

THE SWIMMING MAGAZINE.



JUNE, 1915.

HORLICK'S MALTED MILK

THE IDEAL FOOD DRINK FOR SWIMMERS

Mr. C. S. SMITH

ENGLISH WATER POLO
— INTERNATIONAL —

(Member of British Olympic
— Teams, 1908 and 1912) —

... says: — ...

"I gladly testify to the great benefits I have derived from the use of HORLICK'S MALTED MILK, and shall have much pleasure in recommending it to my friends.

"I have used it continuously for some time, and its flavour and quality leave nothing to be desired. I find that it possesses highly nourishing properties, which should undoubtedly prove beneficial to all who use it, especially to those who take part in arduous games."



Nourishing, Invigorating, and Sustaining, supplying maximum nutrition with minimum tax on digestion. Supplies strength and stamina, and taken after swimming or polo it will be found an excellent restorative.

Used extensively by the Leading Swimmers of the day.

READY IN A MOMENT
REQUIRES NO COOKING

Of all Chemists and Stores, in Sterilised Glass Bottles, 1/6, 2/6, and 11/-

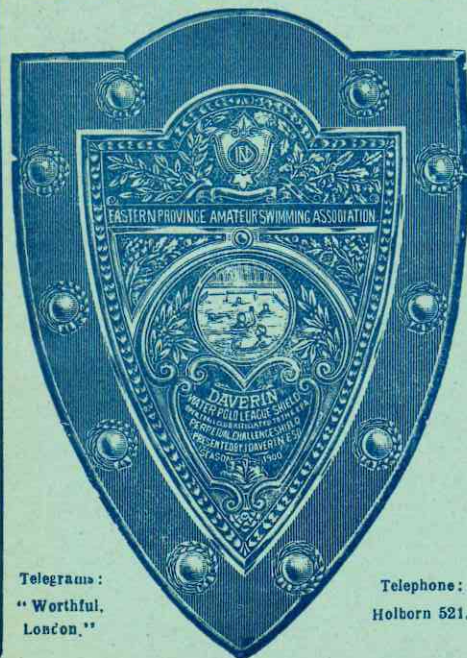
Liberal Sample sent post free for 3d. in stamps.

Horlick's Malted Milk Co.,
SLOUGH, BUCKS.

D. GEORGE COLLINS, Ltd.

MANUFACTURING
GOLDSMITHS, SILVERSMITHS,
— MEDALLISTS, —

118, Newgate Street, LONDON, E.C.



SOLID SILVER PRIZES, TROPHIES, Etc.
SHIELDS. MEDALS.
ELECTRO-PLATE. CUTLERY.

£20,000 STOCK TO SELECT FROM.

Catalogues on Application.

Wholesale Prices.

Telegram: "Worthful, London."

Telephone: Holborn 521.

THE
DUTY
of a
SWIMMER

is to be
READY
and
CAPABLE

to
RENDER
AID
in cases
of
DROWNING.

THE Handbook of Instructions

For the Rescue of the Drowning, with Illustrations, issued by
THE ROYAL LIFE SAVING SOCIETY,

Contains a clear and easily understood METHOD OF
INSTRUCTION IN SAVING LIFE FROM DROWNING



How to get a Struggling Man out of the Water.



How NOT to get Drowned in Rescuing Others.



How to release from the Clutch of the Drowning.



How to Revive the Apparently Dead

Especially prepared for the use of

SCHOOLS, GYMNASIA, INSTITUTES, SWIMMING AND ROWING CLUBS,
THE NAVY, ARMY, TERRITORIAL AND POLICE FORCES.

PRICE: Single Copy, post free, 1/1. Forwarded on Receipt of P.O.


Affiliated Clubs, Schools and Classes, One Dozen or more, 6/- per doz.

Only to be obtained from

THE ROYAL LIFE SAVING SOCIETY,
8, Bayley Street, LONDON, W.C.

Offices:
8, BAYLEY ST.,
LONDON, W.C.

Established 1870. Telephone Central 7712. North 1297.



JAMES GROSE, LTD.
Sports Outfitters.

SPECIALISTS IN
"SWIMMING," "GYMNASTICS,"
"BOXING," "RUNNING."

Special Quotations for SCOUT OUTFITS.
SEND FOR SPECIAL LISTS.

