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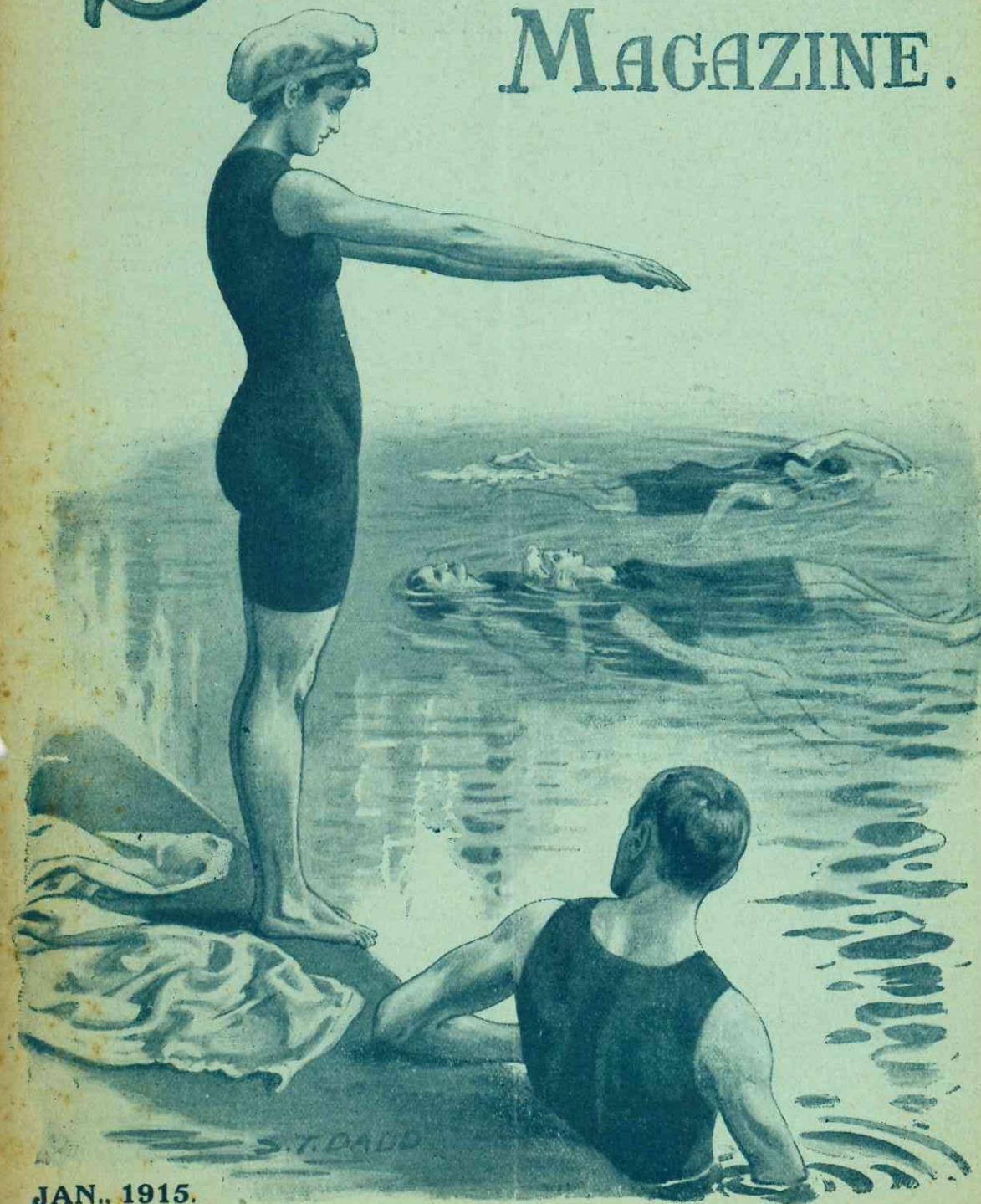
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# THE SWIMMING MAGAZINE.



JAN., 1915.



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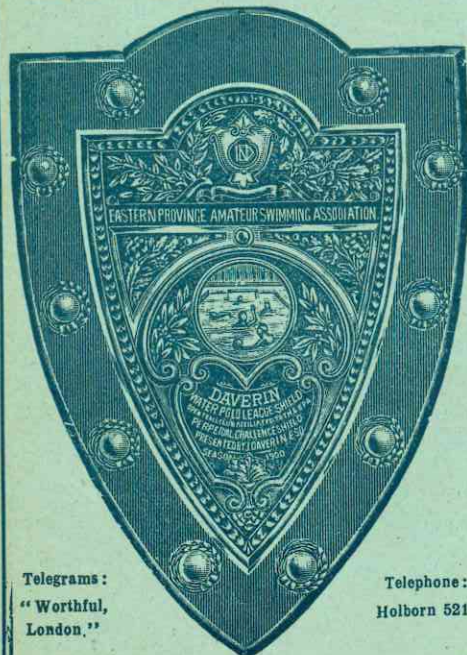
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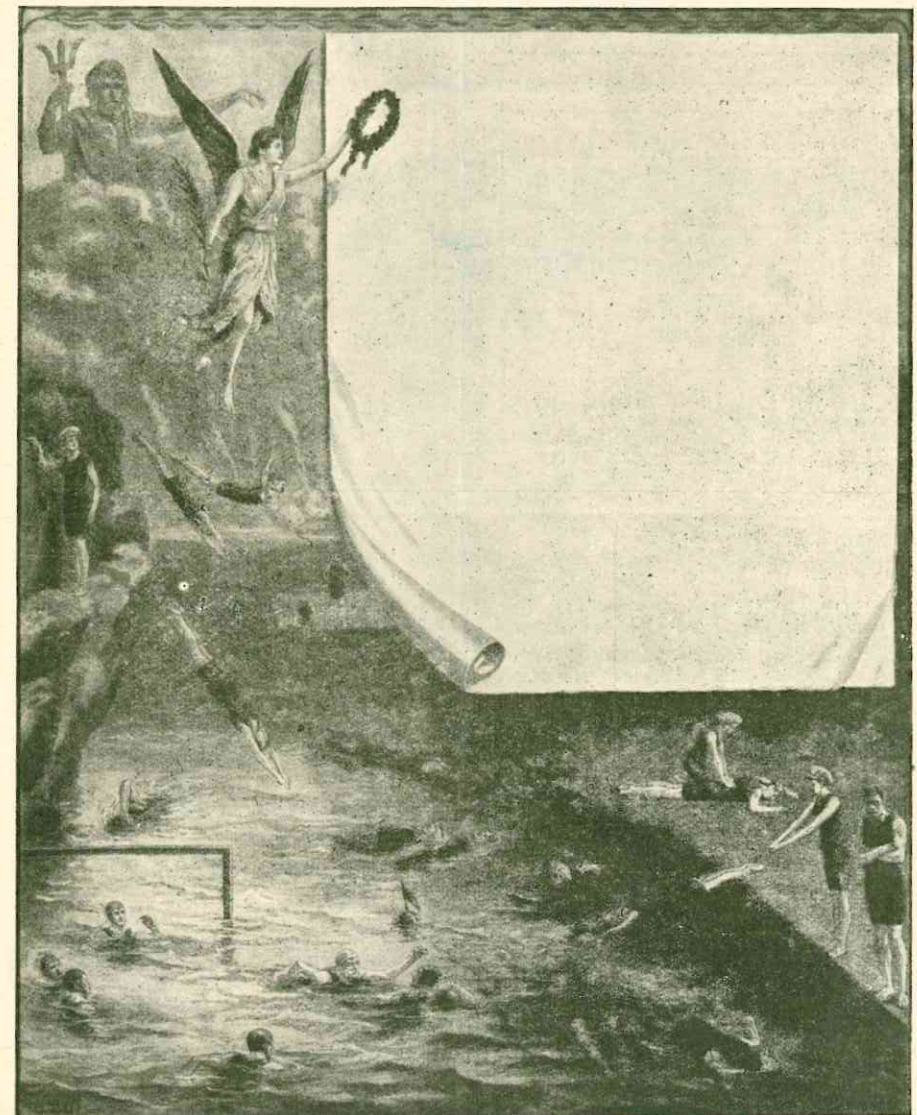
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Magazine**

No. 8. VOL. I.

JANUARY, 1915.

*(The Official  
Organ of The  
Royal Life  
Saving Society)***ROYAL LIFE SAVING SOCIETY.****GREETINGS FROM THE PRESIDENT.**

**A**T the last meeting of the Central Executive, a most gratifying letter was read from the President, Lord Desborough, K.C.V.O., conveying his greetings to all workers in the cause of life saving and expressing the hope that notwithstanding the present international trouble, the good work would still go on. It gives us great pleasure to be able to reproduce the letter in facsimile, because we know that the various Branches of the Society, and life savers all over the world, will be glad to read, in his own handwriting, the kindly message of congratulation, which his Lordship has been good enough to send to all connected with the Society's work and well-being.

In this New Year we trust that the hopes expressed by Lord Desborough will be fulfilled, and that the record of progress will be even greater than heretofore. The text of Lord Desborough's message is as follows:—

**THE RIGHT HON. THE LORD DESBOROUGH, K.C.V.O.**

Dear Mr. Henry,

As President of the Royal Life Saving Society I should like to take an opportunity of congratulating you on the Report of the progress of the Society.

The World is at War, and while we deplore the interruption caused to our efforts in the humane work in instruction to save life from drowning, we can congratulate ourselves on the splendid response of our swimmers and life savers to the call to arms in Australia, Africa, Canada, India, New Zealand and at Home, and recognise the splendid work done by our Ladies in tending the sick and wounded. The war on land and sea brings

home every day the necessity of instruction in swimming and life saving, and the Society has already deserved well of the Country - In sending it my greetings I express the hope that it will redouble its efforts in training the youth of the Country in a most manly and indeed necessary science. Yours truly Deborah

Among other correspondence letters were read from Tasmania, South Africa, Canada, Australia and other parts of the Empire, recording excellent progress. In Tasmania the work was started six years ago with a small class of girls at a private school, and in 1911 the Misses Olive Barnard and Eleanor F. Pocock, who are now Representatives of the Society, formed the Tasmania Life Saving Class, with the result that 114 awards were gained, chiefly by girls. Strangely enough the Swimming and Yachting Clubs have not yet thought it necessary to take up Life Saving, but those members who have passed for the awards are this season starting classes in various parts of the State. They, however, find some difficulty in carrying them on, chiefly because of the coldness of the water, which during last summer ranged between 54° to 62°. Once or twice the members of the classes entered the water whilst snow was on Mount Wellington.

