brotherhood gala, held on September 30, Mr. T. A. Williamson was presented with a special badge in recognition of the good work he has done in training the members of the Brotherhood in the methods of life saving advocated by the Royal Life Saving Society. The championship held for three successive years by Corporal J. May, now with the Army, was won by A. Richardson, but a replica of the cup is to be presented to Corporal May.

The Amateur Diving Association's junior competition, open to Derbyshire, Notts and Leicestershire ended in a win for T. McClune, Nottingham Northern S.C., G. P. Watkin, Derby School S.C. and G. Thomas, Derby St. Chad's S.C., being second and third respectively. The competition was held at Derby on October 1, and at the same meeting C. S. Barks, Derby Boy Scouts. S.C. Midland District junior champion, won the hundred yards junior championship of Derby in 1.15.4. T. H. Cotterill and J. H. Jackson, who belong to the same club as the winner, were second and third. The Midland District Schoolboy team championship was won by the Derby St. James Higher Grade School.

Some idea of the encouragement which is given to swimming in Boston (Lincs.) can be obtained by reading the twelfth annual report of the work done at the swimming classes during the past season, which so far as Boston is concerned opened on May 19, and finished on September 18. During that period there were 3,997 boy bathers and 3,048 girls, the average weekly attendance being boys 250, girls 191, a total of 441. Mr. J. C. Enderby, the swimming instructor, tells some amusing stories in his report and he also points out that from a health point of view it is impossible to estimate the value of these classes. The whole of the boy swimmers were taken alongside an equal number of non-swimmers of the same age, and their heights and chest measurements taken. It was reported that the average height of the swimmers was 4ft. 7.5in., that of the non-swimmers 4ft. 5.8in., the average chest measurement of the swimmers 27.2ins. and that of the non-swimmers 26.6ins.

At the fourteenth annual Bradford Schools gala, held on September 29, Arthur Froggatt, of the Sheffield Otter Club, won the 100 yards junior championship of Yorkshire in 1.11. W. Cockcroft, of Brighouse, being second, and H. Longden, Spenborough, third. In the schools' race Kenneth Wilson, Bradford Grammar School, greatly distinguished himself, he winning the Lupton trophy, which carries with it the boys' championship of Bradford, for the fourth year in succession and also helping his school to win the Schoolboys' Squadron championship. In addition to this he regained the diving championship, which he lost last year, but has now won three times in the four years he has been a competitor. This promising young swimmer is only 11 years of age. The race for the girls' championship of Bradford was secured by Miss Minnie Avis, of the Grange Road School, and the girls' diving championship by Miss Annie Heaton, of the Wapping Road School.

A return has been prepared by Mr. J. T. Kay, manager of the Wombwell Swimming Baths, Yorkshire, of his first year's working. The total admission numbered 58,528, and the takings were £702 os. 8d. Mr. Kay knows how to make the Baths popular. He did wonderfully well when he was at Warth-upon-Dearne. The teaching of swimming and life saving is a big feature with him. As a result every year he presents large classes for the R.L.S.S. awards.

Mr. Otto L. Bergendorff, the Midland swimming champion, is alive and well. Immediately after taking his Intermediate Law Examination, and before even waiting to hear that he had been successful, he joined the Royal Field Artillery. After a few months' training he was sent away to France, where he has been in the firing line.

Thanks are due to Mr. and Mrs. Billson, of the Lister Public Baths, Featherstone, for the great interest they have taken in the promotion of life saving in the district, where recently large classes have passed for the R.L.S.S. awards.

The Ealing Dean S.C. members are to be congratulated on their efforts to promote the knowledge of swimming among the children, notwithstanding the absence of a large number on war service.

Messrs. William Kay, of the Dublin Swimming Club, and H. F. Case, Pembroke Swimming Club, and Hon Representative of the Royal Life Saving Society, have established a record for Ireland in long-distance swimming. Starting from the end of the Bull Wall at Dollymount, they swam to the West Pier at Kingstown in 1 hour and 50 minutes. Strong contrary currents, particularly at the mouth of the Liffey, and also at Kingstown Pier, were encountered and the distance swum was estimated to be about six miles. Both have been for many years identified with swimming in Dublin.