MOTORS, CYCLES, & ACCESSORIES
The most Complete Stock in London.
2,000 Different Items.
HEAD DEPOT—
OLD JEWRY, Cheapside, E.C.
Works, Showrooms, and Garage—
255-257, HOLLOWAY ROAD, LONDON, N.
Special Lists Post Free to any part of the World.

**Dr. J. Collis Browne's
CHLORODYNE**

THE RELIABLE MEDICINE.

Doctors and the public have used it with unvarying success in all parts of the world for upwards of 60 years.

The BEST REMEDY KNOWN FOR

COUGHS, COLDS,

ASTHMA, BRONCHITIS.

Cuts short attacks of SPASMS, HYSTERIA, and PALPITATION. Checks and arrests FEVER, CROUP, and AGUE.


Acts like a Charm in DIARRHŒA and other complaints of the bowels.

A true palliative in NEURALGIA, GOUT, TOOTHACHE, RHEUMATISM. The secret of the manufacture of Dr. J. Collis Browne's Chlorodyne has never been divulged, and compounds called Chlorodyne cannot possess the same curative virtues. Purchasers therefore should

Always ask for a
"DR. COLLIS BROWNE"

Of all Chemists, 1/1½, 2/9, 4/6.

WATCH & CHRONOMETER



MAKER TO THE ADMIRALTY

Manufacturer and Designer of Medals

Anglo-American Exposition, 1914.
Guild of Freemen, City of London.
National Cyclists' Union.
Royal Naval Volunteer Reserves.
Territorial Army (Swimming League).
Southern Counties' Cycling Union.
N.C.U. Sussex Centre.
Polytechnic Cycling Club.
Borough Polytechnic.
Inter-Polytechnic Sports.
Royal Life Saving Society.
City of London Police Athletic Club.
Northampton Institute.
Aston Manor Cyclists' Association.
Customs Sports Club.
Borough of Hammersmith.
Worshipful Company of Bakers.
Most of the leading Clubs and Lodges in the World.

QUALITY OF WORK GUARANTEED.

Best House in London for
PRIZES of every description.

W. J. CARROLL,
Watchmaker, Jeweller,
Silversmith and Medallist.

Small Repairs while waiting. : : : :

Largest Employer of Skilled Labour in the City.

All Work done on the Premises at Clerkenwell Prices. : : : : : : : : : :

Best House in London for Repairs. : : : :

33, Walbrook Bank, E.C.
20 & 21, London St. (Opposite Fenchurch Street Station), E.C.

Workshops: 17, BEER LANE, GT. TOWER STREET, E.C.

ESTABLISHED 1837.

Telephone No. AVENUE 6155.

The Swimming Magazine

(The Official
Organ of The
Royal Life
Saving Society)

No. I. VOL. II.

JUNE, 1915.

THE PRESENT SEASON.
OPPORTUNITIES FOR ACQUIRING KNOWLEDGE.

ABANDON RACING AND TRAIN FOR MERIT.

ALTHOUGH there will be very little racing this season and few water-polo matches of importance there is yet much to be done by the older body of energetic swimming enthusiasts left behind in this country. The teaching of swimming should now be specialised, as there will be ample room and time for it in all club programmes, and the members who are not racing should take keen pleasure in this good work. It is gratifying to note that already many clubs have made wide arrangements for free expert instruction to the sons and daughters of members and also to young persons who may join their ranks. The opportunities thus afforded should conduce to increased membership and the future well-being of swimming.

Some clubs have, however, practically closed down altogether and instead of carrying on the work they were originally formed for, the promotion of swimming, are content to hibernate, while their active racing members are doing their country's work in the trenches.

The resolutions to close down are, however, not so numerous as at one time seemed possible, and there are consequently many clubs who are possessed of livelier imagination than their fellows and much more humane principles.

The reply of the life saving clubs to the call for instruction for the rising generation has been remarkable, and it is highly probable that one of the features of the present season will be the number of pupils of both sexes who enter for the Royal Life Saving Society's awards. The time is now ripe for energetic action, particularly in all the schools. Any successful efforts put forth at the present

moment are sure to redound to the credit of the workers and be a lasting source of gratification.