Deep regret was expressed at the loss the Society and the art of Swimming and Life Saving had sustained by the death of Mr. W. F. Darnell, Vice-President, who had made many generous gifts towards promoting its aims and objects and took a keen personal interest in its welfare. It was resolved that suitable steps be taken to perpetuate his memory.

Amongst the awards granted were four diplomas, three of which were for candidates from Bolton, Lancs., named Mary J. Taylor, Annie Howarth and H. Rothera, and the fourth from Blackpool for R. L. Swarbrick. There were also a large number of awards of merit, bronze medals, certificates, etc., granted, thus proving that wherever possible the classes of instruction were continued, the winter class at Holborn Baths, which meets regularly every Monday from 8 to 10 p.m., being a case in point. At this class instruction is given in all branches of the art of Swimming and Diving as well as in Life Saving, to the members of both sexes.

With regard to the "Darnell" trophy for Canada this was for the second year in succession awarded to the Quebec Branch, and the Diploma of Major R. Kyle, Glasgow, granted at the previous Meeting, was ordered to be issued "with Honours."

With reference to the Annual Report it was stated that the same will be published in the *Swimming Magazine* for February, that being the official organ of the Society.



## A CONVERTED SCEPTIC.

MR. CECIL HEALY ON LIFE SAVING.

IN the Sydney *Referee* Mr. Cecil Healy, whom we all know as one of the finest of swimmers and good sportsman, also as one who has had a world-wide experience of the art of swimming in all its branches, writes as follows:—

"It seems to me swimming clubs do not give the utilitarian aspect of the sport sufficient prominence. If efficiency in life-saving was aimed at to a greater extent, and that fact made known, it strikes me they would command more support from public-spirited citizens. This, I think, is one of the secrets of the success of the Surf Bathing Association. The nobility of their cause is an inspiring circumstance to both workers and others."

"There was a time when the writer regarded instruction in life-saving work rather contemptuously. To be able to swim and swim well, I imagined, was all that was required to effect a rescue. As far as that extends I still maintain that capability in the water is the prime consideration, and that most expert swimmers, in a case of emergency, would adapt themselves to circumstances and render effective assistance according to an impromptu code of rules. It is nevertheless true, however, even in the case of a champion exponent, that he would be able to act with much greater confidence if he had taken the precaution to learn the simple methods taught by the Royal Life Saving Society for conveying a drowning person ashore, or releasing oneself from his clutches, as the case may be. It is when a rescuer has succeeded in bringing a victim back to land, especially if he happens to be in an unconscious condition, that he feels his responsibility, and has occasion to regret not having taken the trouble to become properly acquainted with the resuscitation drill formula. He may have a fairly clear idea what needs to be done, but is not quite sure. With an apparently lifeless body on one's hands, to be in a state of uncertainty is not an enviable experience, as the writer can vouch. It is just such a lesson that upset all my preconceived notions, and induced me subsequently to submit myself for examination at the earliest possible opportunity."

"It is a happening that is liable to befall every swimmer, and for that reason I, a converted sceptic, strongly urge club committees to adopt similar resolutions to that moved by Mr. L. Duff at the Annual General Meeting of the Sydney Club, which was to this effect: "That events partaking of life-saving nature be included in syllabus for season."

This resolution has induced those responsible for the drawing up of the syllabus to include several in the season's programme. They have also made it a stipulation that members must be holders of the Royal Life Saving Society's certificate to be eligible to enter.

The mover of the step in the right direction, Mr. Leslie Edye Duff, is a relation of the Lady at the round table in the office of the Royal Life Saving Society. He was in London with the Australian Cadets and on one occasion assisted in a realistic display with the Life Saving Reel at Brighton, and like Mr. Cecil Healy has seen the work of the Society in the Old Country. We think that Mr. Healy will long remember his experience at Highgate pond, when he took part in the King's Cup Competition, when many of his friends (and he had very many) accused the management of anchoring his subject and so causing him to lose first place to a friend of Mr. Yeardley, who is now resident near Sydney. The accusation proved wrong. There was no anchor; it was the kick, so needed in life saving, that was at fault and prevented him getting along as fast as he wished or prevent a lead of 20 yards or more, 30 yards from the finish being turned to defeat by a yard. Everyone was sorry for my friend "Cess." It was the same with J. A. Jarvis the year previous, who was beaten by Gadsby, the well-known one-legged swimmer.

These points should make all swimming club officials think, and do their best to give their members a chance of becoming more utilitarian and thereby place the art of swimming in its proper place, in order, as suggested by Mr. Cecil Healy, that it may enjoy the confidence and greater support of the public.

## CHRISTMAS SWIMMING IN THE OPEN.

COLD WATER STIMULATES ENDEAVOUR.

ALTHOUGH the Christmas holidays have not been so enjoyable as in other years, the physical work has been continued, chiefly with the idea of keeping fit. At the time of going to press the Serpentine Swimming Club had arranged to hold its fifty-first annual Christmas morning handicap in the Serpentine Lake, Hyde Park, a lake which has been the scene of many keen swimming encounters. Notwithstanding the fact that their ranks have been very much depleted by the members having answered the country's call to arms, the older members kept in training and reminded many of their comrades who are scattered all the world over of the day the club has observed for so many years. The writer met one of these veterans in New Zealand. This was Mr. Alfred Davies, who won this event many years ago. This club was founded in 1864, and although it has regularly practised in open cold water and used the trees as undressing shelters, it is to-day one of the most vigorous institutions in the country. The first prize for its big winter race is now given by Sir J. M. Barrie, the author of *Peter Pan*.

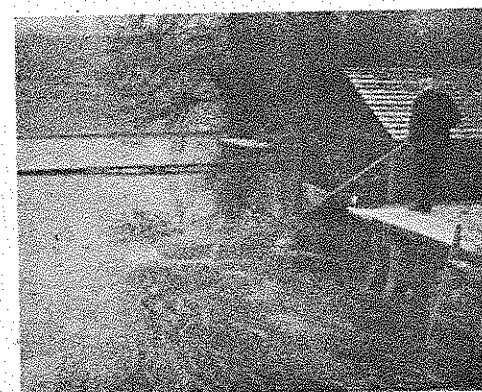


Photo by G. W. SECRETAN, Tufnell Park.

Bathing Attendant Removing Ice at Highgate, to provide a clear course for Swimming and Diving.

The Highgate Life Buoys, another famous winter club, also have a huge "roll of honour." Well over sixty members have joined either the Navy, Artillery, Cavalry, or Line Regi-

ments, many of whom are now out with the British Expeditionary Force. There are also many members acting as Special Constables, and Lt.-Col. Harry Dade, one of the vice-presidents, has offered to raise a battalion for active service.



Photo by H. ENTWISLE.

One of the Christmas Morning Races of the Highgate Life Buoys.

This club was formed in 1903, and like the Serpentine, although not conducting any races except those at Christmas time, as regards vigour, must be placed in the same category as the older institution. Their president, Mr. Edmund Byrne, is 76 years of age, and is one of those who takes a swallow dive neatly and boldly from the thirty-foot board. He is always present on Christmas morning, when the club conducts a senior and a junior race for prizes, which may be regarded as mementoes of the occasion, as they are usually of small value, yet some sixty or more members take part in the races. The Highgate Life Buoys are very keen on the subject of life saving, and are constantly out giving instruction and encouraging mutual improvement among all classes. Mr. H. J. Grimwade, the hon. secretary, has for years served on the Central Executive of the Royal Life Saving Society, was its chairman, and to-day is chairman of the General Purposes Committee. He has guided the club so well that it has won the Darnell Excellence Trophy since its institu-

tion three times in succession, and now they have decided not again to compete, but remain content as "competitors of honour," as they have so many members who are still anxious to continue their association with the philanthropic work they have so long carried on in connection with swimming, life saving, and first aid.



Photo by G. W. SECRETAN, Tufnell Park.

"Daddy" Cooke, of the Highgate Life Buys, reading "The Orders of the Day," which seem to amuse H. J. Grimwade, Bobbie Ede and others.

Evidently bathing in cold water during winter by members of both the clubs mentioned provides them robust health and plenty of spirit for work, not only in the interest of the art they love, but also for energetic endeavour in the cause of their country.

The officer commanding troops quartered in the Embankment Road School, Plymouth, recently approached the Sanitary Committee for the free use of the Corporation Washing Baths, but was informed that his request could not be complied with, as the minimum charge of twopence barely covers the cost of the service. "What patriots we have amongst us," says *The Sportsman*.

In his admirable work on "British Mountaineering," Mr. Claude E. Benson suggests that all those who train for the task, especially those condemned to penal servitude in cities during the great part of the year, should swim regularly, as it is splendid for the wind.

The Blackburn Schools S.A. and Mr. James Swindlehurst, as Hon. Sec., are to be heartily congratulated, not only upon the success of the Fifteenth Annual Gala, but also upon the splendid work done during the past season in the matter of teaching Swimming and Life Saving.

The attendance of 43,000 children at the Baths is a considerable increase on last year's record. In school hours 34,800 children have received instruction. During holidays 4,500 children have entered the water. The season ticket holders have attended regularly, the number being 4,000. The progress of the children is such that 81 quarter-mile and 100 half-mile certificates have been presented, also 45 Elementary, 7 Proficiency Certificates, 4 Bronze Medallions, 1 Hon. Instructor, and one Award of Merit of the Royal Life Saving Society have been gained by teachers and children.

Mr. A. R. Kerr, Blackpool, who examined the classes, was well pleased with the way the work was done, but in his report he expresses the opinion that in a town like Blackburn, where there is plenty of material and the teachers are willing, much larger classes should in future be presented for examination.

The Committee succeeded in obtaining special privileges for the children, who, when the schools are closed, will be admitted to the Bath on payment of one penny, all of which displays interest and work on the part of all connected with the body.

\* \* \* \*

In Australia a Swimmer may accept remuneration as official Life Saver on the Bathing Beach and retain his amateur status, which is only right, as the saving of life is of far higher importance than competitive sport. In America they appear to be regarded as professional Swimmers and therefore are disqualified from taking part in Amateur events. We are pleased to note that the profession of Swimming appears to be regarded as highly honourable and of great interest in America.

\* \* \* \*

At a recent meeting of the Gateshead Watch Committee permission was granted to those men of the police force who hold the proficiency certificate of the Royal Life Saving Society to wear the Society's badge on their uniforms.