Mr. J. A. Priestley, the Sheffield Corporation Baths Superintendent, in his annual report, has reference to the increasing bathing facilities in the city being suspended until the end of the war at least. This has held back the Crookes, Darnall and Grimes-thorpes Baths schemes. The Baths department's net expenditure for the year is £1,221 less than the estimate. The gross expenditure is £530 down, and the receipts, £691 up. The total number of bathers of all classes is the largest and the bathing receipts are the highest ever recorded for the city. Free bathing facilities have been granted to all troops stationed in Sheffield on behalf of whom applications have been received, and 23,000 military bathers have taken advantage of the privilege.

The fifth annual report of the Whitley and Monkseaton Bathing Club proves the sound financial position of the club and shows the membership to be 358, of whom 46 have been admitted during the present year; 18 members have joined the forces. A roll of honour of these will be placed in the club pavilion. The club has a balance in hand of £40 13s. 4d.

We have had the pleasure of meeting with Mr. A. Richards, of the Maramic Surf Club, Wellington, New Zealand, who was wounded in Gallipoli and has been in hospital in London. He and Sergt. W. H. Ellis, who also was on the sick list, met accidentally in a London theatre. They are members of the same club. Sergt. Ellis has spent some days with Mr. Henry at his camp at Walton-on-Thames, where he has been enjoying some fishing and swimming in the river Thames, with the water ranging between 48 and 50 degrees.



The Yorkshire Junior Team Championship has again been won by the Sheffield Otters Team. In this event the first competitor swims 100 yards backstroke, the second 100 yards breast, third 100 yards free style, fourth 150 yards free style. The result was:—1, Sheffield Otters (holders), time 6.35.1.; 2, Bradford Dolphins, time 6.57.2.; 3, Brighouse, time 7.7.2. Names of the victorious team are A. Froggatt, M. Hazledene, C. Maw, E. Maw. They won easily by 25 yards.

There are now 59 schools in membership with the Manchester, Salford, and District Schools Swimming Association and some 20,000 scholars. No fewer than 40 per cent. of the children in attendance are able to swim on leaving school, and in many schools the percentage is as high as 70 and 80 per cent. This is largely due to the policy of the local authorities in allowing the free use of the swimming baths to school children. These results are almost entirely due to the progressive policy inaugurated by Mr. Derbyshire, the chief of the Baths in Manchester.

Free bathing facilities have been granted to all troops stationed in Sheffield on behalf of whom applications have been received, and 23,000 military bathers have taken advantage of the privilege. Free slipper baths have also been provided for a number of Belgian refugees. The Corporation of Sheffield has many schemes on hand, for the promotion of further baths and bathing places, but has suspended all operations until the end of the war.

Caswell Bay, near Swansea, seems to be a place where a good many people get drowned and nothing is done for the protection of the bather, not even a boat has been kept handy. As drowning fatalities at a given spot are a very bad advertisement, it would therefore seem advisable for the authorities in charge of such a place to make the necessary provision to safeguard life. This will never come under present conditions; it will only be done when it comes to a question of law and liability, or a case of culpable negligence. In such places similar regulations are needed as are practised in America, Africa, Australia and New Zealand, where life-saving reels are provided with experts to work them.

A war loan voucher formed a special prize at a swimming gala recently. Those on the look out for trouble will now be able to enlarge on the incident.

The military championship promoted by the Everton Ladies' S.C. was won by R. E. Speirs (Everton S.C.), who is the holder of the Northern 150 yards championship, and has been placed in other northern, also national championships. In 1912 he won the Mersey Championship and at present holds the Liverpool and District 200 yards championship, a distinction he also won in 1908-10-11-12-13, and in 1914 he was a member of the Lancashire water polo seven. Just before the declaration of war he was the guest of the Magdeburg S.C., but now is engaged getting into form for duty at the front.