Some of the governing bodies have signified their willingness to carry out an "Encouragement of Swimming" scheme, but they need whole-hearted support of the many, and not merely that of the few. To secure this aid the officials should make overtures for efficient co-operation in various districts. Without this co-operation, and the consequent benefit of the knowledge of local requirements, there will be no hope of any great success being achieved or any great scheme being carried through successfully.

It is to the ladies' clubs that we look for extra effort. Most of them are well managed organisations and have some very businesslike officials. They have had to forego many of their summer outings, but will doubtless carry out their club programme and also run a few galas. Several of the championships are to be carried through for them, but as the majority of the best swimmers are doing Red Cross work or will be otherwise specially engaged this season there is little likelihood of large entries. But in the meantime many of them will be teaching first aid work in the water to the younger members and in doing so will be promoting the best interests of the art of swimming.

Others will have plenty of opportunities of studying for the "Award of Merit" or "The Diploma," to gain both of which will be a worthy season's work in perfecting one's knowledge of swimming and acquiring the ability of being of service to humanity in times of need.

THE ROYAL LIFE SAVING SOCIETY.

SPLENDID WORK ALL OVER THE WORLD.

NOTABLE FACTS FROM NEW ZEALAND.

What splendid work is being done in all parts of the British Empire will be gathered from the following reports we have received since our last issue. Everyone who is in any way connected with the art of swimming should feel that they are engaged in a movement which unites them, though separated by thousands of miles, in one great effort for the common cause of humanity.

NEW ZEALAND NEWS.

DOMINION EXECUTIVE COUNCIL.

DURING the visit of the Chief Secretary to New Zealand in 1910, branches were formed in Auckland, Wanganui, Hawkes Bay, Wellington, Canterbury and Otago, all with fairly defined boundaries. These branches carried on the work individually, but it was felt that something more was necessary, and therefore a conference of representatives of these branches was held at Christchurch in 1912, and as a result a constitution was drafted setting up a body entitled the Dominion of New Zealand Executive of the Royal Life Saving Society, whose work and objects are to act as a distributing centre for awards received from headquarters in England to allocate all monies granted for general use, to act as a Parliamentary Committee in legislative matters, to conduct propaganda work, to act as umpire in case of disputes, or generally undertake work which does not come into conflict with the working of the various head centres. In December of the same year a deputation waited on the Minister of Education to submit proposals with the object of making swimming and life saving a compulsory subject in all schools. They also waited upon the Minister of Railways in order to obtain free passes for honorary instructors, and further recommended the issue of free passes to children of school age, in possession of the Proficiency Certificate, to the various public baths owned by the City Councils.

This programme has proved a big success. The chairman, Mr. K. Bassett, gave evidence before the Education Commission, on the

subject of swimming and life saving in schools, and as a result of the labours of the Dominion Executive they have now the satisfaction to be able to report that the Government grant for the encouragement of life saving, amounting to £150 for 1914-5, has been paid by the Government to the Society instead of to the New Zealand A.S.A., which body appears to have shown some partiality in the management of the same, which proved detrimental to the progress of the work. It appears that there was some feeling existing against the introduction of life saving work into New Zealand.

Since the Dominion Executive and the branches they represent have been freed from irritating domination, the work generally has been making most satisfactory progress. There has been a large increase in the number of awards granted, particularly in Wellington and Canterbury. The financial condition is extremely satisfactory, there being over £168 of assets in excess of liabilities, and the thanks of all interested in life saving are due to such workers as Messrs. K. Bassett, W. Johnson, G. E. Billson (hon. sec.), J. W. Irwin, B. J. Ager, and F. T. Ager, who have received much support from the president, the Hon. W. F. Massey, Premier, and the Hon. H. F. Wigram, who has donated a handsome trophy for the New Zealand Life Saving Championship, and for which he was elected a life-member of the parent body, whilst Messrs. Bellson and the brothers Ager were made hon. associates of the Society.

One of the planks in the platform of the Executive is to agitate for the admission of supplies for the encouragement of life saving, free of custom duty.

OTAGO CENTRE.

The Otago Centre of the Society, whose headquarters are at Dunedin, has had to delay the issue of its report owing to the dislocation of the work of the Centre consequent upon the outbreak of war at the time the annual general meeting would ordinarily have been held.

