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Editorial Offices: 8, Bayley Street, London W.C.

THE SWIMMING MAGAZINE.



APRIL, 1915.

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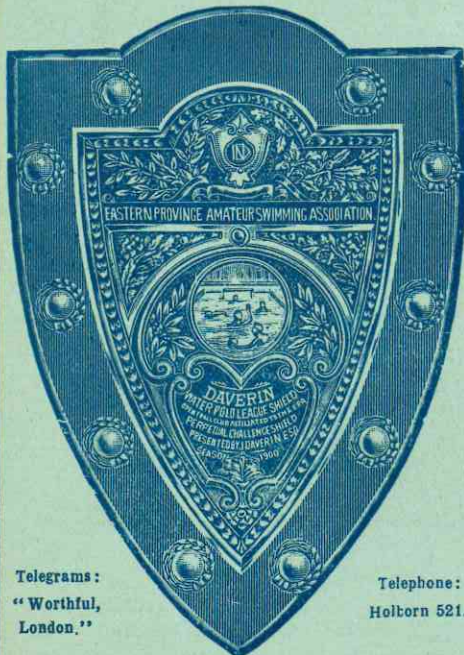
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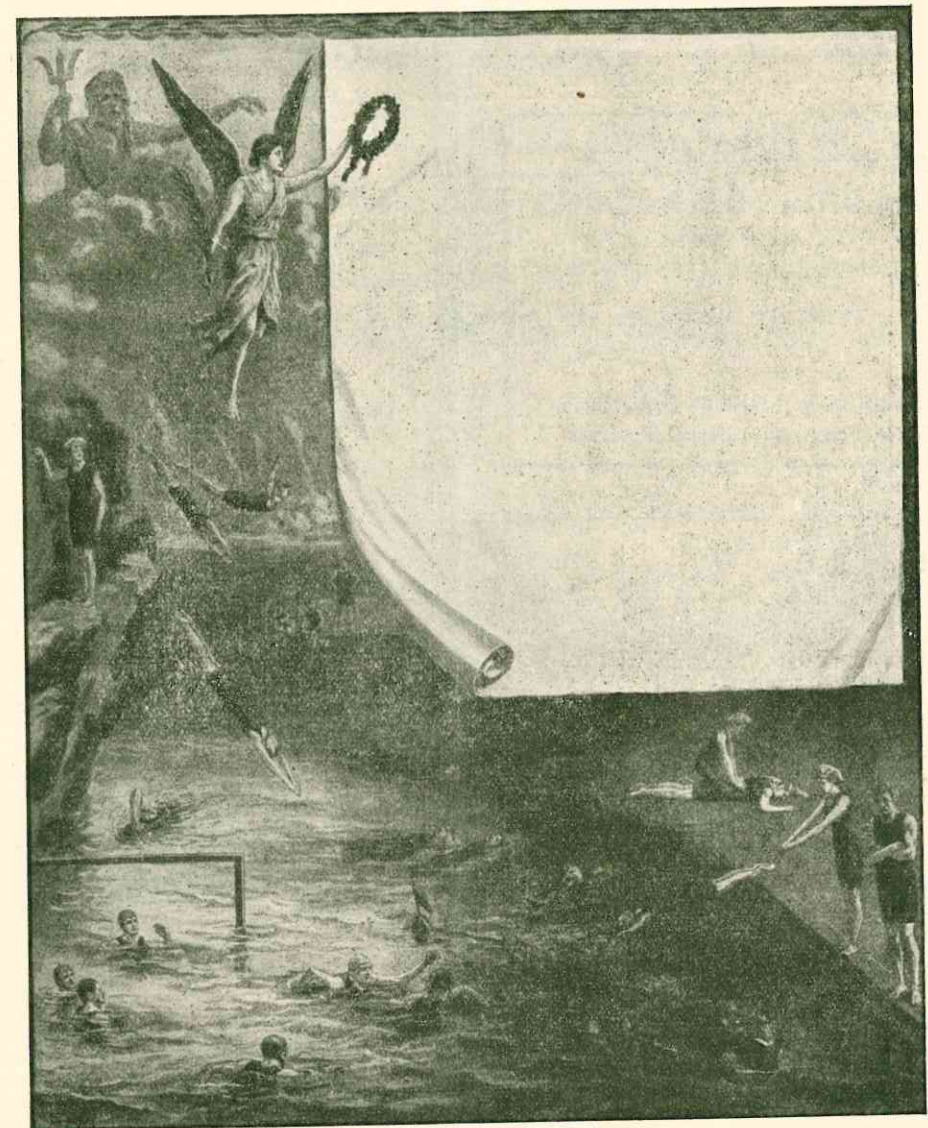
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Magazine**

No. 11. VOL. I.

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

APRIL, 1915.

THE TEACHING OF SWIMMING.**AN IMPERIAL DUTY.**

IT would be a very good thing if the teaching of swimming was made compulsory in every school in the country, but this is not yet to be; the Board of Education does not favour the idea of small swimming baths attached to what are termed Central Schools. We know of one of these where the foundations were laid, but further progress was stopped by an order of the Board,

Owing to the many ships that have been torpedoed during the present war it has been proved beyond all question that those who were saved were swimmers. Some were picked up after being three hours or more in the water, and the great majority who lost their lives were non-swimmers. No matter how obvious is the lesson we have received, the powers that be still neglect the



notwithstanding the fact that no public bath exists in the neighbourhood, and the local Borough Council object to take advantage of the Baths and Wash-houses Act in order to provide one. This is the state of affairs which at present exists in a central district of London, and is an example of what is happening in other parts of the country; yet in some cities they have a few school baths.

subject and, as a result, thousands join the Navy and the Army completely ignorant of the art. Thus much valuable time is lost. The recruit who should be learning his chief business as a fighting unit has to spend a considerable amount of time in acquiring an elementary knowledge of how to sustain himself on the surface for a brief period. We state "a brief period" advisably, because the naval passing out test is so meagre that the

recruit who accomplishes it can hardly be regarded as a swimmer. If the subject were part of the school training, much of the time now lost would be saved, as in youth the ability to swim is more quickly acquired, and a swimmer taught when young is always far more proficient than the one who has acquired the knowledge in after life. As proof of this statement, we may mention that we are not aware of a single instance where a swimmer who has learnt the art late in life has won a state or district championship.

A great deal of the ignorance of the art is due to the want of interest, and at times opposition of those in authority in connection with the education of the youth of the country; for were the proper opportunity provided, the lesson would become the most popular part of the work in every school, with the result that an invaluable knowledge would be gained—a knowledge which can never be forgotten—at the same time the finest exercise for body-building would be provided. The advantages that the ability to swim provides should take first place in the consideration of those who have the care of our education; at present it appears to be regarded as of the least importance. Soldiers and sailors do not live a life of ease and security, taking no risks if they don't like to. In the Navy the occasions when such ability may be of value are obvious; recently we have had many important lessons. In the Army, rivers have to be crossed on all sorts of unstable rafts and bridges, and in cases of accident the non-swimmer has a poor chance of life, and may even endanger the lives of others, as was the case at Aldershot, when cavalry men were swimming horses across a little stretch of water. A non-swimmer slipped from his horse, and in the effort to save him two others lost their lives. It therefore seems extremely unfair of the Educational Authorities not to make swimming a primary subject of education. It is unfair to the men who are asked to join the Navy or the Army; it is unfair to the nation, as those who are non-swimmers are not so efficient and self-confident as those who are. To neglect such an essential knowledge so beneficial to every one amounts in fact to a crime.

The ability to swim is as much a necessity to us to-day as it was to the ancients. This fact was particularly emphasised by Lord Charles Beresford on one occasion, when present at a distribution of the awards of

the Royal Life Saving Society. His Lordship said that he had "been sad enough to see several soldiers in the Soudan, Egypt and South Africa lose their lives because they did not know how to swim, and for the same reason those present could not help them. Apart from being in a position to save life, there is an immense amount of health, vigour and energy which people acquire in the practice of swimming. It is a good exercise, and any such exercise for men and women to take is a grand thing for the Empire, for it makes them cool in danger." We hope that the Educational Authorities, who at present neglect such an important point in the education of the youth, will take to heart the advice of one so well qualified to speak and see that swimming becomes a primary subject in every school; if they do so, they will be promoting a healthier state as well as greater vigour and energy.

APPEAL TO SWIMMERS.

For an Afflicted Colleague.

FOR many years Mr. Harry Read was a valued worker for the Royal Life Saving Society, and it is only through serious physical affliction that he has had to cease his labours.

Mr. Read was for eighteen years a teacher in the employ of the London County Council, and as his profession brought him into close touch with young people in South London he became a willing social worker, so much so that for fourteen years he devoted himself assiduously to the teaching of swimming and life saving on four evenings a week, and also on Saturdays.

But failing health has compelled him to relinquish the work he loved, more particularly that as hon. secretary of the Camberwell Elementary Schools' Association, by whom he was greatly appreciated, as over fourteen years have been devoted to it.

Our late colleague is now partially blind and is unable to make any provision for himself, wife and child. The Royal Life Saving Society is, therefore, endeavouring to secure admission for Mr. Read to the British Home and Hospital for Incurables at Streatham, and to that end votes are earnestly solicited. If any readers know subscribers, and can obtain their votes, they will be doing humane service for one who has done much for the art.

NEWS FROM NATAL.

AT a meeting of the South African Swimming Union it was unanimously decided to abandon all championships this season, with the exception of the Junior (under 16) and the Ladies Championships. Both these events are time tests, competitors being allowed to take their tests in their own centres, and thus avoid the expense of travelling. The headquarters of the Union are to remain in Durban for another year.

The Natal Association has followed suit, and will only hold the Ladies 50 yards and the Boys 100 yards, and the School team race, but the Durban and District Association, in order to encourage the sport amongst those who are still in town, are holding a business house squadron race league and a polo league, both of which have received fair entries, and will provide good sport.

Amongst the clubs the good work is still being carried on, though many of the prominent members are now in German South West Africa longing for a dip, and having to have their baths by aid of a sponge, if they are lucky. Water is very scarce up that way, though those who happen to be on the coast can get a sea bath, if the sharks are out of the way. A post-card from C. E. L. Biggs, one of the Otters' fastest men, who is at present with the Durban Light Infantry, states that all the swimmers at the front are well. The Cygnus Ladies Club are in a very flourishing condition, their weekly club night attracts large attendances, and the competitions are as keen as ever.

Life saving is not as lively as it should be, though a good deal of quiet work is being carried out amongst the Scouts. The use of this important branch of the art is constantly being noticed at the Beach enclosure, where the attendants are all holders of the Society's awards, and when the currents are bad they have a busy time, sometimes having to go to the assistance of ten or more bathers a day. A report of the work done by these attendants will shortly be sent, as the popular Beach Superintendent, Mr. C. Newton, now has a record kept of all cases of rescue and assistance.