## THE LADIES' SECTION.

By our "Lady Dorothy."

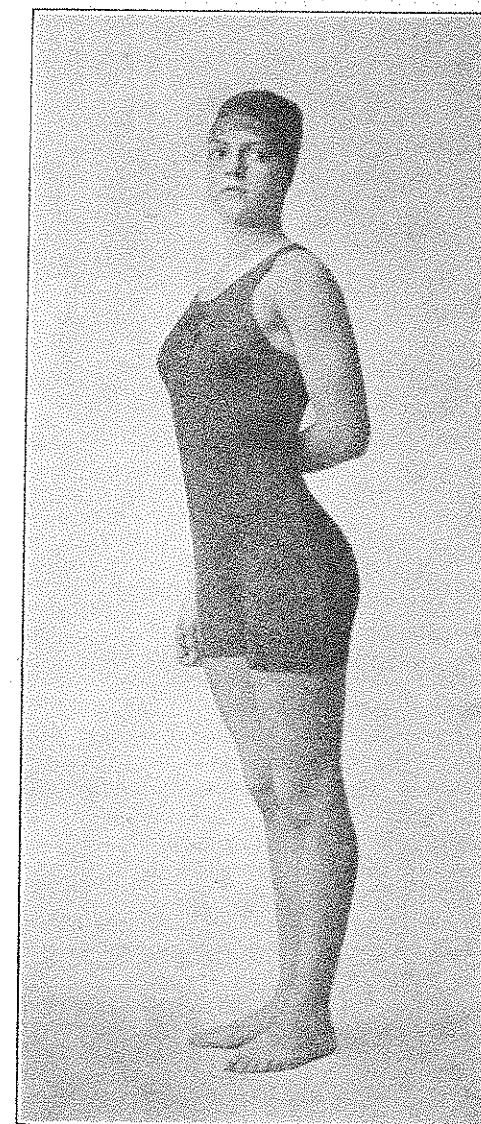
### SWIMMING FOR HEALTH'S SAKE.

#### DIVING AND THE STOCKING QUESTION.

MISS Greta Johansson, who is now residing at San Francisco, U.S.A., ranks as the best diver and swimmer in Sweden. She is a native of Stockholm, and is just about the same age as Miss Belle White, her English rival in diving. At the Olympic Games in 1912 Miss Johansson beat all comers in the high diving competition for ladies, while Miss White was third. The following year, when Miss Johansson came to London for the Ladies' National Graceful Diving Competition at Highgate Ponds, she was placed second to Miss White. Miss Johansson has a very fine swimming record, having won the speed swimming schools' championship and the 100 metres championship of Sweden. She has also been high diving champion of Sweden for three years in succession. Besides these she has passed the Swedish "Magister" test for swimming, diving and life saving, which, as the equivalent of our diploma, is very much prized in Sweden by both men and women.

\* \* \* \*

The accompanying photograph is of Miss Dorothy Becker, who is a perfect example of what swimming can do for health. Four years ago, at the age of ten, she contracted scarlet fever, after which such complications occurred which necessitated three big operations. Her weight dropped to 3st. 7lbs.—she did not improve, and she became a nervous wreck. The doctors practically gave her up, but recommended the seaside as a sort of forlorn hope. Though she was a veritable bundle of skin and bones, she had the grit to remain in the water as long as two hours a day while amateurs helped her to swim. She first learnt to float on her back, then gradually to swim, and after many trials she entered for an amateur competition, after which her parents decided to have her regularly instructed by a pro-



MISS DOROTHY BECKER,  
Amateur Champion of the Pacific Coast.



fessional. To strengthen the flabby muscles of her back she took up gymnastics, and later ring and bar work, fencing, dancing, punching the ball and boxing. Breathing exercises, especially before breakfast, were indulged in, and these always gave her a healthy appetite. And so by leading an active outdoor life, in which swimming took the leading part, Miss Becker won her way back to health. She is now 14½, and physically perfectly fit. She won the Pacific Coast 50 yards championship for women in 0.32.2, which is a creditable time for any one over a straight course. She has become expert in her various gymnastic exercises, and has gone in considerably for trick diving.

Miss Nell Schmidt, who is a well-known long distance swimmer on the Pacific Coast, is also very keen on swimming for health's sake. She is a believer in remaining long periods in the water, though she admits it is necessary to get used to it gradually, just as one has to lie low, at first, in a new climate. She is in training now with a view to attempting to break the world's mile record. This record might well be lowered, and we wish Miss Schmidt good luck in her attempt, which is to take place in Lake Merritt.

Though swimming is obviously such a natural pastime and one which brings into play all the muscles of the body equally, yet so many people are afraid of the evils to be contracted from bathing. It is not swimming which does harm, nor any branch of such a healthy sport—if common sense is also applied in moderation. Naturally at baths there is just as much chance of catching infectious diseases or of getting ill as elsewhere, and if one goes into the water with a cold or when not feeling particularly fit or allows oneself to get chilled, one naturally weakens the power of resistance against disease. In such a state one is ready for anything which comes along, and then bathing gets the blame, and every one holds it up as a hotbed of disease.

In the notice of the council meetings of the various governing bodies of swimming there is very little business of interest to ladies. At the last few yearly meetings it has become quite customary for ladies to make propositions, and some of these have been keenly discussed before being put to the vote. Ladies are, of course, at a

disadvantage because they are not, as a rule, so much given to public speaking as some of the men who are so prominent at these meetings, and, consequently, a smaller percentage feel inclined to air their views. However, this does not prevent them from taking a very active interest in the nomination and election of candidates to the various offices for some of which they enter themselves.

Now whilst on this subject I am going to make a suggestion which seems to me should be useful to delegates who often do not know and have not even heard of the people for whom they have to vote. They are confronted with a long list of names from which they are to select twenty-five or more, as the case may be. More often than not a certain number of candidates are known to them, and probably they have heard several speak at the meetings, and so know a little about their views, but it is still a difficult task for them to conscientiously select the required number. What I should propose is that on the voting paper, after each name should be printed a short summary of what he or she has done for swimming, and his or her qualifications for the office in question. In this way—Smith, John, member of executive, 1914, hon. sec. — club, 2 years, longest distance swim and when holder of such and such trophy, advocates, encouragement of swimming in schools, etc.—thus setting forth whatever the candidate represents. These few notes after each name would serve all the purpose. In the election of candidates for the more important offices, the proposer and seconder often set forth the qualifications of the candidate at the meeting, but for the executive and other offices the electors are not so well informed, and, therefore, are at sea regarding their selections; as a result the most suitable people are liable to be passed over.

I hear that steps are being taken to alter the rules which require stockings for diving, and the fact that I have received no letters urging their use points to the fact that they have lost the little popularity which they ever enjoyed. The following is a letter I received from Miss Nora Pennington, which rather aptly states the case:—

"In the December number of the *Swimming Magazine* you ask for opinions on the wearing of stockings or tights for diving. I object to them for the following reasons:—

I. *The discomfort they cause, both physical and mental.* In competitions when one has to wait one's turn to dive, one gets cold enough at the best of times, but if wearing stockings the result is much worse. The water, which somehow manages to run off a swimming costume, lodges in the legs and feet of the stockings, making one feel as if one had an ice pack on from the knees downwards.

If a complete costume really fits there is considerable danger of its giving way. It is practically impossible to sit in it; and it is a difficult matter to climb up the diving boards for fear of causing an accident which would necessitate a rapid change of costume.

It is absolutely impossible to attempt many trick dives in it at all.

It also is liable to call forth unpleasant remarks from the gallery. Certainly words do not kill, but it is disconcerting to any one with a sensitive disposition to have an impolite expression hurled at one when standing at the take-off for a dive. True, experiences of this description are not frequent, but the fact remains that I have only been troubled in this way when wearing the costume of the "Ladies' Diving Association."

II. *The look.* If a good fitting costume is worn it looks too professional. An amateur does not care to be accosted by one of the audience at the conclusion of an exhibition with the question, "What do you charge for giving lessons in diving?" even though one may see it in its complimentary light.

If stockings are used they look abominably untidy.

III. *The expense.* A complete costume costs just double an ordinary swimming costume, while its life is not nearly so long.

IV. *The trouble.* To keep the costume in repair it is generally necessary to darn the feet after each time using it. If stockings are used, they have either to be sewn or pinned on to the costume. In either case they spoil the costume by making holes in it.

V. *The improbability of diving up to one's usual standard in competitions.* For the above mentioned reasons a diver seldom, if ever, practises in tights, and it will be readily understood that one cannot do justice to oneself in an unaccustomed costume.

The stocking is surely a relic of the prudery of the dark ages of ladies' swimming. The wearing of it I know to be a cause of much speculation amongst the audiences at swimming galas.

## THE "SAUCY ARETHUSA."

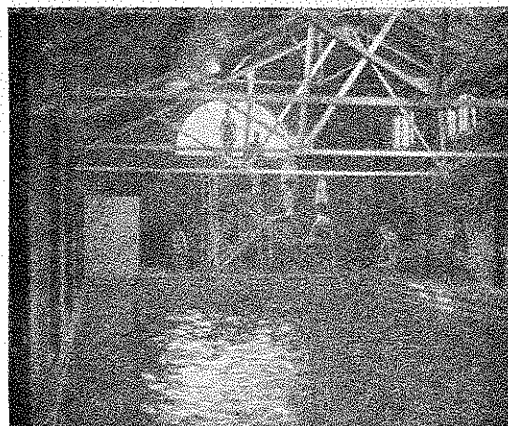
### Swimming and Life Saving in the Navy.

THE days are happily gone, we hope, when it was thought that there was no particular sense in teaching sailors to swim, as it was argued that if they were wrecked or fell overboard the sooner their struggles were over the better—swimming only prolonged their agony.

In the recent sad naval casualty lists the killed enormously outnumbered the wounded and missing; but these gallant fellows were not killed, strictly speaking, they were drowned most of them. In catastrophes of the sort we have had lately there can be no doubt that a man who can swim and keep himself afloat for a considerable time stands a better chance of being picked up, as has been shown in many instances which have been recorded in the *Swimming Magazine*. The Admiralty now evidently recognise this fact, for they have just served out to all the Fleet rubber collars which are easily inflated, and which every one, from the Admiral downwards, is expected to have in readiness for use when afloat, that is to say, they are to be handy, never out of reach, and therefore at night may be used as pillows.