For the thirteenth year in succession Miss Daisy Curwen (Liverpool Westminster L.S.C.), the 100 yards and 220 yards National Lady Champion, has won the Liverpool and District 100 yards championship, this time in 1.15. Her best time for this distance was 1.12.3.

In the opinion of Mr. H. E. Fern, the Hon. Sec. of the Southern Counties A.S.A., the demonstration of Messrs. Crawshaw and Unwin in breast and back stroke swimming is the finest educational work undertaken by the A.S.A. We share Mr. Fern's opinion and congratulate him upon his own lectures, which have created wide-spread interest.

Mr. Chas. Richards, captain of the Grimsby Dolphin S.C., who learnt to swim after he left school, has been a well known figure in connection with the art for many years and has a good many prizes to his credit. His enthusiasm for the sport places him in a class by himself and nothing is a trouble to him, so long as it is for the benefit of swimming and swimmers. He is a keen polo player, life saver and all-the-year-round bather. The existence of the open air Pavilion for the encouragement of open water swimming is largely due to him. This year Mr. Richards undertook the duties of secretary and general manager of the Orwell Street Baths, when these were taken over by the military authorities. These duties he has carried out with remarkably successful results. He is quite the right man for the position for he knows how to foster enthusiasm for swimming and life saving.

## Work Boys' Club. Life Saving Competition.

The Leinster Schools Championship, distance 100 yards, was this year won by J. V. Bateman, of the High School, in 1.7.4, which is a new record for the event.

Congratulation to the Leander S.C., Birmingham, upon the success achieved in connection with their thirty-ninth annual gala, also to Mr. Geo. Russell, the energetic Hon. Sec. and Treas., whose arrangements were perfect.

At a meeting of the Nottingham Dolphin Swimming and Life Saving Club it was reported that 25 members had enlisted in His Majesty's forces, four being members of the committee. Information was received that two members, Private Syd Yealand and Private Wm. Green, had been killed in action. Private Wm. Green had been a member of the committee, was a splendid swimmer, and obtained the medallion of the Royal Life Saving Society. He also took part in the A.S.A. Midland Counties Water Polo Championship. A few seasons ago he was a member of the St. Ann's, Well Road, Evening School team which won the Pullman Shield.

The subject of "Compulsory Swimming in Schools" was under consideration of the Executive of the London Schools S.A., at their last meeting. The point was raised by Mr. J. F. Wood whether the time had arrived when the L.S.S.A. should start a campaign in favour of swimming being made compulsory in our schools. If this does come to pass, we wonder whether we shall hear of conscientious objectors.

In order to recognize bravery in saving life from drowning, the Whitley and Monk-seaton Bathing Club members presented gold medals to Messrs. A. Hately, Spink and H. Isherwood (R.L.S.S. Bronze Medallist), also a purse of gold to Beach Patrol D. Evans for conspicuous bravery when, at great risk, they rescued Lieutenant Salt from drowning at Whitley Bay during a very heavy swell. Mr. Isherwood, who had been taught by Mr. Simmons the methods of the Royal Life Saving Society, tried several times to get through the breakers but was beaten back each time. Finally the rescuers launched a boat and with a big effort brought Lieut. Salt safely ashore but in a very exhausted condition.

THIS year only two teams took part for the Life Saving Cup of the Federation of London Work Boys' Clubs and the Silver and Bronze Medals presented by the Royal Life Saving Society. To the surprise of everyone the St. Andrew's Club could not raise a team, after having won the Cup on twelve or more occasions. This Club seems to have fallen from the high position it held in days when Mr. E. M. S. Pilkington took an interest in it. In those days it was a power in most sports and more particularly in swimming and Life Saving. For the sake of the boys we hope for a revival.

This year the Eton Otters were opposed by Stepney; the latter must have been very carefully trained, for they showed excellent form, particularly in breast swimming, and as a result they were victorious by 18 points to Eton's 22.