The advantage of the knowledge of life saving was shown when a youngster was apparently drowned in the paddling pond. The usual crowd, who knew nothing, quickly collected, and many made suggestions which, of course, were wrong, when, fortunately,

Mr. P. E. Dennant, a member of the Queen's Park A.S.C., who holds the Proficiency Certificate, came on the scene, and taking charge of the case, was able to restore breathing by the Schäfer method, and so prove the utility of the Society's work.

In Maritzburg swimming, unfortunately, is not as flourishing as it should be, the Seals Club being the only one which is doing any work. The war has affected them considerably, and the Y.M.C.A. club has had to suspend operations for the time being.

The Queen's Park are holding the Annual School Life Saving Competition for the Payne Shield. It is hoped that this event will have the effect of making life saving more prominent.

QUEENSLAND HEAD CENTRE.

IN a letter from Brisbane, dated January 13 last, Mr. F. O. Venning, the hon. secretary, says:

"We are keeping the flag flying in Life Saving, and at Nudgee College over 150 awards were granted. On Monday I am off to Southport to examine a class of State School teachers from all parts of the State who are attending a camp of Physical Instruction; there are 90 to be examined. Whilst there I am conducting displays with the reel and life lines, also at Currumbin, and next week the same displays at Roosa Heads, 400 miles along the coast. Although we in Queensland have little facilities for surfing, what little I get I keenly enjoy, and consider surfing one of the finest sports in the world, but to the inexperienced and foolhardy swimmer the most dangerous. If it were not for that class of swimmer, there would be practically no need for reels and life lines. Every season brings its quota of accidents, and nearly all through the aforesaid swimmers. One thing I cannot get used to is sharks, I have a most horrible dread of them, and get in a perfect fever when treading water in the surf, yet there are plenty who seem to take no notice of them; suppose I shall get used to it one day."

Kahanamoku and Cunha, the two Hawaii Swimmers who created so much interest and such fine records at Sydney, paid a visit to Brisbane, where they took part at a gala in the presence of over two thousand persons, and won a 200 yds. handicap team race of two per team in 1.57.4.

TRANSVAAL BRANCH.

IN the first annual report of the Transvaal Branch Major P. B. Crause, the chairman of the Executive, points out that although the Branch was only instituted during the visit of Mr. William Henry, the Chief Secretary, to South Africa a little over a year ago yet it has done good work, thanks largely to the untiring efforts of Mr. Aldworth, the organising secretary, and a willing committee. Of course the Branch has had troublous times owing to the war following on the strike at Johannesburg in January of last year, but the Branch has nevertheless steadily progressed.

Two of the Vice-Presidents, five of the Executive Committee, and four of last year's Competitors in the South African "Darnell" Challenge Cup Competition are serving with the forces in German South-West Africa, as are also many other members of the Branch.

At present only a few swimming clubs have affiliated, these being the Berea, Johannesburg and Municipal and the Krugersdorp Clubs. These, with the Johannesburg Schools Swimming Union and the Transvaal Cadets completes the list of affiliated clubs, but it is fully expected that after the war other local, Reef and Pretoria Clubs and organisations who showed commendable enthusiasm at the time of Mr. Henry's visit, will come forward and aid in the good work. The Branch also looks forward to greatly increased membership, thereby enabling it to spread the knowledge generally, and it tenders hearty thanks for generous gifts by the Amateur Swimming Association and Mr. J. F. E. Clarke.

During last year sixty awards were gained by various candidates, the total being made up as follows:—Award of Merit, 2; Teachers' Certificates, 3; Bronze Medallions, 5; Proficiency Certificates, 20; Elementary Certificates, 30. It is gratifying to note that these include 8 Elementary and 6 Proficiency Certificates won by school girls instructed by Miss Salinger, who holds the Bronze Medallion and Teachers' Certificate.

When the report was issued in January last the Branch had over sixty candidates practising for the various awards, those responsible for giving the instruction being Miss Salinger, Major Crause, Messrs. Begg, Weir and Lloyd, and the hon. secretary, Mr. R. Matheson.

The Branch competed last year for the "Darnell" Challenge Cup, won by Durban,

and gained second place, the Western Province being third. The Branch was represented by Misses Clarke, Salinger, Leyds and Bickle, and Messrs. Francis, Ford, Patrick, M. H. O. Clarke, H. H. Clarke, Moss, Leyds and Jones.

It is satisfactory to note that the Department of Defence has made Swimming and Life Saving a subject that may be taken by Cadets in qualifying for the grade of First Class Cadet, and to facilitate the work has given support to the five Branches of the Royal Life Saving Society in the Union of South Africa.

Sincere thanks are tendered by the Branch Executive to the hon. medical officers, Drs. Haig and Pratt Johnson, Mr. Begg, the hon. auditor, the ladies and gentlemen who have instructed candidates and helped in the examinations, and to the hon. secretary, Mr. R. Matheson, who has again accepted office. The president is Mr. Norman Anstey, the worthy Mayor of Johannesburg.

Mr. Aldworth, organiser of this Branch, to whom special thanks have been tendered, will be remembered by English swimmers as formerly being president of the Bournemouth Swimming Club and the Hants County Association.

NEW SWIMMING RECORDS.

AMERICANS TO THE FORE.

THE PANAMA GAMES.

IN connection with the Central A.A.U. Swimming Championships held at Chicago on February 4, four Worlds and fifteen American records were broken. These honours were divided between Harry Hebner, Perry McGillivray and Michael McDermott.

In defending his title as Breast Stroke Amateur Champion McDermott covered 100 yards, in 1.13.3 and 200 yards in 2.38.2, thus beating his previous record for the longer distance by two seconds, whilst McGillivray, in defending his 300 yards open championship, covered 280 yards in 2.50.1, and 300 yards in 3.26.1. Hatfield's record for the latter distance is 3.28.2 made by him at Middlesbrough on October 14, 1913. The previous best American record for 250 yards standing to the credit of McGillivray was 2.52.3.

In the 880 yards Championship Harry Hebner the Olympic Champion Back-stroke swimmer beat all C. M. Daniels' American records from 330 to 880 yards. His times for the various distances were—330 yards, 3.56; 550, in 6.50.4; 600, in 7.31; 650, in 8.10.3; 700, in 8.51.3; 750, in 9.31; 800, in 10.11.3; 850, in 10.50.3; and 880 yards in 11.14.1. C. M. Daniels' record for the 330 yards stood at 4.7.2, and 880 yards at 11.29.1 whilst the English records for 880 yards stands to the credit of H. Taylor in 11.25.2, but this was accomplished in open water, whilst the American records were all made in a bath.

We learn that preparations on a big scale are being made for a gigantic programme of events to be decided in connection with the Panama-Pacific International Exposition to be held in July, when national amateur championships for men and for women will be decided. It is expected that Miss Fanny Durack will be numbered among the competitors, when she is likely to meet a protégée of Miss Kellerman in the person of Miss Nellie Greenhill, who is said to have done 50 yards in 0.29 and 100 yards in 1.5.4. Miss Durack's record for the latter distance is 1.6 and for 100 metres 1.18.4. Besides these there will be other well known expert lady swimmers taking part, including Miss Ruth Stacker, of Honolulu, and Dorothy Becker, of San Francisco, whilst Greta Johansson, who won the Olympic Diving Championship at Stockholm in 1912, will take part in the diving events. She is now practising at San Francisco where she has been staying for some time.

In connection with these Panama Games it is interesting to note that a big agitation was in progress in favour of enclosed baths, which have now been recommended by the Swimming Committee to the Exposition Board of Directors. In the event of such a bath not being provided it is said that most of the big events will be transferred either to the Sutro or the Lurline Baths. The latter is situated in Bush and Larkin Streets, and it is there that Prof. John A. Jackson teaches swimming at one dollar per lesson, and as Captain conducts a division of the U.S. Vol. Life Saving Corps.

In an inter-club team match with the Montreal A.A.A., the New York A.C. team of four members swam 200 yards in 1.43.3.

New Yorkers are improving in speed. Walter Ramme never does worse than 25 seconds for 50 yards, several weeks ago he did the distance in 24.2. He and Vollmer register under 58 seconds for the century and some dozen others can do better than 60 seconds.

Two Diploma Holders



Of Bonnie, Scotland.

The above is a reproduction of a photograph taken by Mr. R. Fotheringham, President of the Scottish Centre of the Royal Life Saving Society. It represents two Scottish Diploma winners of 1914. They met on the Sand Dunes at Gales in Scotland, and congratulated each other upon their success; they are Miss Isa Wilson, of Paisley, and Major Kyle, of Glasgow. Major Kyle is serving with the 16th Battalion H.L.I., stationed at Gales Camp. He has with him Messrs. R. Fotheringham and R. A. Nixon, both Sergeants. All three are active workers for the cause of Life Saving in connection with the Scottish Centre.

THE BATH CLUB.

A WORLD-FAMOUS INSTITUTION.

ADVANCING THE INTERESTS OF SWIMMING.

THE most important and fashionable Institution in the world for the promotion and encouragement of the art of swimming and life saving, is the Bath Club, situate in Dover Street, Piccadilly, London, W. It has a membership of over 2,000 gentlemen, about one half of whom are at present on active service, and 500 ladies, who are also doing their share in helping the country, in connection with Hospital Nursing, and other work. The Right Hon. Lord Desborough, K.C.V.O., is President, and it has a large and representative Committee, under whose management the Club has become a model of its kind. Mr. J. Wilson Taylor is the secretary, and there is always a big waiting list of candidates for membership, as the accommodation is to some extent limited, yet that actually provided is of a very generous nature.

There are the usual social, dining, card, smoking, billiard and drawing rooms, also a very complete library, all beautifully decorated and furnished with every modern comfort, over which there are several racket courts and a shooting gallery, but what is of most interest and the greatest attraction to lovers of the art of Swimming and Physical Culture is the Bath Hall, with its splendidly equipped swimming bath, gymnasium and adjacent electric, hot air, steam, douche and shower baths, where one may indulge in all kinds of swimming and other exercises, and thus become physically fit under extremely delightful conditions, as all the necessary appliances are part of the establishment, and may be used as freely as a book or a periodical.

But it is with the swimming work of the club that we specially desire to deal, for it is in the magnificent Bath Hall that many historic events in connection with the art have taken place; it was here that the work in which the Royal Life Saving Society is engaged was witnessed by His late Majesty King Edward, by His Majesty King George (who is a swimmer of ability and has saved life from drowning), by Queen Mary, Queen Alexandra, the Prince of Wales,

and other Members of the Royal Family. It was in this Bath that the Royal children were taught to swim, and one of the most constant visitors, when in town, is the Prince of Wales, who often is joined by his brother Prince Albert, as both are fond of the art of Swimming. It is this Royal interest in the art of Natation that has helped to create throughout the Empire the magnificent progress in the promotion of Swimming and Life Saving that has been witnessed in recent times.