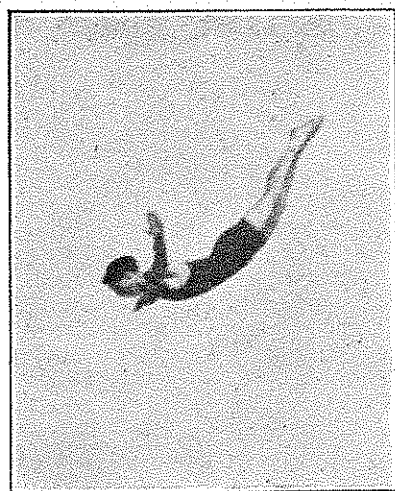
The authorities on board training ships now take a much more lively interest in swimming than of old, and a recent visit to the "Saucy Arethusa" showed the keenness with which the art is being taken up on board of this old man-of-war. The teaching and the practice of swimming and life saving are now part of the regular routine of the ship. It has a fine new swimming bath on shore, which is in use all day. This bath is a model one in its way, beautifully lighted, clean and well heated; it is fitted with a number of diving boards, rising by easy stages to the top. Few public schools have such a bath; at the Universities it would be regarded as a paradise, as these do not possess one, although they are regarded as the seats of learning. The swimming instruction is under the charge of Mr. Harry Lusher, a capable and enthusiastic teacher, who makes his department extremely popular. On some training ships when a boy has been taught to swim a few yards, in order to pass the extremely elementary test required by the naval authorities, he is "passed out" as a swimmer, as they say, and the bath is shut to him for the remainder of his training. This is not

the idea of Capt. E. A. Martin, R.N., who allows his boys to go to the bath as often as they like, and oftener if they can. The interest is kept up by having frequent races, diving competitions and life saving tests, for which small prizes are given, and we venture to think that as regards swimming,



*The Swimming Bath.*

diving and life saving, the man behind the gun is Mr. W. E. Webb, one of the committee of the ship; he is also a member of the R.L.S.S. and A.D.A., who on every possible occasion has urged leading performers in every department of the art to pay a visit to the ship, in order to show the boys how to become experts. Among those who have paid visits are Messrs. Harold Goodworth, C. R. Leighton, Hj. Johansson, C. P. Mauritz,



*Mr. Goodworth giving Diving Display from the side of the ship.*

the brothers Dickens and others. The writer has also been present and has done something in that direction. In the summer diving displays have been given from the side of the ship into the river; and in the swimming bath more technical instruction has been provided. As a result a large number of boys are passed out, not only as long distance swimmers, but also particularly good in diving and life saving. At the time of writing they have one boy who can swim two miles, three who have done one and a half miles, six one mile, also a very large number who have done their quarter and half mile in still water, and in a recent examination 50 of them have obtained the certificates of the Royal Life



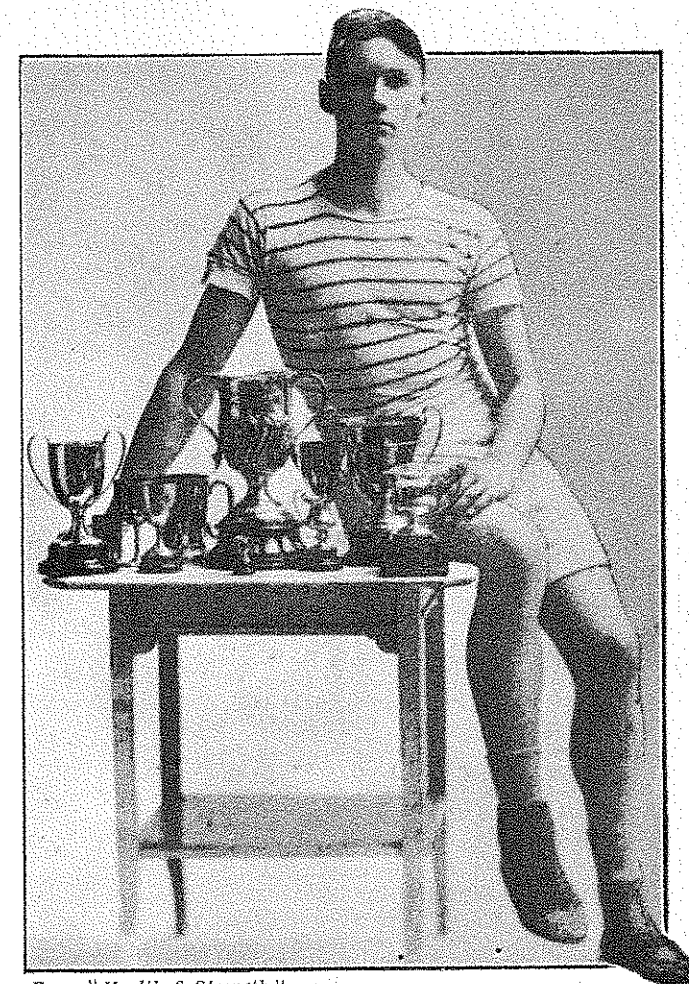
*Mr. W. E. Webb's Imitation Parachute Display, from the ship into the river.*

Saving Society. Therefore we venture to think that this is not only a record, but also the best on record for a training ship in English waters. That being so we suggest that old "Arethusa" boys who may happen to be engaged in the present great war might be taken off by shot or shell, but we doubt whether any of them would be drowned. At least we have a case in point, as one of the boys who had been taught to swim on board was on the ill-fated "Hogue" when she was torpedoed in the North Sea, and says that he saw her hit three times. When she was going down he dived overboard and not only saved his own life, but was able to render valuable assistance to some of his mates struggling in the water, who were also saved. Thus it is proved that a sailor of all men should know how to swim.

## YOUNG SWIMMER SERVING ENGLAND.

ONE of the privates in the Empire Battalion of the Royal Fusiliers is Ib. Muller, the eldest son of Lieut. J. P. Muller, late of the Danish Army, author of *My System*, and principal of the Muller Institute in Dover Street, Piccadilly. Young Muller, who was born on June 2, 1899, has every reason for hating the Prussians, for his father was born in that part of Denmark

exponent of all exercises calculated to give a healthy tone to the body. During his short athletic career Ib. Muller has won prizes for sculling, swimming, skating, ski-running and gymnastics. Among his wins have been the junior sculls at the Metropolitan Regatta last July, the junior senior sculls at Bourne End Regatta, and the senior sculls at Cookham Regatta, a remarkable record



*From "Health & Strength."*

(Slesvig) which was conquered in 1864, and his grandfather was expelled from his home for refusing to take the oath of allegiance to the King of Prussia, afterwards Kaiser William the First. Lieut. Muller, who has trained his son in the same athletic spirit, and with that love of physical culture which has so characterised him, has himself had a distinguished career as a swimmer and

for one so young. The Cookham open sculls challenge cup, of which he is the holder, was won in 1899 by Capt. C. V. Fox, Brigade of Guards, who was recently awarded the D.S.O., and in 1905 by Capt. Darrell, both of whom afterwards won the diamond sculls. Ib. Muller's measurements are: Height, 6ft; weight, 12st.; chest deflated, 33in.; chest inflated, 41½in.



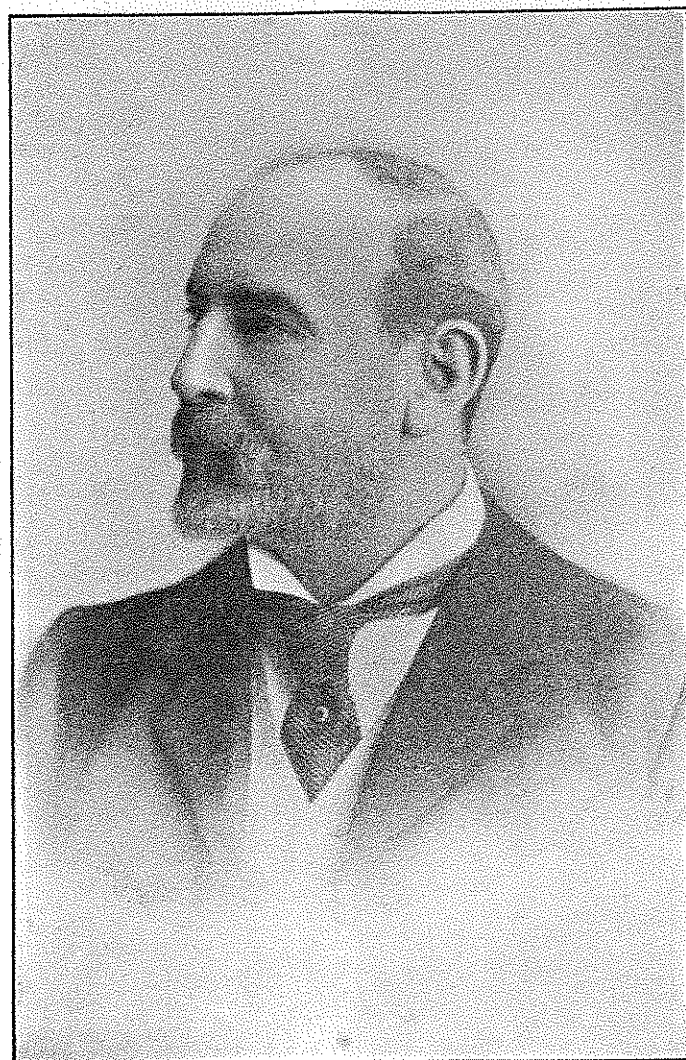


Photo by]

[Barraud, 263, Oxford Street, W.

**THE LATE MR. W. F. DARNELL.**VICE-PRESIDENT  
ROYAL LIFE SAVING SOCIETY.*Benefactor of the Art of Swimming and Life Saving.***THE LATE MR. W. F. DARNELL.**By **WILLIAM HENRY.**

**I**T is with extreme regret that I have to record the death of Mr. William Francis Darnell, the most generous benefactor that the art of Swimming and Life Saving has ever had. Mr. Darnell who died in London on December 13, was 64 years of age, and was buried at Highgate Cemetery on Thursday, December 17. Every section of the art of Swimming owes him a deep debt of gratitude, for there never was a worthy case which he refused to help. His generosity in this respect was princely.

Mr. Darnell was so enamoured with the objects of the Royal Life Saving Society that his bounty in the interests of these practically knew no end.

The foundation of the *Swimming Magazine* was primarily due to the deceased gentleman, who felt that there should be some regular means of communication amongst all English-speaking swimmers, especially those who formed part of the British Empire. His ideas were Imperial.