The conditions require a team of four, two of each team to swim about 60 yards breast stroke and two the same distance on the back, and each member of the team has to perform one of the four methods of rescue, over a distance of 18 yards. All the tests are decided on the basis of a team race, the placing figures counting as points. In the breast stroke test Stepney scored 3 points to 7, finishing first and second; in back stroke the points were equal, 5 each; in the first and second methods of rescue, Stepney again had the advantage of 4 to 6, and in the third and fourth methods Eton secured the verdict by 4 points to 6. Thus the Cup will be held for the next twelve months, for the first time, by Stepney. The event was decided on October 5, in the presence of the members of the respective Clubs at the Prince of Wales Road Baths, Kentish Town, London. Mr. William Henry was judge. The members of the winning team were:—M. Robinson, M. Finstein, A. Brandon, and M. Brown, who each receive Silver Medals. The Eton Otters were represented by W. G. King, R. Davenport, A. Pearson and F. Maples, and receive Bronze Medals.

Although the Eton Otters lost the Life Saving Cup they made up a fine record the previous Tuesday at Lambeth Baths by winning four events out of five in free swimming and diving and therefore must be regarded as the champions of the Federation.



## Schools' Championships.

### Keen Contests in London.

**T**HE annual championships of the London Schools Swimming Association were decided on the 30th September at the Holborn Baths. The principal feature was the team race for the Clarion Cup, which brought about a return meeting of the first and second teams in the S.C.A.S.A. championship of the previous evening, though the distance was only 180 yds. against 400 yds. St. Stephen's, who were the holders, again proved successful by inches only from Kennington-road. Despite the closeness of the race, they failed to beat the time they made last year.

The team event for boys under 13 was also won by St. Stephen's, whilst W. Coulter, of the same school, proved an easy winner in the 90yds championship. Both Miss V. Johnson (Finchley L.S.C.) and E. G. Savage (Sutton and Amateur S.C.), this year's winners of the S.C.A.S.A. junior championships, for girls and boys respectively, gained further successes in the championships of London for those under 16. In the boys' event, Savage and A. E. Dickin had a most exciting race, the former gaining a victory by a foot or so, in 1.7.3, which is an improvement on his Southern Counties championship performance.

It was most interesting to watch the St. Stephen's Boys. They practically adopt the same kind of crawl stroke and do it well. As they practise at the Hammersmith Baths, it is not surprising they should follow the example of Mr. J. H. Derbyshire, who, we have no doubt, has done much to make them such excellent imitators. The best of the Kennington team is the youthful Tilton, son of the manager of the Lambeth Baths; he is quite a "tiny tot" but swims in perfect rhythm and was said to have done the 30 yards in 18.1, which is a very fine performance for one so young and so small.

Although the races had to be rushed in the afternoon to keep in line with the lighting order, the attendance was a large one, and we were pleased to see the Rev. Stewart Headlam and Mr. Cyril Coble present supporting the work of the teachers who devote so much time to the cause of swimming in London. Mr. Cyril Coble is the president of the association, whilst Mr. Stewart Headlam has been one of its staunchest supporters

from the beginning, many years ago, in and out of the chair. As usual the arrangements were perfect and reflect great credit upon Mr. John F. Wood, the competition secretary, and Mr. G. H. Neal, hon. general secretary of the association, as well as the acting officials of the day, whose work was in every respect splendidly carried out. Notwithstanding the many difficulties experienced the association has added another bright page to its record, chiefly because of the great improvement shown in the art of swimming and life saving by the youthful contestants.

### Diploma of Physical Fitness.

**A** WHITE Paper which has recently been published by the Australian Government contains some very interesting suggestions by the Commonwealth Director of Physical Training. Among them is a syllabus of tests for fit physical condition which he would like to see applied to the military forces. His syllabus is divided into groups—swimming, gymnastics, jumping, running, walking, throwing or boxing, the object of which is to test endurance, or vitality, as he prefers to call it. The candidate for the diploma which he proposes to give must pass in one item in each of the groups. The tests of vitality proposed are running 10,000 yards in 50min., or swimming 1,000 yards in 28min., or cycling 20,000 yards by road in 50min., or walking 20 miles in a day (marching order). None of these performances are to be regarded as great feats, and of course are not put forward as such. The whole object of the syllabus is to lay down certain tests of general physical fitness, sufficiently easy to attract others than first class athletes and sufficiently hard to be worth a diploma. It seems a useful idea, and one that might perhaps be tried more generally, in order to standardise physical training. There are many young men who have never been able to take much interest in games who, if a recognised standard of physical fitness were laid down, would think it their duty to reach it, with great gain to themselves and possibly some day to their country. It is quite possible to overdo the competitive spirit in physical education, and the British system of educating by games tends to sacrifice the majority to the few who are very good. There ought to be a standard of general physical culture, just as there is of