For many years the Club has kindly granted the use of its Bath for the Inter-University matches, also for the Final test in the King's Cup Competition, the trophy for which was designed and presented to the Royal Life Saving Society by King Edward VII, and His late Majesty was pleased to visit the Club in order to witness the Society's work and the Competition for the possession of his Cup between the chosen representatives of many Nations.

From a technical point of view the ladies' section and the junior section, the latter being designed for the benefit of members' children, are perhaps the most important, because the teaching of Swimming in all its branches receives the greatest possible attention. The ladies conduct several competitions during the season, and promote some for the children, there is also the keen interest they show in the subject of Life Saving, with the result that many enter for the Awards of the Royal Life Saving Society; last month, for instance, the Prime Minister's daughter-in-law, Mrs. Raymond Asquith, Lady Diana Manners and Miss Hester Holman, took the difficult test for the Award of Merit, having previously passed the Examination for the Proficiency Certificate and Bronze Medallion. The three ladies performed the whole test with marked ability, easily passing all the requirements, and as a result of this achievement they were accorded the hearty congratulations of Lord Desborough, as president of the Royal Life Saving Society, who presented the Certificate and Bronze Medal

of the Society to Lady Ernest Shackleton (whose husband is at present in command of the South Polar Expedition), and to Mrs. Violet Clive, Miss Hester Holman, Miss Marguerite Barlow, Miss Violet Cumberlege, Miss Elinor Dodd, Miss Mary Hills, and Miss Audrey Tuckett, also certificates only to Miss Sybil Bruce Dick and Miss Olive Tuckett. It may here be mentioned that this is not an isolated case of special interest in the good work, for every year a number

their team work in fancy swimming, particularly, has often been regarded as a special item of the swimming season.

This does not in the least complete the good that the Club has done for the art, as many institutions have been benefited by way of donations and prizes in aid of their particular work. The Royal Life Saving Society has been especially favoured in this respect, as the Club has donated over £500 for the promotion of its aims and



Reproduced by permission of "The Sphere."

The Beautiful Bath on a Ladies' Morning.

of ladies are candidates for these awards, and there are some, like Mrs. H. M. K. Dick, who holds the diploma, and Mrs. Edgar Syers, who has won the Ladies National Graceful Diving Competition. The ladies have the advantage of a very capable instructress in the person of Miss Amy Daly, whose ability in imparting the knowledge of Life Saving and all forms of the art of Swimming and Diving is much appreciated. Many of the ladies are so expert as to give exceptionally fine displays in public for an approved charitable object,

objects. The Middlesex County Water Polo Association has been favoured with the gift of two challenge shields and many prizes for their senior and junior competitions, whilst the work of the London School Swimming Association has received patronage at times when it was most needed, thus among the Clubs of the world promoting the interests of Swimming in all its departments, the Bath Club must be regarded as the most important, for it has set a worthy example in well-doing and efficiency.

THE LADIES' SECTION.

By our "Lady Dorothy."

SUGGESTED WORLD'S SWIMMING TEST.

WATER-POLO—LACK OF SUPPORT.

INTEREST in ladies' swimming is inclined to be far too local. One so often finds that quite keen swimmers have little enough knowledge of happenings outside their immediate locality or even club. They have their district champion, and their club records and fixtures, and that is where their interest in the sport begins and ends. With a view to widening this very limited sphere how would it be to have an all round swimming test for clubs all over the world? This could be run on the same lines as the big life-saving contests taking place annually. Each club would be judged by a local official appointed by the promoters, who would report on the competitors' prowess and assign marks for each event. A team from each club would enter and would consist (for example) of a short distance sprinter, a long distance swimmer, a plain high diver, a trick diver, a plunger, a floater, and so forth. If each team consisted of about eight competitors the average standard of the club would be approximately ascertained. The events could take place in the baths used by the various clubs. Such a competition could be held yearly within a fixed week or some such length of time, and would serve as an incentive to all clubs to improve. The more advanced members of a club would coach others so as to raise the standard of their team, and the competition being open to any club anywhere the whole affair should be extremely popular and of universal interest.

Water polo as regards ladies has received no support from official sources. The governing bodies in the swimming world have let it go its own way, and the clubs promote and control the game quite alone. It is true that some male players take a very practical interest in polo for ladies, and individually they help and encourage our play, but collectively they do not recognise us yet. Naturally polo for ladies is in its infancy, and we must expect to go slowly. However, to begin with, I should suggest

that in the various association handbooks where ladies clubs or sections are catalogued, that an asterisk or some other such mark should be placed before the name signifying that that is a polo playing club. In this way teams could more readily communicate with one another, and the arranging of fixtures would be greatly facilitated and this form of sport encouraged. I think it would be an advantage if ladies' clubs could form a polo association or league, and hold championships and exhibition matches with a view to the encouragement of the game.

Many trainers say that polo spoils racers' speed, but I have never come across an authentic case of this kind. Every player realises that the game is conducive to stamina, and greatly increases the power of the leg kick because the effort made by the swimmer to reach the ball causes her to use more than her accustomed force. It also makes swimmers far more at home in the water, and undoubtedly it is a splendid and enjoyable exercise. When one is feeling slack, the excitement of the game sustains one just enough to make it an enjoyment, and afterwards the exhilarating feeling does away with any tiredness one may have felt before the game began. There is no staleness about polo, and when one is tired of the everlasting pacing up and down the bath, which is so tedious to most swimmers, polo as a diversion is a great relief. It is true that one may use one's most valued and correct racing stroke somewhat hurriedly and without much care and deliberation when interested in the game, but after all the best swimmer is she who is most at home and most natural in the water, and polo is a game which gives one great confidence and ease. Surely these are attributes which belong to every finished swimmer.

In the sporting papers one sees much discussion on various methods of training for boxing, football, running, etc., but rarely enough in connection with swimming. Yet there must be many interesting methods

employed by swimmers and their trainers. It always seems to me that no two people are fit to train in the same way. So much depends on one's build and strength, and of course opportunity, so that it is quite impossible to lay down laws without first studying each individual case. Then, of course, temperament plays an important part in training, and where some people can work and work at a thing without becoming bored others get stale and tired of it before a week is out. Skipping and walking seem to be the two things that go best with swimming. Tennis should not be played

In 1912 the Accrington Borough A.S.C. added a ladies' section to its already popular membership. This movement has been extraordinarily successful, and there are at the present 214 lady members. In the accompanying photograph 154 of these are massed, and for a club in its infancy, and this one undoubtedly is, this is a great gathering. All the ladies are active members, who take part in the competitions and handicaps in and around their district. Life-saving has been made a feature of the season's swimming; the committee are well aware of the importance of this branch of the art. Miss

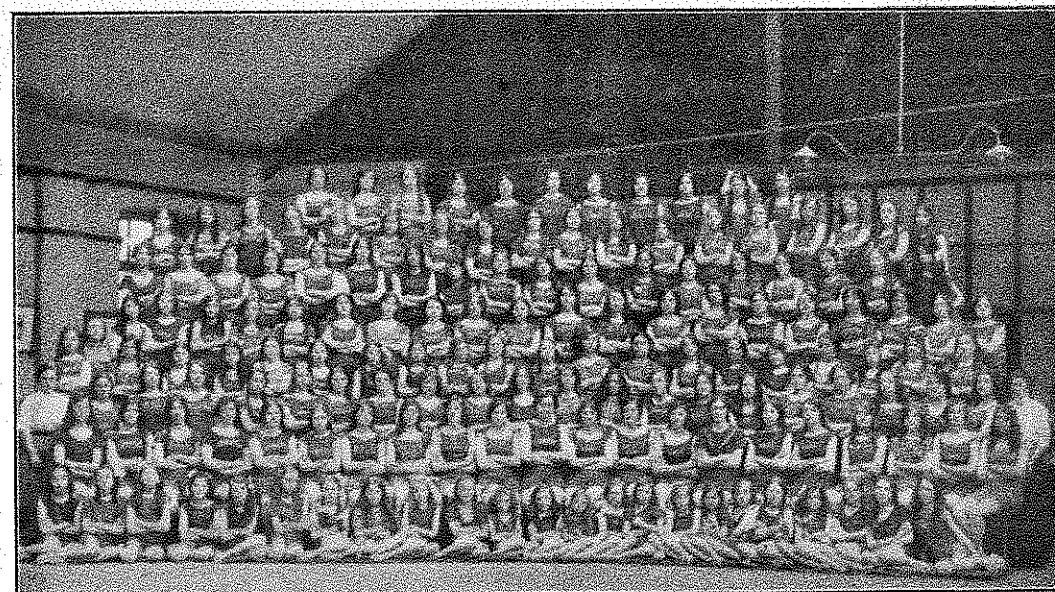


Photo by Tattersall & Co., Accrington.

Accrington Ladies' Club Muster.

while one is in training, and all players know that there is nothing like swimming to put one off one's game. Swimming is an exercise which requires loose and supple muscles; anything conducive to hardening or stiffening them is absolutely wrong. Swimming is the best training for swimming, but it is not every one who is either physically or temperamentally fit to swim more than once a day. It would be very interesting to hear how some of our lady swimmers train, and if any of our readers will send me some account of their methods I should like to have them reproduced in the next number of the magazine.

Annie Kay, holder of the R.L.S.S. Diploma, is the instructress, and coaches the members. Included in the photograph are six sisters, all of whom are active workers for the club, and Miss Maggie Macpherson has been a very able Hon. Secretary since the foundation of this popular section.

The Nottingham L.S.C., at their tenth Annual Meeting, submitted a very successful report of their year's work. The Club now has 174 Members (including 57 Juniors) and 42 of the Members were taught to swim this year by the Club Committee. A number of successes were reported, including 18 long distance medals. Miss Poyser, who won the

R.L.S.S. Diploma, is the first lady in Nottingham to achieve this distinction. Nine members gained the award of merit, and several proficiency certificates were also won. The newly-formed polo section has certainly made strides. Miss Connie Jeans won the 100 yds. Midland L. Championship in 1.18.2, beating her previous record by 7 secs. A special effort was reported as being made in diving with the aid of the A.D.A., and it is hoped that an up-to-date diving-stage will be erected in the New Meadows Baths. The financial statement showed an excellent balance in hand after a grant of £20 had been made to the local War Relief Fund.

Another large and prosperous ladies' club is the Oldham S.C., which has its headquarters at the Waterhead Baths. Its members number 129, and they recently gave a very successful whist drive and dance in aid of the local War Relief Fund.

The Natantes L.S.C. at Croydon have had a very successful year. The membership has increased to 293 and a record having been kept of the total attendances at the baths, it numbered 2736.