It was on a trip to South Africa about twelve months ago that the scheme was fully discussed between us, and Mr. Darnell then very generously gave me leave to proceed with the work of making it known, and at the same time guaranteed a large sum towards the preliminary expenses. He took a special personal interest in all the details of production, and on many occasions his advice proved particularly valuable. It is therefore to him, and to him alone, the credit is due for the starting of this Magazine.

This is only one of the many benefits he has conferred upon the art of Swimming. I well remember the time when in 1903 His late Majesty King Edward VII. graciously presented the Cup known as "The King's Cup" to the Society. Mr. Darnell called and kindly offered to provide the winner with a gold medal, which gift he continued to present each year. This medal is struck from a special dye which can only be used for this one purpose.

I have had the pleasure of being in the company of Mr. Darnell on many occasions when visiting the Colonies and foreign countries. He attended the Olympic Games of Athens and Stockholm and was present at the Games in London. His munificent gifts were many, among them being a Cup for competition between the Branches in Canada, at present held by Quebec; a similar one for South Africa, the holders of which are the Durban and District Branch; a "General Excellence" Trophy valued at upwards of a hundred guineas, given to swimming clubs and schools producing the best all-round record in Swimming and Life Saving from the utilitarian point of view; a Boy Scouts' Cup; Boys' Life Brigade Cup; Metropolitan Police Cup; National Graceful Diving Cup, one of the first he gave to the Society; Team Swimming and Life Saving Cup and a great many individual prizes on various occasions which were won outright.

In addition he presented Cups and Prizes annually to the Amateur Swimming Club, Amateur Diving Association, London Business Houses, Training Ship *Arethusa*, Bath Police, to Stockholm Clubs and others, where he felt that the art of Swimming was being usefully encouraged. There are thousands who will remember his name with gratitude and thanks, and I, who have had the favour of being in close touch with him, and knowing his wishes, feel that Swimming has incurred a great loss and I a friend whose place it will be practically impossible to fill.



## NOTES ON NEWS.

### INTERESTING ITEMS FROM MANY QUARTERS.

We regret the death of Corporal Major Taylor, 2nd Life Guards, killed in action. He was a member of the Windsor Swimming Club and champion swimmer of Berkshire, as well as a member of the old-established and famous Zephyrs.

\* \* \* \*

Sincere sympathy is expressed with Mr. H. E. Webster, the Otter Swimming Club handicapper, in the death of his son, Private Colin A. Webster, of the Hon. Artillery Coy., who was killed in action on November 25. Young Webster, who was a very promising member of the Otter Swimming Club, only joined the H.A.C. in August last.

\* \* \* \*

In the list of wounded appears the name of Major W. Allason, of the Bedfordshire Regiment, who is a member of the Otter Swimming Club and winner of the plunging championship on five occasions, the first victory being secured in 1896 and the last on 1909. Major Allason gained his blue for swimming and water polo when at Cambridge.

\* \* \* \*

Among the many swimmers who have joined the Canadian Expeditionary Force is Henry, the son of Mr. T. W. Sheffield, who is well known in England, and a report of whose display at Victoria, British Columbia, at the end of October will be found in the article on the British Columbia Championships. Mr. Sheffield has done fine service for the Royal Life Saving Society in various parts of Canada.

\* \* \* \*

The formation of a Swimming Club by members of the Stoke-on-Trent Police Force has led to special attention being given to the training of the members in the principles of life saving. Several of the members of the force have already gained the awards of the Royal Life Saving Society, and the authorities are giving the work every encouragement, they perceiving that the value of this training cannot be over estimated. P. C. Bailey first instructed the members, but he has now joined the army and his duties have very kindly been undertaken by Mr. Geo. Winkle, of the Hanley Swimming Club.

The 21st annual report of the Coventry S. and L.S.S. states that the membership of the gentlemen's section had increased from 281 to 375 and the ladies' section shows an increase of 60. The balance in hand was £16 8s. 11½d., as compared with £6 9s. 11d. in 1913. Much good work was done during the season to encourage greater perfection in all branches of the art for which purpose many experts visited the club.

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The new Kettering Public Baths, which should have been completed last September, will not now open until some time early next summer. These baths are regarded as being among the finest in the country, and our friends have great hopes for the future as regards the teaching of swimming and life saving in that town. This year's life saving classes, which consisted of fifteen swimmers, had to be given up, as nearly all the members enlisted, which is very patriotic of them.

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In his annual report on instruction in swimming and life saving in the Derby schools, the superintendent of physical exercises points out that 75 boys and 27 girls gained awards from the Royal Life Saving Society, and that the great difference in the numbers between the boys and girls is due to the fact that but few of the lady teachers are swimmers. We hope the Education Committee will see to it that the girls next year may have better advantages, for according to the Registrar-General's reports in seven years 2,763 females were accidentally drowned in England and Wales alone, a result no doubt due to neglected education, for which no one attempts to take responsibility.

\* \* \* \*

The Northern Lights S.C., a winter organisation formed from members of clubs that suspend work during the winter months, has held its meetings for many years at the Hornsey Road Baths. The attendance this season has not been so large as in previous ones, yet between 30 and 40 compete in the weekly handicaps, which shows that winter swimming is popular.

The Southport Swimming Club has a membership of 1,124 and some years ago had 1,200 odd members. Mr. Cyril Rushworth, who is one of the officials of the club, thinks the membership roll is perhaps a record so far as numbers are concerned. Can any club beat it?

Many of the men are with the colours, one of them being Mr. Fred Hillsden, their life saving instructor, who, as we mentioned last month, has rejoined the Durham Light Infantry.

\* \* \* \*

The bath at Madeley Street, Hull, is still open for swimming, and those who strongly advocate all-the-year-round bathing are urging on the clubmen of Hull to give loyal support to the movement, in order that there may be no closing down of the bath through lack of attendance.

\* \* \* \*

Owing to thirty-five of their members having responded to the call to arms, the number of candidates prepared by the Harrogate Amateur Swimming Club and Humane Society for examination by the Royal Life Saving Society, was much smaller than usual, but all who presented themselves passed satisfactorily. During the past year the club membership has increased from 116 to 248, this being largely due to the energetic work of the club officials and the good instruction of Professor Boyd, those who had improved under his tuition getting their friends to join, so as to obtain the benefit of it.

\* \* \* \*

An intimate companionship in military service has been broken up by the death of Private Albert E. Baker, 1st Gloucestershire Regiment, killed in action, a "chum" of Private Albert H. R. Townsend, of the same regiment. They were both 27 years of age, had spent the whole of their military career together and both of them had the medalion of the Royal Life Saving Society, Baker obtaining his in India and Townsend in Malta.

\* \* \* \*

It is the intention of the North-Eastern District Association to propose at the next meeting of the Amateur Swimming Association that in future all handicaps at 100 yards shall be made from a one minute standard instead of as at present from the National Champion. This will obviate the necessity of altering the starts of all handicap swimmers owing to the varying times of the winners of the 100 yards National Championship.

The ranks of the Bootle Club have been so depleted that they had only six members left at the end of last month. Several of the older men, who were reservists, have already seen service at the front. Other clubs in and around Liverpool have also fine records. One of the latest to join Kitchener's Army is Mr. J. R. Beckett, hon. secretary of the Liverpool Teachers' Sports Committee.

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The Yorkshire Amateur Swimming Association are compiling a Roll of Honour of the members of Yorkshire Swimming Clubs who are serving with the colours, and it would greatly assist the Committee in making an accurate roll if relatives would send a post card to the hon. secretary of the club of which the soldier or sailor is a member.

\* \* \* \*

The Leicester Baths Committee has decided to allow family or mixed bathing in the public baths during the next few months. This will materially assist the efforts which are being made to raise Leicester to its former swimming level. The club has worked hard at the encouragement scheme of the A.S.A., and it has had the good fortune to have had the expert advice of Mr. R. A. Crawshaw, who is one of the Association's coaches. Mr. Crawshaw points out to every individual any little defect in his or her stroke or style, the best way to rectify same, and in the newer strokes the importance of breathing at the right moment. He afterwards enters the water and gives an exhibition of swimming, finishing up with a short lecture.

\* \* \* \*

As there are a large number of soldiers quartered in the Sunderland district the bath is to be kept open for their convenience and they are to be admitted free, the general public being allowed to use the baths on the usual terms. Mr. Taylor, the Baths superintendent, has a report of a highly satisfactory nature as regards the past season, when no fewer than 59,449 swimmers attended the baths, of whom 22,659 were scholars.

\* \* \* \*

There are many old swimmers who will remember A. E. Lawes, at one time a member of the Magpie Club and for years one of the most ardent supporters of the West End Amateur Swimming Association and a Middlesex County Water Polo player. Mr. Lawes, who is now a member of the Serpentine Club, has joined the Sportsman's Battalion, and is training at Hornchurch.



On the morning of Saturday, November 28, Mr. G. Ilott, the father of Miss F. Ilott, the well known lady swimmer, was walking along the beach at Brighton when he heard signals of distress from a small steamer which had been driven ashore to the east of the Palace Pier. There was no possibility of launching a boat as the sea was too rough, but Mr. Ilott at once divested himself of his clothing and taking a lifebelt, with a line attached to it, swam out to the ship. Some soldiers also waded in and followed the swimmer as far as they could. None of the crew of the vessel could swim, but Mr. Ilott persuaded them to jump into the sea and with the assistance of the men who had waded out he was able to get all the sailors ashore. The plucky swimmer stayed by the boat till all had been rescued. The effective use of the lifebelt and line shows how urgent it is that the Australian surf reel system of rescue should be adopted in this country. The training of our swimmers in its use would greatly lessen the cases of drowning which are unfortunately so common on our coasts.

At the annual distribution of prizes of the London Schools' Swimming Association, held under the chairmanship of the Rev. Stewart D. Headlam, no fewer than twenty-three children received awards from the Royal Humane Society for saving life. Miss Lily Walker, aged 12, of Laburnham Street School, Haggerston, was awarded a bronze medal; and Miss Ida Bull, aged 12, St. Olave's, Camberwell, a daughter of Mr. W. E. Bull, life member of the Royal Life Saving Society, a vellum certificate.