mental culture, which the average young man should be expected to reach as part of his education. Something of this kind was attempted by the British Olympic Council but it did not find much favour. For anything of the kind to succeed we need a National Director of Physical Training recognised by Government.

## Swimmers' Cramp.

### Not Dangerous or Common.

**E**VERY swimmer needs to be on his guard against an attack of cramp. The condition is fortunately not dangerous or very common—at least, in the most severe form—although every summer several deaths are attributed to it. As a matter of fact, not every sudden death in the water is due to cramp, for heart disease causes some of them. Swimming, it must be remembered, taxes the heart; a healthy heart can stand the strain perfectly well, but a weakened or diseased heart should not be strained on land or in the water.

The cramp that attacks the swimmer is like any other cramp. It is merely a sudden, involuntary contraction of a single muscle or group of muscles. It is far more powerful than any voluntary muscular effort, and sometimes is exceedingly painful. It can affect any of the muscles of the body, but it is most common in the calf of the leg.

Other muscles, however, especially those of the abdomen, are likely to be affected, especially when trying to swim long distances after heavy meals, and in severe cases the pain induces nausea and faintness. It is this faintness and the feeling of panic that accompanies helplessness which make cramp in the water seem dangerous.

Strong exertion causes cramps, and that is one reason why they occur in swimming; the coldness of the water also predisposes to cramps, which occur most frequently in growing children, in the aged, and also those who suffer from gout, rheumatism, or anæmia.

The swimmer who is attacked by cramp must not lose his head. If he is at home in the water, he can throw himself upon his back and float. At the same time he should grasp the cramped muscle firmly, knead it and rub it. Cramp seldom lasts more than a minute, and if he can control himself he is safe. Then he can paddle to shore, or float on his back until assistance comes.

## Swimming at Public Schools.

### Apathy of Ruling Authorities.

### Increased Interest in Life Saving Work.

(Continued from October number.)

**T**HERE are still several schools without baths, but the difficulties are being gradually overcome and as the increase in facilities for training granted to the Council Schools of this country become more apparent to parents, the authorities controlling the higher class of school will no doubt find that definite action will be necessary. They are so steeped in what is termed "tradition" that they will not make a move until forced to by Government action and that action is imperative. But for the war there would have been strong agitation against senseless apathy. Meanwhile we note that Merchant Taylors are still without a bath, and have to use the Northampton Institute Bath, where at the annual gala R. Cove Smith won all events on the programme, he swimming 66yds. 2ft. in 51.2; 200 yds. in 3.23.2, one length back stroke (33½ yds.) in 30.1, and plunging 40ft. 7in. In a match against St. Paul's the school was beaten rather easily.

The example set by Mr. Henry A. Pike, of East Sheen, who has for years tried to get a bath for Barnes and Mortlake, might well be followed by many school authorities. Instead of taking defeat of his agitation as final he is still working hard and endeavouring to convince the Urban District Council that it is failing to fulfil its bounden duties. And, meanwhile he is giving instruction in schools and doing everything he possibly can to train up a race of swimmers in a district where no baths exist and where financial aid is not forthcoming.