The Club has done particularly well in championships, amongst the more important being Miss W. Luckett winning the 100 yards Ladies' S.C. Championship, and the Club Team winning the S.C. Ladies' Team Championship. Both these events were held last year by one club, the Mermaid S.C., and the previous year Holloway United held them both. The holders for 1914, the Mermaid S.C., owing to the war, withdrew from these events as the members of their team were away working for the Red Cross. During the year, 19 Natantes members swam a mile, and 21 half a mile, which is a feat worth recording as it points to the high standard maintained by the Club Members.

At the meeting of the Ladies' Diving Association a presentation was made to Mrs. L. Vautier on her retirement from the position of Treasurer, which she has so adequately filled since the association was founded. The gift took the form of a small silver shield about the size of a cabinet photograph, at the top the L.D.A. badge inset in enamel and gold, and the whole was mounted on polished wood, and was a very practical appreciation of her valuable services. There were various matters discussed at the meeting, and among others it was decided that diving tights should in future be optional.

NOTES ON NEWS.

Items of General Interest.

Mr. J. Wilson Taylor, the popular Secretary of The Bath Club, has been given a commission in the R.N.V.R. Anti-Aircraft Corps.

The other day we had the pleasure of meeting Mr. George H. Rope, Life President of the Otter S.C., who has been serving with the H.A.C. since the outbreak of War. He is looking wonderfully fit and well.

Several men of the Northampton and Scottish Regiments who obtained the Awards of the Royal Life Saving Society at Malta, and in Egypt, are back home, and have called at the Office of the Society. They say that "things at the Front are interestingly lively."

The next regular meeting of members of the Royal Life Saving Lodge of Freemasons will take place at Restaurant Frascati, Oxford Street, London, on Friday, April 16.

The Abbotsford Baths, New South Wales, where Prof. Yeardley (late of Sheffield), is teaching swimming, have adopted the idea of "Continental" or mixed bathing. This kind of bathing appears to be getting popular in Australia.

The record of competitions arranged last year by the Surrey Secondary Schools Swimming Association shows that Rutlish School won the Championship Shield, were second in three other challenge contests, and had an overwhelming record for life saving work. In addition many certificates were gained for ability in the art of swimming.

The Annual Report which commemorates fifty years' existence of the Halifax S.C. is a very cheery document. During the season seven galas were promoted, and with large entries, good racing, and keen contests, proved very attractive, showing a decided improvement in swimming amongst the youth of the town. Seven members had successfully passed the examinations for the R.L.S.S. certificate and medallion. The local war fund was benefited to the extent of £33 11s. 5d., and many members had joined the colours.

In a pair relay scratch race at Sydney on January 2, Kahanamoku swam 110 yards in 1.4.2 and his club mate, Cunha, did the same distance in 1.5. They won the event by six yards from Hay and Barry of Sydney.

The Horlick's Malted Milk Co. have published a text book of Land Swimming Drill, with music mounted and arranged by Mr. Charles Newman, of the Westminster Baths, which he says is easy, convenient, and an invaluable help in attaining perfection in the art. It is said to be the first work in which Swimming drill is combined with music.

At the recent Hawaiian Swimming tournament a schoolboy named Lane easily won two events, doing fifty yards in 0.25 and a hundred yards in 0.59.

In the English A.S.A. Handbook under world's records Kahanamoku is credited with swimming one hundred yards in 0.54.3 at San Francisco over a straightaway course. This must clearly be a mistake, as the swim took place at the Sutro Baths. The course was 75 yards, and there was a special push-off board fixed.

From Miss V. Hardie, hon. instructress of the British Columbia Branch, we learn that a class of ladies is in strict training for the Bronze Medallion of the R.L.S.S., and that on April 12 the ladies are running a gala all by themselves, even to judges, in order to learn how to manage, as owing to the war it looks very much as if soon they will not have many men to help them.

With the next issue of the *Swimming Magazine* we shall complete the first year of the existence of this organ. The attention of subscribers is, therefore, drawn to the notice which appears in our advertisement pages respecting the dates for sending in subscriptions. It is necessary that payments should be made without delay in order that copies may be regularly posted to those who have been good enough to accord support to the Magazine, support of so generous a nature that it has enabled us to establish a world-wide circulation and a means of inter-communication among swimmers which had never before existed. The only way to obtain copies of the Magazine is to become a subscriber.

Tommy Adrian, who is mentioned as a new chum among champions of Australia, beat Kahanamoku in a 440 yards race by two feet in 5.38. For various reasons none of the well known Sydney flyers took part in this event. Adrian also won the Mile Championship in 25.8.2.

A military Bath 100 feet long, 35 feet wide and from 3 ft. to 6 ft. in depth, properly heated, has been opened at Bedford. Hopes are entertained locally that the building may be used by residents as they are in need of one; at present they have to be content with an open outside bath, which is only suitable for use during about three months a year.

The R.L.S.S. Diploma is a prize worth working for, and Mrs. L. E. Pascoe, a Member of the Society, certainly deserves the honour. For two years she has been thinking of taking the examination, but the high dive included in the test has always kept her from making up her mind. After many efforts she overcame the difficulty of taking a plain header from the high board, and as a result successfully passed the required test in the presence of two Examiners. At the last meeting of the Central Executive she was unanimously awarded the object of her constant endeavour and we most heartily congratulate her.

Cardiff Junior Water Polo team, consisting of W. Stewart, H. Nicholls, G. Nicholls, J. Thomas, R. Beer, A. Griffiths and R. David bid fair to become the premier team of Wales. Three are the sons of well known sportsmen. Stewart's father is the manager of the Cardiff City Football team, and the two Nicholls' are the sons of the old Welsh International footballer. Most of the youths have won time certificates in the Welsh Champs, and two have finished second and fourth respectively, and each one has also passed the tests for the Elementary and Proficiency Certificates of the R.L.S.S. They have played in many polo matches, and have never been beaten by a team of their own age—under sixteen. They have won several against senior clubs. This fine team of promising youngsters have been coached by W. Williams, who is greatly interested in life saving, and holds all the awards up to the "Award of Merit," and has personally trained 90 candidates for the Society's awards. He is now serving with the colours.

Mr. William Francis Darnell, vice-president of the Royal Life Saving Society, and donor of numerous cups for the promotion of swimming and diving and life-saving at home and in the overseas dominions, who died on December 13 last, aged 64 years, left estate of the gross value of £278,985, of which the net personalty has been sworn at £228,622 10s. 6d. The duties on the property at this valuation will amount to about £50,000.

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The Liverpool and District Teachers' Association, of which Mr. J. R. Beckett is Hon. Sec., by organising instruction in Swimming and Life Saving, the granting of Certificates, and the promotion of competitions, maintains among the children and the teachers a striking interest in the art of Natation. Life Saving is of course a big feature. Last year they secured 87 Elementary, 25 Proficiency Certificates, 8 Bronze Medallions and 8 Instructors' Certificates from the Royal Life Saving Society. We hope that other towns and cities, which have not such associations, will not fail to promote them, as through these an immense amount of good is done.

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"The Hawaiians take the plunge in the style popular with American swimmers, that is to say, they 'flop' flat on to their chests. In other words, they do what we term 'the duck' dive. A natator is supposed, by this means, to get going with the minimum loss of time. Its special recommendations were not made apparent" says Mr. Cecil Healy.

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The gross gate at the three Sydney carnivals in which the Hawaii swimmers took part was about £1000, and as the gross expense amounts to something like £750, the N.S.W. Association stands to make about £250 out of them.

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The Council of the New South Wales A.S.A. decided to oust displays of diving in favour of competitions; they have thus done away with the variety which has helped to make galas popular. To the ordinary spectator diving competitions, like an endless repetition of heats in open handicaps, are dreadfully tedious. It's a case of everybody's doing it, the same "it!" in his own sweet way, regardless of the fact that the spectator is an important part of the show, and, therefore, needs to be interested if his constant support is desired.

The bathing-house of the Tynemouth A.S.C., which stood on the pier slope in Tynemouth Haven, has been swept away by a heavy sea. The house was erected as far back as 1888, and has weathered many storms, but now it has been smashed into matchwood, and the Club has sustained a serious loss, as a new one will have to take its place.

To commemorate their fifty years' existence, the Halifax Swimming Club have purchased a championship trophy for competition annually in life saving. The report presented at the annual meeting showed that the profits for the annual gala amounted to £33 11s. 5d., which sum was handed over to the Mayor's local war fund.

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The Stanhope Gold Medal of the Royal Humane Society, for the most difficult case of the year has been awarded to Edward John Hales, chief officer on the S.S. *Mineric*, of the Andrew Weir Line, for an action of almost unexampled gallantry and daring. On June 3 the *Mineric*, on a voyage from Shanghai to Kobe, encountered a violent typhoon in the Sea of Japan. When the storm was at its height a fishing schooner, which had been upset, was sighted, with four men clinging to her bottom. The steamer was got near enough to rescue them, when it was found that a woman was inside the schooner, and unable to get out. Taking an axe Hales dropped into the raging sea, and reaching the wreck, cut through the ship's bottom and got the woman out.

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The Worthing S.C. has a membership roll of 316, and during last season awarded 245 Scholars' Certificates, whilst the balance in hand stands at £3 11s. 4d., as against 5s. 3d. the previous year, notwithstanding a loss of £16 1s. 7d. on entertainments' account.

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Miss Jessamine Sharp, who holds the Diploma of the R.L.S.S., is delighting large audiences all over the country in a Revue, entitled, "Have a Dip."

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The Scarborough A.S.C. has a membership of 379 and a balance of £8 15s. 10d., whilst upwards of 100 members have joined the colours. Mr. B. W. Gibson, the Hon. Secretary, had the unique experience of bathing in the sea at the time of the bombardment; he was just finishing his swim when the first shell passed over him into the town.

When presenting the Proficiency Certificates and Bronze Medallions of the Royal Life Saving Society, to the members of the Bacup S.C., His Worship the Mayor said that, "A life-saving class was a very commendable object for all who were desirous of putting the lessons of swimming to practical benefit. The art of swimming enabled a man to save himself in times of danger, but life saving went further, for it not only enabled a person to save himself or herself, but it enabled one to save somebody else. It was a very worthy object, and one into which a Swimming Club should put everything, in order to encourage the members in their studies and benefit them by the experience they gained. There was nothing more tragic than a person in imminent danger of drowning with the onlookers unable to lend a hand. If the result of the work that had been done, the time which had been given by the instructor, together with the self-denial set forth by the students themselves, was only one life saved, it would be worth all that the Bacup Club had done. It was very essential that every member should so equip himself and bring out his abilities to such a degree that he would be able to apply his knowledge and save life whenever occasion arose."

The efforts of Mr. Herbert Allen, who is a highly successful Hon. Instructor of the Club, were suitably recognised by the members. The services he had rendered were greatly appreciated, not only by those who had the benefit of his tuition, but also by all who were interested in the art of swimming.