According to a recent ruling of the International Federation, an amateur swimmer like Mr. Beaurepaire, who by aid of the State is the cause of making thousands of swimmers among school children, should not be regarded as an amateur either in Australia or for the purpose of International events, yet in Sweden and other European countries any swimmer may accept remuneration for teaching school children and as such is permitted without question to win not only International but also Olympic events. We have no doubt that Mr. H. Snape, hon. sec. of the Melbourne S.C. and hon. treas. of Victorian A.S.A., who firmly believes in Mr. Beaurepaire's amateur status, will be greatly interested in the above note, which is based on actual fact.

We have had many enquiries with regard to the King's Cup which was won in 1913 by Oscar Schiele. The reply to these queries is that the cup has been deposited with the bankers of the Royal Life Saving Society for safe custody and is not in the possession of the holder.

Chippenham Swimming Club has not been behind in its contribution to the forces. It has no fewer than five of its committee out, and it is believed that between sixty and seventy per cent. of the old members have also joined. Most of them are in regiments whose names are associated with Gloucestershire and Wilts.

We have received a letter from Mr. G. Vernon Bird, who was a prominent member of the Tadpole S.C. when it was regarded as one of the premier clubs in London. He states:

"I have read with much interest your excellent article on winter swimming in your issue of this month, and feel certain it would be much more indulged in by both sexes if the temperature of the water in the baths was properly displayed outside the buildings, which could easily be done at a very small cost."

We hope bath managers will note the advice. We have no doubt that there are many who would like to have this information before taking a ticket.

We regret to learn that one of the best workers for the cause of life saving, Mr. J. A. Day, who was attached to the Sheffield Branch, was among those who lost their lives in the Bulwark disaster; he had previously served on the Hawke and Hermes, both of which were torpedoed.

Our friends in Sheffield will be pleased to learn that W. Yeardley, of the Sheffield Otter S.C., who has competed for the King's Cup, is now in charge of the Abbotsford Baths, Parramatta River, New South Wales. He has informed Mr. G. H. Williams, Hon. Sec. Royal Life Saving Society, N.S.W. Head Centre, that he will be glad to coach intending candidates for the King's Cup and other tests. Now that Mr. Yeardley is a bath manager he is no longer permitted to compete as an amateur under Australian laws. That is not so in England, where bath managers as such, have no disabilities in that respect.

## DRAWBACKS OF WATER POLO.

*By an International Captain.*

### IS THE GAME A SUITABLE PHYSICAL EXERCISE?

**B**Y bodily exercise we mean work done with the object of perfecting the human organism from the point of view of strength, skill, or health.

As a bodily exercise swimming undoubtedly holds a high place, for not only is it an invigorating pastime, if conducted under proper conditions, but it is an art, the knowledge of which is eminently useful—often of extreme value.

Such being the case every care should be taken that it is conducted under proper conditions, so that all those who take to, and follow, this useful pastime, may have their health, strength and skill improved.

To make this useful art of swimming popular and do away, to a certain extent, with the humdrum swimming up and down a bath, the game of Water Polo was introduced, and so an attractive item of interest was provided, with most beneficial results as a draw at galas, and a direct means of bringing swimmers into contact, engendering a mutual interest in the promotion of the art, as well as improving their swimming abilities by increasing their staying powers. The history of the game and its progress in public favour is dealt with in another portion of this magazine, but I want to draw attention to what I consider a serious development in connection with it, in consequence of the length of time that swimmers are so often kept in the water. I think that I shall be able to show that such prolonged immersion, without due notice, in water of varied temperatures as we have experienced in recent years, is not conducive to health nor does it benefit the game.

The uncertainty of the duration of a game, played under the A.S.A. rules, is most objectionable to those whose duty it is to conduct a gala programme. Punctuality in the conduct of a gala is of the highest importance to a successful conclusion. In the first place, many of the audience and competitors live long distances

from the Bath, and of necessity are obliged to catch trains in order to get home at a reasonable hour; and secondly, there is nothing more annoying than to find one's programme utterly spoiled because the man with the whistle has been busy improving his lung capacity catching up with wilful and other fouls. Yet no blame can attach to that official; he has only been doing his duty, and in so doing has spoiled the pleasure of the audience, competitors and the promoters of an evening's amusement, not an enviable position for an official.

On looking at the rules we are led to believe that the game is to last for 14 minutes, with an interval of 3 minutes for a rub-down in order to restore to the skin the ordinary circulation of the blood. In practice, however, we find that 30 minutes is not enough. For the majority of games that I have timed I find that the duration of time ranges between 40 to 50 minutes, and when we remember that in the Water Polo teams all sorts and conditions of men are included, all differently constituted, some with good circulation, others with poor, we can easily realise that it is not possible for all to be affected in the same way by remaining in the water.

Go to a bath and examine a group of men who are ready to enter the water for a game of Water Polo, and you will at once observe that the same treatment cannot be suitable for the man of stout build as the one who is thin and pale. Their power of resistance to cold is entirely different, as the circulation of the blood in the stout man, no doubt, is much more vigorous than in the thin one.

Some men can, no doubt, stay a long time in the water without feeling ill effects, but because some can do so, it does not follow that it is good for all. If it were good for everyone, there would be fewer players taken with cramp, which in my opinion is a sure sign of the loss of heat and the exhaustion of muscular power. It must be admitted that we have seen a great many cases of cramp in the various matches



that have been played, and having also noticed the sorry and frozen condition of a great many of the players when they have left the water, I have come to the conclusion that the game of Water Polo cannot be beneficial to their health or a suitable bodily exercise.

A bodily exercise is performed with more vigour and ease when heat has raised the temperature of the muscles. This fact is well known, and we always do some preliminary work to warm the muscles by a good rub with a towel before performing an exercise so as to get warmed to our work; for the same reason the race horse is given his preliminary canter. When it is very cold and the hand is numb, we cannot make use of its muscles, but we note a great difference in the power of the grasp according as the muscles are cooled or heated. What happens to the muscles of the hand, when cold, will also happen to the muscles all over the body when cooled by prolonged immersion. Warmth therefore, is an indispensable element to muscular action.

When the body is warmed the superficial blood vessels dilate and receive a greater quantity of blood drawn from the internal organs. Then we see the skin of a hot man redden. The blood which passes through the skin cools quickly, and when the circulation is very active, the liquid which has given up its heat soon has its place taken by another wave of blood which becomes cool in its turn. In a few minutes all the blood in the system has been thus exposed at the surface. When there is excessive cooling the capillaries of the skin contract and the mass of blood is forcibly driven into the internal organs which cannot be beneficial to health, as it is contrary to nature, for as the body cools less blood passes through the surface tissues and muscles.

No further demonstration is needed to prove that the nutrition of the surface of the body must be less active when it is numbed with cold, for we know that the nutrition of a region of the body is active in direct proportion to the quantity of blood with which it is supplied. One has only to point to the dead condition of the fingers and toes of some players after they leave the water at the conclusion of a game. The blood, owing to the cold, has been retarded in its circulation through these extremities of the body, they become numbed, and until warmed by friction, the sense of feeling and power in them is absent. What happens

to the fingers and toes also happens to the rest of the body if equally cooled.

All the players who engage in a game of Water Polo are not equal in power of resistance to cold and therefore I contend that if we want to make the game of Water Polo a suitable physical exercise, the duration of the game should be so regulated that the period of immersion is suitable to the majority of the players. Moderation should prevail, and not, as now very often happens, when the rules which govern resistance to cold are violated.

In every book on Swimming and Bathing, advice is given against too prolonged a stay in the water, and most of them state that fifteen minutes is enough for the majority, yet the governing body of the sport of swimming have rules which violate every advice given on the subject, even that of the medical profession.

The increase in the length of time in which the game is now played is, in my opinion, the result of accident. From time to time alterations have been made to stop this, that or the other method of play by adding certain penalties, most of which have contributed to prolong the time of play, with the result that the younger and less experienced player, the longer he has to remain in the water, notwithstanding the fact that he is less able to stand the strain put upon him. If further proof were needed that this is so, I need only refer to the fact that there are but few who care to undertake the strain of swimming a mile, yet the same individual is expected to stay much longer in playing Water Polo than it would take him in swimming a mile.

I consider that the rules of the game should be so altered that the time of play shall be fixed so that all may train to use their body to undertake a given strain, and to that end I would suggest that the time be fixed at, say, ten minutes each way, "All In," with three minutes' interval for a rest and a rub-down. In all other competitions promoted by the Association the time and distance is fixed, and I fail to see why the same method should not prevail in Water Polo, and so do away with the uncertainty which now prevails.

If the duration of play were a fixture the game would be greatly benefited, the players would know what is expected from them, and so train their bodies to stand the strain imposed, and there would be fewer gala programmes spoilt than is the case under the present system.

## SWIMMING LITERATURE.

### An Appreciation of Mr. Ralph Thomas.

By ARCHIBALD SINCLAIR.

TO me there is a fascination in reading old books on swimming, for I love to imagine life in the days when swimming was a pastime and interminable legislation was undreamt of. It was in this mood that I recently picked up *Swimming*, by Ralph Thomas, the work of a lifetime of research crushed into about 500 pages and illustrated with reproductions of prints and photographs from swimming books and records obtained from all the four quarters of the earth.

This book is a mine of wealth, and it is a pity that it is not better known to the student of swimming and swimming literature, for it contains a record of every known book on the subject up to 1904, together with expert criticism on the statements submitted by the various authors made by a writer well qualified to judge, for Mr. Thomas is an excellent swimmer and diver.

Some twenty odd years ago, while on a search in the famous library of the British Museum, I came across a little volume, which proved of invaluable assistance. It was entitled the *Bibliography of Swimming*, by Ralph Thomas, and represented months of careful and painstaking work. It had been published as far back as 1868. Thirty years later the compiler joined the Royal Life Saving Society, and in 1904 brought out what I consider to be a monumental work of painstaking thought and erudition. Any ordinary man would have thrown up the work and left some one else to carry it on. Not so Mr. Thomas, for he kept up his records, and for aught I know may still be doing so. I sincerely hope he is. That he takes keen interest in all that pertains to the art of swimming and life saving is evidenced by his frequently keen criticisms of articles appearing in the *Swimming Magazine*: criticisms highly valued.

The great idea of Mr. Thomas is to open up a field for original enquiry and scientific investigation, and to that end he has pieced together the leading statements of the various writers, pointed out where they are conflicting, and also shown up the plagiarisms of the past.

Mr. Thomas tells us that the first book of the world on swimming was written by one

Nicolas Winmann, a professor of languages at Ingolstadt in Bavaria, and was published in 1538. The instruction is given in dialogue form, and is notable for its general accuracy quaintly expressed. Mr. Thomas winds up his notice of this work by saying:

"However much other things have altered in three centuries and a half, one custom, at least, remains the same. Having given Erotes his swimming lesson, Pampirus asks his young friend to accompany him home in order that they may get an 'inward wet.'"