Among the schools which have made the subject of Life Saving a special feature this season are the Abbey Schools for girls, Malvern, Abbotsford School for girls at Broadstairs, Ackworth School for boys and girls at Pontefract, where very large classes have been held. At Alexandra College, Dublin, the subject is now being promoted by Miss M. E. Tempest, late of Pontefract, where she had some of the largest girls' classes of the year. Bedales and Berkhamsted schools have again been to the fore with exceptionally

large classes, as also the North-Eastern County School, Durham, Bootham School, York, Bishop's Stortford College, Harrow School, Lancing, Dulwich, Leighton Park, Reading, Leys School, Cambridge, Owens, Royal Holloway College, Rutlish, and many others, but the remarkable feature of this season's work has been the number of candidates from Schools who have successfully passed the test of the Royal Life Saving Society for its award of Merit, which was originally initiated in order to encourage individual practices in the higher phases of swimming, which goes to show that the object of this award has been generally recognised as being of special benefit in keeping up the interest and improving the standing of those who decide to take the examination, which usually takes three-quarters of an hour to accomplish.

Westminster School confined their contests to a gala at Westminster Baths, but it should not be forgotten that the school was hampered by the closing of the baths, and that the scholars had little chance of practice. From what can be gathered, F. L. Moss, among the seniors, and E. M. Wright, of the juniors, are the swimmers who show promise of best improvement.

Tonbridge should be proud of the fact that out of 400 boys there are only twenty-five who are non-swimmers. Bruce again won the high diving, running header and spring board plunge. C. H. Evans won the seven lengths open, and the two lengths on the back swim, and Brian Daunt the four lengths under sixteen, as well as the two lengths under sixteen.

Out of 564 boys at Rugby, no fewer than 513 passed the school tests, and of these 159 have passed this season. The four lengths school race was won by R. N. Gray, who with H. Grantham and C. W. Anning had equal posts in the two lengths or forty-six yards race. G. Cowie won the ten lengths, and R. Deberding the senior diving. In the junior events H. V. Bell won the four lengths, A. Murray the two lengths. H. Grantham and G. Cowie were equal firsts in the diving, and W. Tearle won the four lengths race. Kitterwasters won the house water polo, and H. C. Bradbys the house relay race. The only outside match was the annual one with Harrow, which was lost.

Another school worthy of special mention is the City of Norwich, at whose annual gala 180 entries were received from the boys, no fewer than 24 of whom had learned to swim this year. About sixty boys had been in training and the learners took part in a beginners' race. The school is divided into eight houses, and of these Crome House proved successful in the school championship, Walpole House being second, but the latter had the honour of winning the individual Championship through the performance of R. Rider, who was placed first in three races. The Norwich Swan Swimming Club greatly assisted the masters in providing an excellent and instructive entertainment.

Only about 60 per cent. of the scholars at Wellington are swimmers, and as this is a military school, the comparatively poor record is surprising. There have been school races, the ten lengths for seniors being won by R. H. Whitaker, but there have been no contests against other schools.

A large number of the old scholars of the Warehousemen, Clerks and Drapers' Schools are serving with the Colours, but a goodly number of them were able to get over for the annual prize-giving at the school at Russell Hill, on September 4. The boys gave an exhibition of swimming and diving, and there were also competitions for prizes presented by the old boys.

University College has about 80 per cent. of its boys who are swimmers, but it was not able to hold any competitions this season. Uppingham was also similarly placed. Every boy at this school has to learn to swim unless exempted by the doctor. Consequently, the percentage is probably higher than at any other school in the country.

The St. Clair Tennis Club of Pittsburgh is holding a series of mixed swimming parties at the Pittsburgh Natatorium, where they are chaperoned by Mrs. P. Weber, well known as "Aunt Philomena."

For the loan of the block depicting General Birdwood swimming in the Dardanelles, which appears in this issue, we are indebted to the courtesy of the *Illustrated Sporting and Dramatic News*.

# The Swimming Magazine.

(Second Volume commenced 1st June, 1915.)

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*William Henry*  
Editor.

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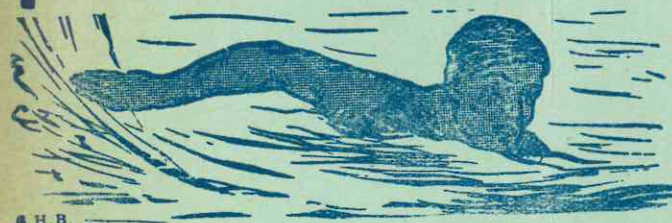
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