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E. G. Finlay, of West Australia, winner of the King's Cup and the present Breast-stroke Amateur Champion of Australasia, has left Perth for Sydney, where he is to permanently remain. Besides being a fine breast-stroke swimmer, Finlay has developed a crawl stroke, which has made him one of the leading speed swimmers of Australia.

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Now that the Olympic games are dead, and, no doubt, will be strongly opposed should a revival be attempted, more unlikely things may happen than that an English swimmer of speed and ability pays a visit to Australia, New Zealand and South Africa. Those who opposed the idea of such an Empire visit may consider their position, more particularly since they did not object to send representatives (expenses paid) to foreign countries.

Mr. R. A. Crawshaw, of Manchester, one of the coaches in connection with the A.S.A. encouragement scheme, when visiting Coventry, stated that the present year would be one in which the younger generation would benefit to a greater extent than usual in regard to the art of natation owing to the abandonment of the senior championships and the concentration of the efforts all over the country to the promotion of swimming amongst the young people. We agree with Mr. Crawshaw and believe that the subject of Life Saving will also receive the attention it merits from all who can swim.

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Alderman Trotter, of Bradford, with whom the writer has spent several jovial evenings when visiting his city, has been unanimously elected president of the North Eastern A.S.A., after completing his period of office as President of the Yorkshire Association.

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The Hon. Representative of the R.L.S.S., at Chicago, Mr. Norman C. B. Cox, has been able to avert a tragedy, and have the pleasure of demonstrating the efficiency of the Schäfer method of resuscitation by saving the life of a boy named David Hummer, who, after about half-an-hour's application of the method, was able to dress and proceed to his home.

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In *The Cherry Circle* we read that Mr. Norman C. B. Cox is prominently associated with the "Knights of the Bath," who, after a dinner, distributed prizes to "the greatest orator," "the most perfect baldhead," "the greatest poet," the prize for this being a fountain pen; "the largest waist measurement" and "the greatest generosity." The prize for last event was a blank subscription list. This was won by a junior.

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We also read in *The Cherry Circle* that there is a "Tankers'" association, which is expanding by doing a little blowing, and that each candidate in a recent competition for championship honours, exceeded the standard for lung capacity, as sent out with each spirometer sold by the makers of this lung-testing apparatus. These "Tankers" are said to be so well off for wind, that they need not stop talking in order to take breath, and can stay under as well as on top of the water. They are consistent swimmers, have good appetites, and enjoy good health. We must try some blowing!

Mr. W. K. Nichols (Leicester), the new president of the Midland A.S.A. thoroughly deserves the honour. He has for many years done yeoman service throughout the Midlands in the cause of swimming and life saving, having been secretary of the Leicester and County Swimming and Humane Society for about fourteen years, and for a similar period served on the executive of the Midland District, first as delegate and afterwards as a vice-president.

Obituary.

IT is with deep regret that we record the death on February 28 of Mr. Ronald William Wilson from spinal meningitis, after a few days' illness. He, amongst others, felt the call of his country, and joined the Sanitary section of the R.A.M.C., and it was while serving with his regiment that he contracted the disease. It was but recently that he left Bedale School and joined the Architects' Institute. During his stay at Bedale he practised swimming and life saving so assiduously that in a couple of seasons he gained all the awards of the Society from the lowest to the highest. His record test for the Diploma was a remarkable one, the judges having awarded him nearly 9 points as an average for each of the seventeen items. His essay was also one of the best received, which clearly showed that he was of a studious disposition. As a swimmer he was an ornament, as his movements in almost every detail were nearly perfect. Mr. Wilson was also a very fast swimmer, although he never competed in first class events. His death is a great loss to the art of swimming. The society was represented at his funeral, which took place at Golder's Green on March 4, by Mr. F. C. Creak.

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Many old time swimmers, particularly those who were and are still associated with the Zephyr S.C. will regret to learn of the death of Mr. A. J. Gifford, at the age of 56, at Sunderland. He became Hon. Secretary of the Zephyr in the 'seventies and continued in office for many years. Mr. Gifford left London for Sunderland about twenty years ago, where he continued his interest in swimming, and for some time was secretary of the Sunderland A.S.C., and in recent years was an active member of the Executive of the Northumberland and Durham A.S.A.

Swimming as Usual. Programme of the Amateur Club.

Water Polo Under Rugby Rules.

THIS famous Club, established as far back as 1868, has many valuable traditions to uphold, and continuing the even tenor of its way has decided, notwithstanding the absence of more than one-third of its active Members, who are serving with His Majesty's Forces, to swim as usual, the reason being that if so many Members who have been in regular attendance at practice meetings have become physically fit for acceptance in the service of their Country, it is thought that it would be a mistake if the same opportunity were not given to the remainder to become equally fit, and for that reason a Fixture List has been provided which it is hoped will furnish the incentive for greater efficiency and general physical welfare.

The summer season will commence on May 7, with an 87 yards sealed handicap, the Prize Donor being Mr. R. Sandon, the Life President. On May 14, the "Ede" Diving Cup Competition will be started. In addition to the Cup, there is a further prize, which has been presented by Mr. R. L. Ede. On May 21, the 1st and 2nd Polo Teams will arrange friendly matches, and on May 28 the heats of a 100 yards handicap will be swum, for which Mr. F. G. Clifford, President for the year, donates the prize.

The June Fixture List will commence on the 4th with the final of the 100 yards handicap, and the second competition for the "Ede" Cup. On June 11 there will be a 58 yards team race, prizes for which are donated by Messrs. W. Henry and G. P. Grose; June 18 is reserved for the benefit of the 1st and 2nd Water Polo Teams, the Captains of which are requested to arrange matches. On June 25 the heats will be swum of a 220 yards handicap, the Prize Donor being Mr. G. S. Haskins, and on June 26 the Members are requested to attend at the Highgate Ponds in order to take part in the Club Diving Championships for the "Johansson Cup" and Gold Medal presented by Mr. H. Johansson.

On July 2 the Final of the 220 yards handicap will be decided, also the 3rd Competition for the "Ede" Cup. On July 9

a longer distance will be attempted, when the heats in the 440 yards handicap will be decided, the Prize Donor on this occasion being Mr. S. J. Monks. The Final will take place on July 16. July 23 is reserved for Water Polo for 1st and 2nd teams, and on July 24 Highgate Ponds is to be the venue, when the Club Championship, distance 500 yards, together with a sealed handicap, will be decided, the occasion being made interesting, as a new Silver Cup, presented by Mr. F. C. Pasmore, will be competed for in connection with the Championship, and prizes presented by Messrs. P. Buckland and F. C. Pasmore for the sealed handicap. On July 30, breast stroke swimming will be encouraged through the medium of a 100 yards handicap for a prize presented by Mr. Peter Cable.

On August 6 the final of the 100 yards breast stroke will be held, on August 13 the 4th Competition for the "Ede" Cup will be decided, and August 20 has been reserved for general practice, explanation of strokes and testing their value. On August 27 back stroke swimming will receive special attention, as on this date the heats of a 100 yards handicap will be decided, the prize donor being Mr. G. F. Parsons. August 28 has been reserved for a river meeting, the venue of which is to be fixed later, the event for this occasion being a 440 yards handicap for the "Porter" Challenge Shield, the individual prizes in connection therewith being donated by Messrs. R. Sandon and E. G. Tyler.

September 3 has been fixed for the Final of the 100 yards back stroke, and September 10 for the 5th Competition for the "Ede" Cup, whilst on September 17 attention will be devoted to "turning," as on this date a fourteen widths turning handicap will be held, the Prize Donor being Mr. R. J. Wheeler. On September 24 the Juniors will receive their due, as the 100 yards handicap for the "Darnell" Challenge Cup for Juniors is then to be decided, the medal being presented by Mr. H. G. Sandberg.

On October 1 there will be the heats of a 58 yards handicap for the Club Challenge Cup, the individual prize being donated by Mr. E. Sandberg. On October 8 the Final will be held together with a final Competition for the "Ede" Diving Cup. On October 15 there will be a 464 yards scratch race for first-class Members of the Club, the medal for this event being presented by Mr. S. Rush-ton, and on October 22, which brings the summer season to a close, there will be a 232

yards scratch race for 2nd class members, the Prize Donor being Mr. C. C. Cox.

The Winter Season will commence on November 5, when the first Life-Saving test for the "Darnell" Challenge Cup will be held, the Individual Prize Donor being Mr. F. G. Clifford. On November 12 there will be a half-hour race for the "Bergen" Cup, in conjunction with which the competitors will take their test for the Southern Counties A.S.A. mile certificates, the first Individual Prize in connection with the "Bergen" Cup being presented by Mrs. Clifford. On November 19 the 2nd Life Saving test for the "Darnell" Cup will be held, and on November 26 heats of a 72 yards handicap will be swum, the prizes for this event being presented by Mrs. Cable.

On December 3 the Final of the 72 yards handicap will be decided, and the Annual Dinner will, in all probability, be held on December 4, when the prizes won during the Summer will be distributed. On December 10 the 3rd Life Saving test for the "Darnell" Cup will take place, the Club presenting the Individual Prize. December 17 is fixed for the 4th Life Saving test for the "Darnell" Cup, the Prize Donor being Mr. R. Sandon, and on December 31 the 5th and last test for the handsome trophy presented by the late Mr. W. F. Darnell will be held, the individual prize being donated by the Club.

On January 7, 1916, there will be a 144 yards handicap in Free swimming for a prize presented by Mrs. Haskins, the final of which will take place on January 14. On January 21 there will be a 36 yards Club team race, and on January 28 the Annual General Meeting will be held.

On February 4 the heats for a 54 yards handicap will be swum, the final of which will be decided on February 11, the prize in this instance being presented by the Club. On February 18 there will be a 108 yards handicap, the final of which will take place on February 25, the prize being presented by Mr. A. Hudson.

On March 3 there will be a Competition in Rugby Water Polo, which is an interesting innovation, and judging by practice, should create considerable interest, as Swimming and Walking is permitted. The final will take place on March 10. On March 17 there will be a 72 yards combination handicap. By combination is meant that the competitor must swim one length under water, one length breast stroke, the third length back stroke without use of hands, and the

fourth length crawl stroke. The prize on this occasion is to be presented by Mrs. Harry Duke, and should a Final be necessary this will take place on March 24, whilst the Winter season will be brought to a close on March 31, with a supper and distribution of prizes.

This is a very interesting programme for a Club to carry through in the present strenuous times, and we may add that besides the above the Life President, Mr. R. Sandon, has kindly undertaken to conduct a class in Life Saving on Monday evenings, which all Members who have not already obtained the Awards of the Royal Life Saving Society are invited to join, and by their attention help to make this the most useful work of a famous Swimming Club a big success.

Eton Otters.

Promoting a Good Cause.