Sweden, in the person of Olaus Magnus, Archbishop of Upsala, finds honoured place with a book published in 1555, which is full of quaint illustrations, including one of the sea serpent. We do not find anything about English swimming books until 1587, when Everard Digley published a work in Latin. There is a notice of swimming in a book called *The Governour*, by Sir Thomas Elyot, published in 1531, but no instruction is given. We may, therefore, assume that Digby's book was the first teaching work in this country. It has been extensively plagiarised, the French writer, Thevenot, of whose works many editions have been published, having copied it extensively. Indeed, to Thevenot has been attributed, in ignorance, the origination of many of the ideas previously advanced by Digby, who was an M.A. of Cambridge University and a fellow of his College in the days of "Good Queen Bess."

And here, to show how careful has been Mr. Thomas in his vast labour of enthusiasm, I may point out to those who have the first edition of *Swimming* in the Badminton Library that in the introductory chapter Digby is referred to as Sir Everard Digby. Mr. Thomas's keen eye quickly noticed this, and alteration is made in later editions. Now I find from the colossal work in front of me that Sir Everard was not born until 1578, and was executed for promoting the gunpowder plot, a crime which Mr. Thomas says "no swimmer would be capable." This little divergence is to show how much good information is crammed into the book, with whose re-acquaintance I propose to open the New Year.

(To be continued.)



# THE ART OF DIVING.

TECHNICAL LESSONS. By WILLIAM HENRY.

## Seventh Article.

Continued from June, July, August, September, October and December Numbers, 1914.

(Copyright.)

IN the December number many somersault dives were dealt with, but space did not permit the completion of the series, therefore they are continued in the present issue, as also screw dives, which are performed from spring-boards, and dives executed from a flying trapeze. The latter, when properly carried out, are most interesting to watch, and provide a welcome variety to the practice of swimming and diving.

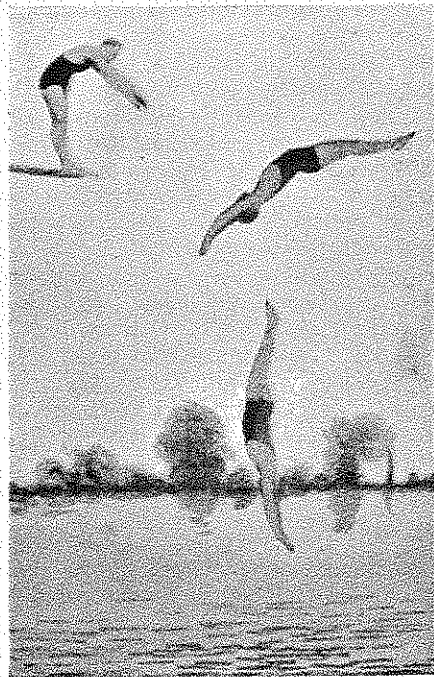


Diagram 37.

At present the Bath Club, London, is the only institution in Great Britain which possesses a suitable trapeze for the practice of the many interesting movements which form part of the displays occasionally given by ladies and gentlemen of the club when members of the Royal Family have been present, or else at inter-varsity matches and the ladies' annual competitions.

### (46) The "Isander" Dive from the standing position.

For this dive the body rests on the toes and the balls of the feet, and with a powerful spring, assisted with the swing of the arms, throw the feet out upwards and forwards as high as possible, then bring the arms and legs in line with the body, hollow the back and turn the head backwards sharply, thus making the necessary half-turn in order to enter the water hands first in the same manner as for an "Isander" started with a run. (See Diagram 37.)

### (47) The Mollberg Dive.

This dive is also a well known Swedish dive taken with a run and spring forwards with a whole turn backwards in the extended position on the horizontal axes. Start and spring off as for the Isander Dive except that a higher and a more forcible spring is necessary, so that the body attains the horizontal position almost immediately, when the legs will describe a whole circle forwards and the head a whole circle backwards. When the spring is made from a high board, the body is turned round in an extended position, but from low boards the

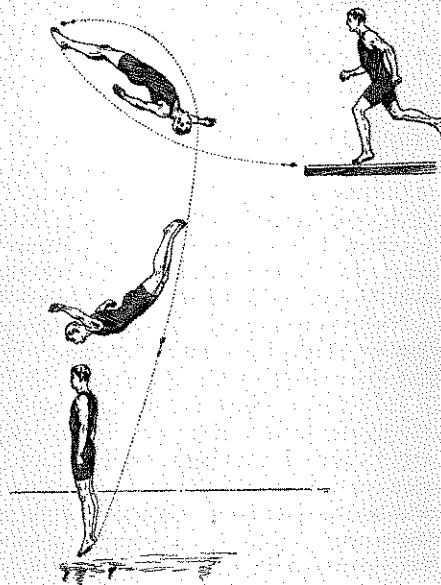


Diagram 38.

legs are usually slightly bent at the knees. Drawing up the knees to the chest must be avoided, as this action is inconsistent with the requirements of this Dive. After the turn has been completed the body enters the water feet first, in an extended position, as nearly as possible perpendicular, with the hands at the sides. (See Diagram 38.)

Both the "Isander" and the "Mollberg" are most fascinating dives to watch, and if well executed, always gain applause. It is said that both dives were devised in Sweden but the same dives are to be found in diving tables of other countries and are often used in competitions. In the July number Mr. Ralph Thomas drew attention to this fact and, pointing out that the "Mollberg" Dive was known in Germany as the "Auerback," and in Italy as the "Orofino," but there is no gainsaying the fact that these dives have long been practised in Sweden. It is also certain that they have been in use in other lands under totally different names.

## SCREW DIVES.

NOTE:—These dives are ordinary headers with the addition of an half turn or whole turn on the longitudinal axes of the body during flight, after the spring off. In no case should the turning movement be started until after the diver has left the spring board. This is usually made when the highest point of the trajectory has been reached.

All Screw dives require a rigid tension of the body, which must be kept straight, with the arms extended beyond the head.

### (48) Screw Dive with quarter Turn.

Start with a run, spring off high up and far out with both arms at full stretch above the head. After the spring off a quarter turn on the longitudinal axes is made and the diver enters the water sideways. To avoid making too great a turn, it is important that the take off should be made with care.

### (49) Screw Dive with half a Turn.

Start as above, but instead of a quarter make a half turn on the longitudinal axes and enter the water hands first in the same position as for a back fall diver. (See Diagram 39.)

### (50) Screw Dive with one Turn.

Start as above and during flight make a complete revolution of the body on its lon-

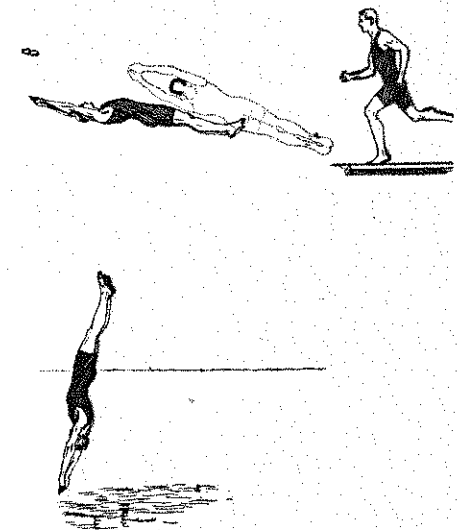


Diagram 39.

gitudinal axes and enter the water hands first as for an ordinary header. In order to be able to execute this dive correctly, it is a good plan to begin the turn with a twist

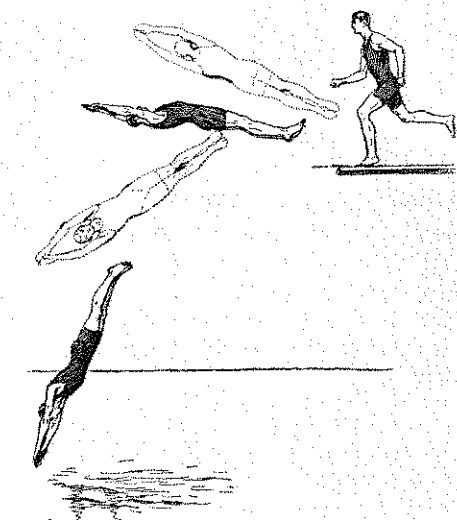


Diagram 40.

of the shoulders. Immediately after the spring off and as soon as the face is again towards the water, hollow the back and bend the head backwards. (See Diagram 40.)



The same dives are performed starting from the Primary Position or Standing Spring, with a free take off, but in this case greater force must be used when springing off from the board.

(51) *Dives from the Flying Trapeze.*

The swing is fixed in the roof of the bath, and when hanging still the cross-bar should

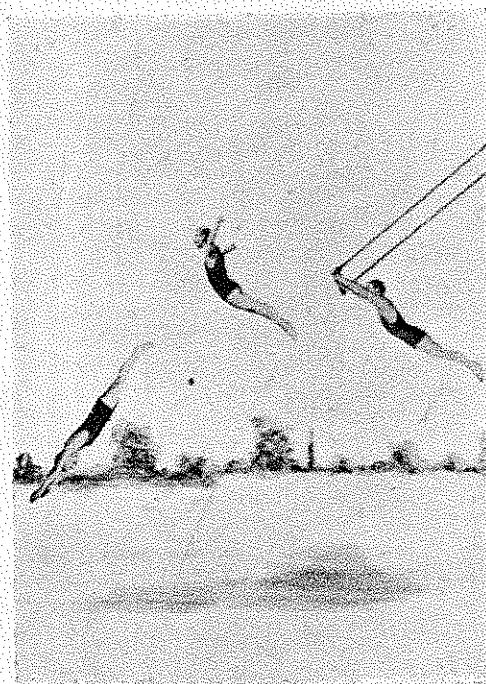


Diagram 41.

then be about 10ft. above the surface of the water. The starting step or platform must always be fixed in the shallow end of the bath at a height of about 20ft., and the entry of the diver into the water should always be made as near as possible at the deepest part.

The diver takes up his position at the starting-point with his feet together, toes grasping the front of the board and holds the cross-bar firmly with both hands. At the start he makes an upward jump and swings forward to the end of the extension, when he leaves the trapeze, assume the position as for an ordinary or swallow dive, and enters the water hands first. (See Diagram 41.)