THIS club has become a very famous East End institution. Its existence is chiefly due to its chairman and promoter, Mr. Gerald Wellesley, who is related to the Duke of Wellington. It was first started in connection with the Eton Mission at Hackney Wick, an institution whose work has so increased that Mr. Wellesley hit upon the idea of purchasing the freehold of the Manor House, on which he has erected a huge building which contains not only class rooms, but also gymnasia and social rooms. We understand that the building alone cost £15,000.

As a swimming club it exists for the purpose of teaching and encouraging swimming and life saving among the working boys of East London. Arrangements are made with the local Council, whereby the first class Hackney Bath is reserved one evening a week all the year round for the use of the members, whose attendance is so good that the average during the last few years has been 110 to 120 per night. Professor H. Harper is in regular attendance and prepares the boys for racing. The crawl stroke is now very common amongst them and fast times are frequent.

During the summer many handicap and diving competitions are held, and team races against other clubs are organised each week at the Bath and occasionally in open water; but during the winter attention is chiefly devoted to the practice of life saving, with

the result that the members since 1912 have gained upwards of 50 Proficiency Certificates, nearly the same number of Bronze Medallions, 6 awards of Merit and several of the older boys, the hon. instructor's certificate, all of which have been awarded, after examination, by the Royal Life Saving Society. They are members of the Federation of London Working Boys' Clubs, which body promotes an inter-Club team life saving competition. In 1912 they tied with St. Andrew's, in 1913 they were second and last year first. They have also secured many firsts from year to year at the Federation Championship meeting, which consists of all round swimming.

Besides the Club work many of the older boys are so interested in life saving that they volunteer their services as instructors to local schools, clubs and the boy scouts, and on many occasions have given demonstrations of life-saving in order to encourage others to take as similar an interest in life saving as they do, in order to encourage the subject.

The chief credit for this splendid movement is due to Mr. Gerald Wellesley, who, having received a commission, is now serving his country in France. His generous benefactions in the interests of the poor boys in the East End of London has created a splendid spirit of mutual help and esprit-de-corps amongst them.

In the report of the Ipswich Swimming Club for last year, it is stated that six scholarships, tenable for two years, had been gained by six schoolboys taught by the club. Under the capable organisation of Mr. E. H. Burgess, the Instruction Secretary, the school-boy classes were well attended, but owing to the mobilisation of many of the club members, Mr. Burgess had great difficulty in finding instructors for the classes at the end of the season, but the boys nevertheless did well. The Club was able to hold five long distance swims during the season. The club won the Claremont Shield at Lowestoft for the first time, beating Norwich Swan, Lowestoft and Beccles. The contest consists of three polo matches, breast stroke race, team racing and diving. Mr. H. Pizzey had charge of the life saving class, and also a class of instruction for Municipal School boys, in which work he was highly successful.

Thirty-four members of the Club are on active service.

THE VALUE OF FLOATING.

BY AN AUSTRALIAN EXPERT.

Always Look at Your Toes.

WE have received a letter on the "Value of Floating," from Mr. Manfield Newton, of Sydney, who is a first class scientific swimmer and hon. instructor to the Manly Swimming Club. Mr. Newton's chief interest in the art of swimming is from the point of view of life-saving. Being at Manly he has had many opportunities of witnessing the frequent rescues that take place from the surf. It is said that on occasions as many as 10,000 people a day participate in surf-bathing, and that frequently the Life Guards are called out in order to bring in some one who has been carried out to sea, and that there have been over thirty rescues effected in one day. Mr. Newton's experiences have been wide, not only in New South Wales, but also in many other parts of the world. In his communication he says:—

"It is a very singular fact that a swimmer seldom commences his course of swimming by learning to float; it appears to be such a passive thing, it is so devoid of any *appeal to the gallery*, it is so unostentatious that its extraordinary value is entirely overlooked, consequently, it is not cultivated.

"Nine out of ten of the old-fashioned swimming instructors know so little of the physics of water that when they try to teach the art of floating, they fail ignominiously. It is quite possible that they themselves may know how to float, but they are incompetent to teach because they do not understand the reasons why certain effects are the results of certain prior causes. Such will generally instruct their pupils as follows:—'Lie on your back, puff out your chest, throw back your head, put your hands behind your head, and you will float.' It is true that this exceedingly strained and unnatural position will enable one to keep one's mouth above the surface of the water, but the feet and legs will sink towards the bottom. I remember seeing a well known swimmer trying to float in this way, but he entirely failed to maintain his feet and legs near the surface; I therefore shouted to him, 'Look at your toes,' and this he immediately proceeded to do. Now, to the uninitiated, this may appear to be very silly instruction; but, let us watch the effect. The floater's head was thrown

so far back that the water behind his head covered his forehead and came almost into his eyes, while his chest was, at least, two inches out of the water. By looking towards his toes, as he was told, he lowered his chin, thus depressing his chest until it was submerged, while, at the same time, the lumbar region at the bottom of his back was lowered and in two seconds his toes appeared above the surface. In the first position, the body was unbalanced, the chest presenting a large surface, thus weighing down the floater, and something had to sink; of course it was the legs that went, because they weigh, bulk for bulk, heavier than water. When the chest was submerged, the water fully supported the body, causing it to become more correctly balanced, and the legs and feet rose automatically.

"Floating is really only a matter of balance, and, when the breathing organs are under proper control (the perfection of which can only be attained by constant, intelligent practice) it is wonderful what extraordinary floating feats can be performed with scarcely an effort. With apologies for the egotism of the following illustration, I may say that I can float, perfectly upright, in 10 feet of water, with my chin well above the surface, and I can maintain that position for a length of time without moving a muscle while I lecture to a class on the bank. It is the same with almost any floating position; a slight movement of the hips, an inclination of the head one way or the other, the inflation or partial deflation of the lungs, will cause an apparently impossible movement, without the use of hands or feet, and such evolutions strike the onlooker as being little short of marvellous, whereas the whole phenomenon is really due to obeying, instead of straining, nature's physical laws. The reason why so many people swim so badly and with such undue exhaustion, is that they defy instead of obeying the laws of the physics of water. If one but watches a tyro trying to swim on the breast, and taking about six strokes to one yard that he progresses, while there is a terrible splashing and grampus-like blowing all the time, my statement will be fully vindicated. The breast stroke, properly executed, is the basis of all swimming."

SOUTHERN COUNTIES A.S.A.

There was a large attendance at the March meeting of the S.C.A.S.A. Executive when, in anticipation of better times in the near future, the standing Committee, a Ladies' and an Encouragement of Swimming Committee were elected, and it was decided that tenders for the 100 yards Junior Ladies, 100 yds. Junior, Junior Ladies' team, Junior Graceful Diving, and London Schools' teams (final) championship shall close to Mr. Harold E. Fern on April 30. The Amateur Teachers' Certificate of the Association for work done was awarded to Miss M. Norman, of the Dartford L.S.C.; the next Council Meeting was fixed for December 11, and the A.G.M. for February 19, 1916. Power was also given to the President and Hon. Officials to suspend monthly meetings of the Executive if in their opinion it was necessary to do so, and a unanimous vote of thanks was accorded Mr. G. T. Evershed, past President, for services rendered during his term of office.

CORRESPONDENCE.

Unclean Baths.

DEAR SIR,—Apropos of the article on unclean baths in the March number, it may be useful to put it on record that all the measures recommended are already in force in Swedish swimming baths. Dirty boots are never allowed to approach the sacred water. Entry to the dressing-boxes is from the back. Where space is of importance the seat in the dressing-box is arranged to let down across the entrance door. The bather must soap himself all over and rinse under a shower before he may enter the swimming pool.

I trust that the Society will find it possible to induce local authorities to adopt the foregoing arrangements as a minimum at all new baths; but Swedish baths have many other luxuries which would not all, perhaps, be possible or desirable here.

For example, there is usually a hot air room, and an open-air sun-bath, thoroughly sheltered from the wind. The Central Bath at Stockholm provides a carpet and a sofa in each dressing-box. This bath has slightly roughened tiles all round, which afford a perfect foothold, and ought to be introduced everywhere. Nearly all Swedish baths have fresh water continually running in. Deep

water, usually 3 or 3½ metres, is provided under the diving platforms.

Lest any one should be too envious of Swedish advantages, I will add that most of the baths are small and the water cold.

Yours faithfully,

March 1, 1915.

E. R. DARNLEY.

This system of entering dressing-boxes from the back is in vogue in many parts of Scotland.—EDITOR.

Re—Motionless Floating.

SIR,—I was pleased to see in the last issue of the magazine an interesting article on the very important subject of "Motionless Floating." In the article you refer to a paper which the members of the Royal Life Saving Society kindly allowed me to read at their Annual Meeting in 1912, and you state that "the lecturer said that after prolonged experiment and taking careful weighings of swimmers his results showed that there were persons who could not inflate their lungs to the extent necessary to bring their bodies on the surface, and that it was impossible for those persons to float in any position. . . . Those human beings whose inflation is not sufficient cannot (this word is obviously a misprint for 'can only') remain on the surface of the water by means of movement, and cessation of movement means sinking."

It is always difficult to condense an article or essay into a few words, and yet retain the original sense quite accurately. In the present case, the original sense has been, to a certain extent, lost. I admit, of course, that lung capacity is a great factor in motionless floating; that one who has a large lung capacity is more likely to be a floater than one with a small capacity, and further that by practice a person may increase his lung capacity so greatly as to give himself sufficient buoyancy to enable him to float in cases where he could not previously do so. The point, however, which I desire to emphasise is this—there are other factors besides lung capacity which are vital to the question, and which were clearly demonstrated by my experiments. Perhaps an actual case will do more to explain my point than mere words. One gentleman whom I weighed had only 2½ pounds of floatation power, that is, with his lungs fully inflated he was only 2½ pounds lighter than an equal bulk of water, yet he

actually had the largest lung capacity of any one I weighed. In other words, his lung capacity was greater, in some cases very much greater, than any of the excellent floaters I tested, who had from 5 to 8 pounds of floatation power. The difference came out when he expired fully. Then he was actually 9 pounds heavier than an equal bulk of water, while some of the good floaters under the same conditions were still lighter than water. Now it is inconceivable that a man with such a splendid lung capacity could by any means increase it so sufficiently as to make him rival any of the excellent floaters who with less lung capacity are so much lighter in the water. I think this one case is quite sufficient to substantiate this important result of my experiments. I could give many others, but I do not think they would add anything to my proof.

It will probably be within the recollection of some of those who heard me read my paper, that I appealed to others to conduct further experiments either on their own lines or on mine. So far as I have heard, no one has done so up to the present. My son has, however, just started a new series, and I confidently leave further experiments and the deductions to be drawn therefrom in his hands.

I am, sir, yours, etc.

R. SANDON,
Vice-President, R.L.S.S.

Floating and Handicapping.

SIR,—I venture to appeal to you to give this the wide publicity of your pages, as only in that way can I hope to reach the ears of a large number of the thinking swimming public. I am at present engaged on two investigations of interest to swimmers: one in connection with floating and one that can conveniently be described as related to handicapping. Both inquiries require the compilation of a considerable number of figures, and I should be glad if you, sir, could let me make my needs known to all interested.

The first inquiry is one by which I hope to disclose some aspects of the question of the specific gravity of the human body that are as yet imperfectly realised. The data necessary are determined by the method described by R. Sandon at the Annual Meeting of the R.L.S.S. on the evening of February 23, 1912, and in an article by the

same in the columns of the *Field* for June, 1912. This method will give the weight of the water displaced by a submerged human body. I should like two series of weights: those for persons with the lungs fully inflated (deep breath) and those with lungs deflated as much as possible (lungs empty). For each pair it would be a great assistance if the age—shall we say in the case of gentlemen only?—height, weight and sex were stated. If there be anything unusual in the circumstances of the weighing, e.g., salt water, water much warmer or much colder than normal (76°F.), these might be given, as could also a statement as to whether a person can float or not, and if he can, whether it is only in the sea or vertically in fresh water. These requisites read somewhat formidably, but I trust a certain number of people will be able to assist me in collecting them. If any one in London can promise me at least four subjects who are willing to let me have the figures, I should be glad to try and meet them at some baths for that purpose.

My second request is for figures which I think club handicappers can most probably give. I am anxious to get the times for various distances and various styles that different people take. I do not want champions, necessarily, but as I want to study the effect of distance on fatigue I should prefer the swimmers to be those who have had sufficient experience to be able to swim fairly "all out" for any distance. I should be glad to have times for specified strokes as follows: Crawl, 50, 100, 220, 440 and 1,760 yds.; trudgeon, ditto; breast 100 and 200; back 100 and 440 yds.; and when sending these figures and times kindly state name, sex and age. They need not be limited to the styles above mentioned or distances. It also would be an advantage if anything unusual about the bath (salt water, very narrow, very deep) were stated, while the figures would be more valuable if the series for any one person consisted of times for the various distances over the same course.

I trust that I shall as a result of this appeal collect information which will enable me to communicate to you the results of inquiries that are at present imperfect, owing to obstacles I have experienced in obtaining sufficient information during these difficult times.

I am, etc.,

FRANK SANDON.

51, Dartmouth Park Hill, N.W.
March 9, 1915.

KAHANAMOKU IN AUSTRALIA.

One Hundred Yards in 53.4.

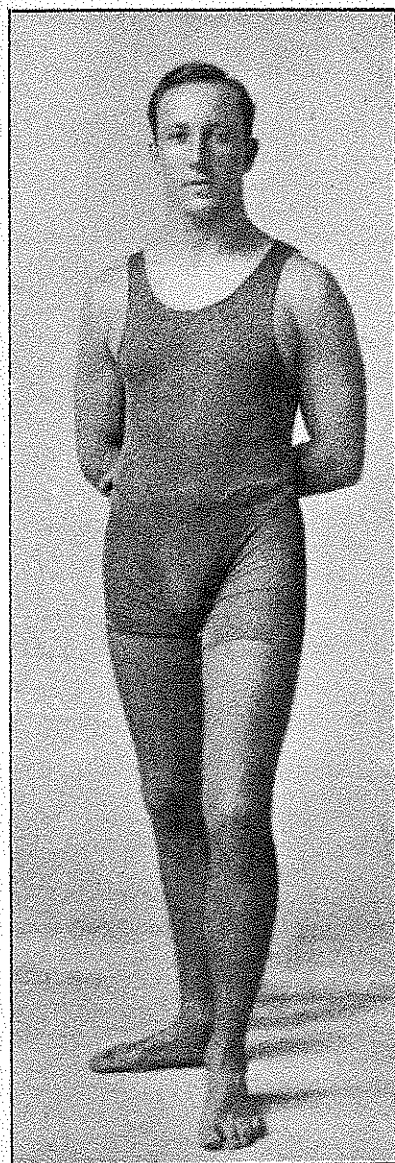
HIS STROKE AND METHOD OF TRAINING DESCRIBED.

Straightaway Course—His Propelling Power.

FROM the pen of Mr. Cecil Healy, who is well known to many English swimmers as one who thoroughly knows his subject, there appeared an article in a recent issue of the *Sydney Referee*, which is full of interest, not only from an historical but also from a technical point of view, and for that reason we take the liberty of reproducing the chief portions, as we feel that it will tend to interest our readers, particularly as several new points are dealt with. Mr. Healy writes as follows:—

"A little more than a decade ago the topical conjecture was as to whether the distance would ever be negotiated in a minute. When Fred Lane, as it were, answered the surmise in the affirmative, he was popularly supposed to have set a standard for all time. Then Dick Cavill, employing the 'crawl' stroke for the first time in competition, advanced the indicator on the speedometer by jumps and starts. The movement successively shocked the natatorial world. It was just recovering its equilibrium when the American, C. M. Daniells, emerged from obscurity. He thereupon commenced what culminated in a long series of disturbances amongst records it was hitherto believed were destined to be mummified. In the process the swimming community in general was once more subjected to agitation. On his becoming a benedict and his virtual retirement foreshadowed, it was considered that that eventuality would signalise many years' cessation of hostilities as far as the world's best sprint swim figures were concerned.

"Perhaps it would have been so, had not Mr. R. T. Rawlins migrated from the United States to Honolulu, and had he not been cutely observant, after the manner of his country-men. Many people had watched and applauded the exceptional skill displayed by the Duke when indulging in the old Hawaiian pastime of surf-board riding. No doubt thousands had seen him 'crawl' after his board as he played about with it, kitten-like, in the transparent waters that wash the tropical isle. They probably remarked that



Cecil Healy.

Magnificent swimmer, fine writer and technical expert.

he was very much at home in the element, but beyond that they did not detect anything unusual about him. It did not occur to them there was anything extraordinary in the way he glided backwards and forwards. That discovery was reserved for Mr. Rawlins. His divination was more than confirmed by results of tests he submitted the Duke to over properly measured courses. These trials were then forwarded on to the late Mr. Sullivan for recognition, but that great official was just as incredulous about their authenticity as the world at large, his scepticism drawing forth the now famous comment that 'world's records are broken by fractions, not seconds.'

"As the Duke's romantic story has never been related, I might go on to mention that subsequently arrangements were made for him to be tried out in the United States. He made his debut in a race held in a freshwater tank. Naturally, everyone connected with the sport was tremendously curious to see if he would make good the amazing rumours that had preceded him. The Duke had had no previous experience in the lighter water. This resulted in his swallowing a mouthful soon after the contest started. It nearly choked him, and the Duke, in consequence, had no alternative but to quit. This happening caused convulsive laughter in swimming circles. The American sportsmen fondly imagined a joke had been put up on them, but the mirth was none the less hearty on that account. Their awakening, however, was as sudden as it was effective. The Duke had another opportunity of showing his prowess very soon after, when he promptly, in Yankee parlance, cleaned up all the local champions.

"We next found him setting the seal to his reputation in the historical Stockholm Olympic Games of 1912, at the conclusion of which he had become, in every sense of the term, world-famous. Hodgson, the Canadian distance performer, won more events and lowered more world's records than the Duke, and altogether did prodigious deeds, but still the latter absorbed more attention. Possibly it was the combination of circumstances that rendered him the most conspicuous individual, in which his very name, color, and personality, as well as his renown as a swimmer, were contributing factors.

"It was at Stockholm that his trip to Australia was first mooted. The potentialities of such a visit were at once apparent to every

member of the Australian team. It was a favorite topic of discussion from the moment he was revealed to them, which proposal they severally and individually dilated upon on their return to Sydney. Prior to this England had been appealed to in vain to reciprocate the many visits of Australians. Again and again we were led to think the signs were hopeful of our long-felt want of securing the presence of an oversea champion to give the sport an International status being about to be realised, but ever and anon we found that the wish had been father to the thought. Meantime organised swimming had been gaining in relative importance, and the demand, on the part of followers of the sport, to see another country's representative opposed to our exponents, under their own conditions, was becoming more insistent.

"Kahanamoku continued to maintain his fame, and he came seriously into the Australian Association's reckoning. The conclusion was arrived at that he was peculiarly suited to answer the requirements, and with the cordial co-operation of Queensland and New Zealand, a definite invitation was issued. Negotiations, in the first instance, ended in failure, and the most optimistic began to fear that they would have a similarly unsatisfactory termination to efforts in respect to an English swimmer, especially as the European war intervened. But mainly through the instrumentality of Mr. W. W. Hill, the obstacles which persistently obtruded were overcome one by one, and the celebrated Hawaiian ultimately landed in Sydney.

"The arrangement entered into made provision for the Duke to bring along, in addition to a manager, a 'swimming companion.' This voluntary stipulation was made principally so that the distinguished visitor might have every facility at hand for training purposes. From the Association's point of view it has proved a most fortunate contingency, inasmuch as George Cunha was selected to fill the rôle. Cunha constituted a valuable acquisition as a public attraction, but from what we now know of the Duke's methods of preparation, it is hard to suppress a smile when the original object he was intended to serve is recalled. The Duke's mode of getting fit has mystified swimmers here almost as much as his astounding pace. He has confessed to an aversion for bath swimming, his one ambition seemingly being to what we would describe as paddling about in the surf. If it does not happen to be convenient

for him to do this, he reluctantly puts in an appearance spasmodically at one of the Sydney harbor bathing enclosures. But there is no sprinting over and over the course in the conventional way with him. It is stated he has only swum a hundred yards straight off, and that leisurely, three times since he landed in Sydney.

"On the other hand, Cunha's habits of training more nearly approach our normal, although he does not exert himself to anything like the same extent as is the practice with us. At any rate, he has been in attendance at the baths daily, and as a result was a great deal more under observation than the Duke. The cognoscenti, on the whole, knew the latter merely by repute, whereas they had tangible evidence of Cunha's speed. They had seen him let himself go once or twice. Watches in their hands credited him with having covered the 50 yards in the neighbourhood of 23 seconds, and 100 yards in 57 seconds 'pulling up.' They conceived, therefore, a great respect for Cunha, and when they learnt on good authority that the Duke had only defeated him by a fraction of a second in the last Hawaiian championship, not only did they give the report instant credence, but some went to the extent of predicting that he would be the first to finish in the final.

"Twelve entries were received, which necessitated three heats being resorted to. They were swum off a week previous. The executive placed Kahanamoku and Cunha in the first, and separated Barry and Longworth in the other two. The rest of the names they drew from a hat. Strictly speaking this procedure was not in order. Neither was the subsequent action in permitting the Duke to refrain from competing in his heat, owing to his having contracted a slight affection of the ears, and yet start in the final, as if he had qualified in the ordinary way. However, the other competitors sanctioned the infringement, which was a tribute to their sportsmanship. Mr. Francis Evans, the Duke's manager, expressed his appreciation of the Australians' attitude, but, as a matter of fact, such accommodating arrangements, I feel sure, would never have been tolerated in connection with an English or American supremacy.