(52) *Reverse one-half Somersault from the Flying Trapeze.*

The take-off and start for the dive is the same as for the above, but on nearing the end of the swing forward the legs are forced to the front, and when the highest point of the forward swinging has been reached, the legs are thrown upwards; at the same time leave go of the swing and make a turn on the horizontal axes and enter the water hands first, thus completing one and a half turns. (See Diagram 42.)

By practice nearly all the dives described in these articles can be performed from the flying trapeze, with added interest when one observes the diver travelling through the air practically from one end of the bath to the

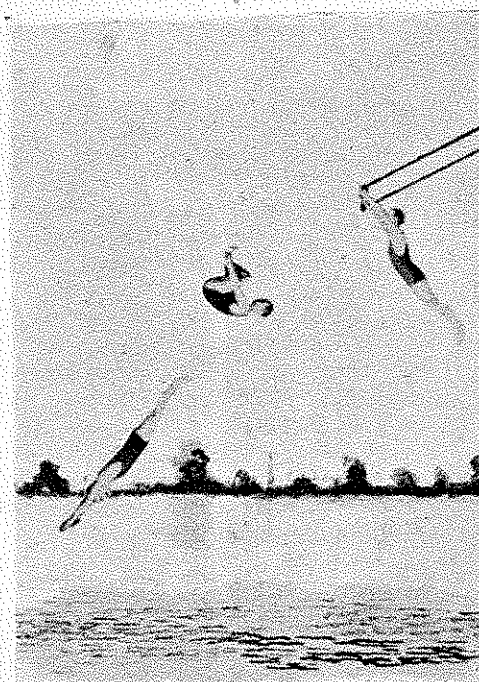


Diagram 42

other. It is easy, of course, at first to misjudge the distance and the timing of the various turns, hence it is advisable for the novice to wear two thick costumes and in that way minimise the sting he may experience should he happen to fall flat on the surface of the water. The same advice applies to those who make their first attempts at somersault diving from the ordinary boards.

(To be continued.)

## THE SCARCITY OF BATHS.

### BATHING AND TRUE LIVING.

THE need for more public baths is increasing daily, yet municipal and other bodies fail to realise their responsibilities, and in most instances reject all schemes for improvement, and make excuses to those who try to impress upon them what their manifest duty is.

From time to time there have been claims for free bathing, but though one is perhaps not quite prepared to go so far as to advocate that for adults, one certainly must urge upon its necessity when it comes to the teaching of the young. The teachers should not be handicapped in their labours, and the baths should be as free to them for imparting the knowledge of swimming and life saving as are their own class rooms.

There are huge districts where no bath, not even an open-air one, is available, and this is particularly noticeable at riverside towns, the councillors expecting youngsters to learn in the rivers. It is this callousness which often leads to dire disaster and death.

In the districts where there are baths they are often so inadequate to the needs of the population that many persons are unable to use them and the consequence is that they are prevented from keeping up practice in a health-giving art and also from teaching even their own children. So far as we know there is no census of swimmers, but could it be taken it would show an overwhelming preponderance of the population who are desirous of obtaining better facilities for their "daily dip," and willing to pay for it. Those enlightened men who caused the passing of the Baths and Washhouses Act in 1846 foresaw full well the vast increase in population, and were the pioneers of modern sanitation and the hygienic teaching of the nation. The cultivation of the habit of cleanliness is of inestimable value, and no one realises it better than a swimmer, whose bright eyes and sturdy limbs are the result of keen attention to the art which embodies the best principles of physical well-being.

The knowledge of swimming is a valuable asset, the benefits of which should be common to all mankind. Therefore in this coming year let us all work for more bathing accommodation, the general encouragement of

swimming in schools and the provision of free bathing tickets for scholars. Our energies must be consolidated and every effort made to raise discussion and agitation in all the towns in this country, especially those where municipal animosity to swimming and life saving has been shown on the grounds of expense or for other reasons.

There is no detail of custom or character which so strikingly distinguishes the antique peoples from the modern as that of personal cleanliness. It is not only in the Christian world that men are less inclined to bathe; the same deterioration from a higher standard may be observed in the world of Islam. The Japanese alone preserve the antique horror of dirt. Every one knows the great *Thermæ* of Rome more or less, but some may not have heard of the *Piscina Publica*, the swimming bath which filled the valley between the *Cœlian* and the *Aventine* hills. It was drained and built over when Rome began to be the capital of the world, and land rose in value proportionately, but the name survived as the title of the Twelfth *Regio*. The area has been excavated, and Mr. J. H. Parker gives an account of the discoveries in his great work. The public swimming-bath of old Rome, built when the city was neither rich nor powerful, measured little less than a third of a mile long. Its surrounding wall has been traced for nearly five hundred yards.

Whether the *Piscina Publica* was free we are not informed; the price of admission to any of the Imperial baths was a quadrans—half a farthing, but boys under fourteen did not pay. For this sum, within the reach of slaves and beggars, a man or woman could enjoy marble halls, pictures and statues by the hundred, of which we cherish the mere fragments, a library, porticos for conversation, and a broad area for games, besides the pleasure of the bath, shampooing, and ointments. There were eleven of them in Constantine's reign, and one allotted to women exclusively. The number of persons which the largest would accommodate is recorded, and the size of the others; thus, if we knew the population of Rome, it would not be difficult to work out the proportion



of room at the Thermæ to inhabitants. The bath of Diocletian accommodated 3,200 at a time, that of Caracalla 1,600, and so downwards. They opened at 8 a.m., and we are told that a little crowd impatiently awaited the time to enter. They did not close before dark, but business slackened apparently towards 3.45 p.m. Officials at our modern Turkish baths reckon three-quarters of an hour, on the average, for each visitor's stay. The Roman average would be higher, but, so far as the actual bathing goes, 30,000 daily would be a moderate estimate for Diocletian's foundation, 15,000 for Caracalla's. And there were nine more, the smallest of which covered 96,000 square yards. Upon the whole it seems likely that the public baths of Rome would accommodate 126,000 persons every day. And families of nobility were obliged to keep a private bath also, for their women could not attend the Thermæ, of course—though many fashionable ladies did—and the one devoted to their sex was not opened till the reign of Alexander Severus. It may be said that all this was the luxury of despotism in a godless capital. But there is a very notable remark in one of Pliny's letters. Writing of his domestic arrangements at the Laurentine Villa, he tells how he got his provisions and stores from Ostia. "But a man of few and simple wants could get what he desires from the next village. In that small place there are three public baths—which come in very useful for me when friends arrive and my own is not ready." Thus a mere hamlet, not even named, had so much accommodation for bathers, always prepared, and so excellent, that Pliny could send his rich and noble visitors to make use of it. Stronger evidence could not be found to show the passion for cleanliness in the antique world. For it was much the same among all the civilised peoples—Greek, Egyptian, Persian, and Mede. Mortlake, Barnes, and other places, please wake up.

We learn that Mr. J. W. Priestley, president of the North-Eastern Counties A.S.A. and chief of the bath in Newcastle, has decided that all the teachers of swimming in the baths under his jurisdiction shall be qualified in life saving. We are very much obliged to Mr. Priestley for his practical decision and trust it will be followed in other parts of the country.

## BRITISH COLUMBIA.

### Contest for the Lord Desborough Cup.

THE championships of the British Columbia Branch of the Canadian Amateur Swimming Association were decided at a gala given by the Y.M.C.A. at Victoria B.C., on Saturday, October 31, and at the same meeting was also decided the competition for the life saving cup presented to the British Columbia Branch of the Royal Life Saving Society by Lord Desborough, the President, on the occasion of his visit to Canada. The competition is open to teams, including those from ladies' clubs. There was also a contest for the Benwell Cup, open to individual ladies or gentlemen. During the evening T. W. Sheffield, who competed for the King Edward VII. Challenge Cup in 1905, gave an excellent display of scientific and fancy swimming. The results at the gala were:—

Benwell Cup Life Saving Competition.—E. W. Hollingum, Vancouver Y.M.C.A., 1; Mrs. R. W. Hibberson, Victoria Ladies, 2; T. Heyland, Victoria Y.M.C.A., 3. In 1913 the Cup was won by W. Head, Victoria Y.M.C.A., who did not compete at this meeting.

50 Yards British Columbia Senior Championship.—A. McKinnon, Vancouver A.S.C., 1; L. K. Godfrey, Victoria A.S.C., 2; R. Castle, Victoria A.S.C., 3. Time, 0.31.1. This must have been a very close race. According to the reports it was won by only a *hair's breadth*. Close judging indeed!

100 Yards British Columbia Junior Championship.—Angus McKinnon, Victoria Y.M.C.A., 1; C. French, Victoria Y.M.C.A., 2; L. Bucey, Victoria Y.M.C.A., 3. Time, 1.23.1.

British Columbia Relay Championship (fifty yards each man).—Victoria A.S.C. (C. W. Muir, L. K. Godfrey, J. McNeill and R. Castle), 1; Victoria Y.M.C.A., 2; Vancouver A.S.C., 3. Time, 1.45.1.

Lord Desborough Life Saving Cup was won by Vancouver Y.M.C.A. (E. Hollingum and C. Ferie). In 1913 Vancouver Y.M.C.A. were beaten by Victoria Y.M.C.A. by a very narrow margin.

A Montreal Schools S.A., has been founded at the instance of Mr. L. G. Norris, he hopes to found similar institutions in other parts of Canada. The Certificates of Messrs. Terry, Herbert & Co., London, have been adopted for official use.

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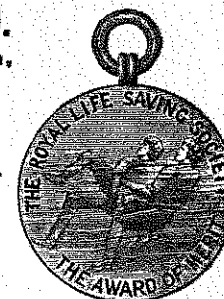
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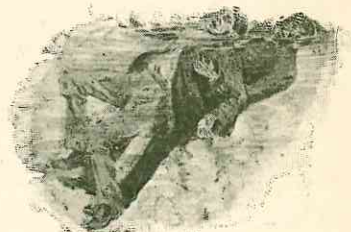
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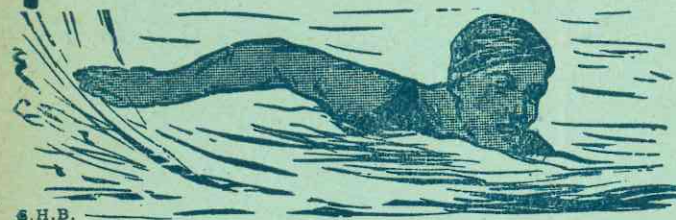
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