"The opposition Cunha had to contend with in his heat was a negligible quantity. He just sauntered over the course in 58 seconds. Jack Huie, of Manly, beat Tas. Jones (East Sydney) for second place.

"Albert Barry (Sydney) had Gordon Page (Randwick and Coogee) and Geof. Wyld (Manly) to hurry him along. Swimming within himself, and with a yard and a half to the good, Barry touched down in 57.4.5. Page managed to snatch a verdict over Wyld after a neck-and-neck tussle.

"W. Longworth (Rose Bay) annexed the third and last heat in 57.3.5. Ivor Stedman (Victoria,) shaping very attractively, accounted for H. Hay (Manly) by a touch, the pair following on a couple of yards in the rear.

"The times recorded were a good omen as far as Barry and Longworth were concerned, as they were better than either had done in the finals of State or Australasian championships the past few seasons, despite that they were not by any means 'all out.'

"Greatly to the chagrin of prospective carnival patrons, but more particularly, of course, Association officials faced with a liability of something over £600 to liquidate before the visitors' departure, it commenced to rain heavily on the previous afternoon, with every indication of having set in. In view of the Duke's lengthy list of engagements ahead, a postponement was out of the question, and the inauspicious outlook led to the announcement that the function would be held 'wet or fine.' Although the sky was still overcast, the rain had ceased by the morning of the race, being replaced by a strong southerly wind. Such were the weather conditions about the hour the most momentous carnival in the history of the sport was due to be proceeded with. This state of affairs, as a matter of fact, is always preferable to bright sunshine.

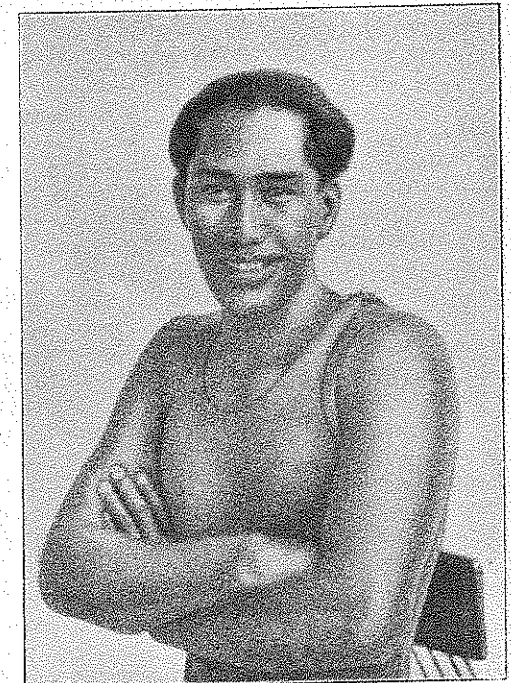
"The prices of admission had been raised to 5/- reserved, gallery seats, 3/-, 2/-, and 1/-. The heavy bookings presaged a crowd of record dimensions. The cheap unreserved spaces began to be occupied as soon as the doors were thrown open, namely, 1 o'clock. They were quickly filled, and would-be economists thereafter were forced to increase their investments to secure admittance. As the minutes slipped by the side walks became more and more congested, and competitors found considerable difficulty in getting to the dressing quarters. When the advertised time of starting the programme had arrived, the enclosure was thronged to its utmost capacity, the sale of tickets was stopped and hundreds of late-comers, much to their disgust, were turned away. Only once previously has such a drastic step been necessary,

and that on the occasion of the memorable 1911 'Beaurepaire' carnival, which marked the sensational advent of Longworth into championship realms. The building on Saturday, however, no doubt contained more people, as the controlling officials had profited by past experience, and were able to distribute them better. The 'house' represented £650, which, I should think, was a world's record gate value for a natorial entertainment.

"After the customary preliminary item on the programme had been completed 'Now for the Duke!' exclaimed thousands simultaneously, as they twisted nervously in their seats, in the way peculiar to people about to satisfy some gnawing curiosity that has, as it were, been eating into their very vitals. A tremor of expectancy seemed to sweep through the huge gathering. It shifted its posture *en masse*, as if obeying one common impulse, all eyes being riveted on the southern platform, where the natorial gladiators have been wont to make their egress. But a sudden commotion caused all heads to turn towards the northern end. A chorus of 'There he is!' disclosed the identity of a dark, smiling face. And 'Is that Cunha?' was asked, as the Hawaiian and his travelling companion were conveyed down the bath in the rowing boat which officials had been using to get from one end to the other. The Duke, with a beaming countenance, was assisting to propel the craft, and both he and Cunha waved their salutations to the crowd as they passed along.

"The Duke was 'considered' to have won the first heat, which made Huie ineligible to start in the final. The contestants were, therefore, Page, Stedman, Longworth, Kahanamoku, Barry, and Cunha. After satisfying the importunities of the camera men, they drew for positions, and were allotted stations in the above order, Page being on the extreme right. They were then formally introduced to the onlookers. When he came to Kahanamoku, Joe Morgan, who was operating the megaphone at the moment, got as far as 'Duke,' but had not the courage to tackle the balance of the visitor's name, which amused the crowd immensely. Each was cheered encouragingly, the guests, of course, coming in for the most liberal treatment. The buzz of conversation abruptly ceased as starter A. C. W. Hill uttered the final warnings. His 'go' rang out clearly, and the competitors left the board simultaneously.

"The great majority of the people, including the writer, be it said, fully expected to see the Duke dash away from his opponents at the commencement. When they saw, instead, the field move off in an almost unbroken line, no doubt many experienced a twinge of disappointment. The suspicion, in all probability, was sown in their minds that the proceedings were, after all, to be merely of a commonplace nature. The thought would have been quite justifiable under the circumstances, more especially as, when



Duke Paoa Kahanamoku.

the swimmers had reached the half-distance mark, no appreciable change in the situation had taken place, and the local men were still abreast of the 'wonder of wonders.' Judging, however, by the unrestrained yells, it was evident any regrets occasioned by the disappointment alluded to were instantly forgotten in the new-born hope that either Parry or Longworth would bring about the downfall of the recognised world's champion. The turn of events struck me as inexplicable. I had, of course, vivid recollection of the tactics adopted by the Duke at Stockholm. There it was his habit to career off at the earliest possible moment. He would set a terrific pace from the jump, as if under an impression the issue was decided in the first stage of the race.

"Sixty-six yards traversed, and not much more than the Duke's head in front. I was nonplussed. Has he deteriorated, or is it that our boys are moving as they have never done before, were my cogitations? Remembering the Duke lacked a strong finish, in the days of the Olympic Games, and not having heard of his developing one meanwhile, I was just on the verge of conceiving the idea that he was threatened with defeat, when, like a flash of lightning, followed by thunderous applause, he streaked ahead, leaving the others behind as if stationary.

"Before the spectators had time to recover from the effects produced by the Duke's amazing sprint, another thrilling episode was being transacted. Up to within 15 yards of the end of the course, Cunha had not done anything to confirm the exceptional sprinting abilities he had been credited with. At this juncture both Longworth and Barry held a slight advantage over him. Then he also loosed himself from the leash, as it were, and bridged the intervening space. To such good purpose did he speed along that, despite Barry's spirited response, he was something more than half a length in front when he had completed the prescribed distance. Two feet separated the old rivals, Barry and Longworth. Vociferous demonstrations continued, as Stedman, then Page touched; but the crowd fairly gasped when, a little later the winner's time, as taken by those many-years' experienced clockers, Messrs. W. T. Kerr, H. H. Westhoff, and E. Price, was announced as 53.4 and Cunha's as 55.1.

"The three watch-holders mentioned have been timing athletic performances almost as long as the Duke has been in existence. We in Sydney know that the authenticity of the record is beyond dispute, as far as the clocking and measurement of the course is concerned. But, in my opinion, it cannot be denied that the conditions were all in favour of fast times, inasmuch as a strong wind was blowing directly down the bath and behind the swimmers. What difference, if any, it made is, of course, a matter for speculation. It is a significant fact that a number of handicap competitors 'broke' their times that afternoon. But possibly it may not be that the southerly was of assistance, so much as the usual prevailing north-easterly is a hindrance. Nevertheless, there is a discrepancy to be explained away.

"At any rate Albert Barry swam the race of

his life. He has never figured in a more important event, nor had to face greater odds, and yet withal never put up a more tenacious or resolute fight. We must hereafter refuse to countenance fanciful theories, alleging that he is a victim of temperamental influences. Barry was not officially timed, but he could only have done a fraction worse than 56 seconds, if that.

"As regards Longworth, we seldom give him sufficient credit for the fact, when criticising his sprint efforts, that he does not, as in the case of Barry, Cunha, Duke, etc., specialise in this form of racing. I assert unhesitatingly that it is impossible for a man to do himself full justice over short distances if he has, at the same time, to train hard over long. To get his accomplishments in their true perspective this circumstance has to be borne in mind.

"The astonishing ease with which the Duke slid through the water, the remarkable absence of all appearance of physical exertion associated with his mode of propelling himself, added to the sprightly manner in which he vaulted on to the pontoon at the termination of the race, are a combination of facts that force the inference upon one that it lies within his powers to negotiate the course in still fewer seconds. His stroke stood out in marked contrast to that of our swimmers' bustling, struggling style. The Duke keeps his head and a goodly portion of his shoulders clear of the element. His arm movement is comparatively slow, and he places them into the water extended to their full length. His action generally has some resemblance to that of a man wading leisurely waist-deep. He moves his feet with great rapidity, but as his heels do not protrude above the surface, no splash results. The disturbance he causes is very much the same, only on a small scale, as that made by a propeller—that is to say, the water boils and bubbles. As a matter of fact, there is no fundamental difference between his and the Australian crawl. The principle is the same. It is merely a detailed variation. The Hawaiian's leg action is from the hips. He does not bend his limbs at the knees in the way that we do, and instead of a straight up and down thrash with the instep, he makes his feet describe a semi-rotary movement. Hence the screw-like effects. Cunha's stroke is practically a facsimile of the Duke's. The latter appeared to me to be more intent on finishing second than endeavouring to overtake his Honolulu friend.

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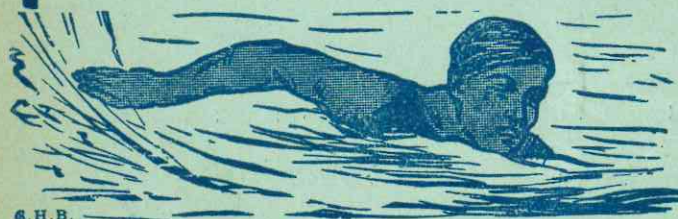
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