The secretary, Mr. G. McKellar, was called out for military duty on Coast Defence and therefore the fourth annual general meeting was held much later than usual. Mr. P. P. Foote very kindly undertook the duties of hon. secretary, and from that gentleman and the president, Mr. W. Davison, we learn that during the past year the awards were: Ladies: Proficiency Certificate, 6; Bronze Medallion, 6; Award of Merit, 1. Men: Elementary Certificate, 8; Proficiency Certificate, 2; Bronze Medallion, 17; Hon. Instructor's Certificate, 2; Teacher's Certificate, 1; Award of Merit, 2.

The executive is pleased to be able to record that there are now tepid water baths in the city of Dunedin, the opening of which is likely to materially assist the branch in its work, as the water in the open is generally much too cold for effective tuition in swimming and life saving.

During the past year the Dominion Executive have had placed in their hands the Government Humane Grant of £150 for distribution among the local centres, this being a much better arrangement than when the New Zealand Amateur Swimming Association had the allocation of the grant.

The Centre is in a very healthy financial position, there being a surplus of assets over liabilities of £43 8s. 1d.

Mr. W. H. Mathews has acted as hon. treasurer throughout the year, and hearty thanks are due to him.

The hon. secretary's address is Box 240, Dunedin.

WANGANUI HEAD CENTRE.

The Wanganui Head Centre has considerably extended its sphere of usefulness, and is thereby spreading the knowledge of life saving. The executive extends its thanks, particularly to Mr. W. Lints, their hon. organiser and representative in New Plymouth, whose efforts in arranging for classes and preparing candidates are greatly appreciated.

For the time being they have, unfortunately, lost the services of Mr. C. Swan, one of their

most energetic members, who is away with the Expeditionary Force, but they hope for his speedy and safe return.

The executive particularly desires to record its appreciation of the action of the Borough Council in granting free tickets to the baths for one season to all who gain the Proficiency Certificate, a practical method of encouraging the useful work.

The following is a summary of the awards made during the season: Award of Merit, 1; Hon. Teachers' Certificate, 3; Bronze Medallion, 21; Proficiency Certificate, 73; Elementary Certificate, 28. Total 126. The Award of Merit was obtained by Douglas T. Bamber, Queen's Park School.

The annual School Competition for Silver Medals for Proficiency in Life Saving ended as follows:—Girls (Senior): J. Higgie, Technical College; Girls (Junior): I. McDonald and A. Perrett, Queen's Park School, tied for first place. Boys (Senior): S. Annabell, Queen's Park School; Boys (Junior): C. Dean, Queen's Park School. The second annual team competition for the School Boys' Challenge Shield was won by Queen's Park School, and the first annual competition for girls by the Queen's Park School A team.

The balance in hand is £40 9s. 8d.

* * * *

WELLINGTON HEAD CENTRE.

From Wellington, New Zealand, we learn, through Mr. W. C. Collier, Hon. Secretary of the Head Centre of the Society, that owing to the war many well-laid plans for the promotion of the knowledge of life saving have either gone astray or been sacrificed to the needs of the moment, as most of the subscribers were under arms, yet withal, the objects of the Society are gradually finding their way into the most remote parts of the district, and the common interest of life saving is receiving every attention from all interested in the advancement of natation. As a result, between 60 and 70 awards have been granted, and the executive are trying to get the City Council to provide free bathing passes for the whole year to all who pass the Society's tests, instead of only for the season, during which the awards are gained.

The life saving event of the year in the matter of competitions was the Wigram Shield contest, which took place at Napier during February. Wellington were the defenders, and as a result of the war, had

great difficulty in raising a team, but being good sportsmen, the older members volunteered to form one, with the result they are regarded as record holders in that respect, but were beaten by the Canterbury Centre representatives, who put forward a splendid team, which included Mr. C. Atkinson, who once competed for the King's Cup at Highgate, London. As soon as the event is resumed he intends to have another try under the new conditions.

The feature of the swimming season has been the visit of the two great Honolulu swimmers, Duke Kahanamuku and George Cunha. They have been swimming the 100 yards in about 0.57, and riding the breakers at Lyaal Bay with lightning speed.

* * * *

SURF WORK AT HAWKES BAY.

The chief branch of the work of the Hawkes Bay Head Centre is surf rescue practice, as the loss of life is considerable owing to the lack of knowledge of surf conditions. A shield has been presented to the Centre by Mr. W. Nelson, of Tomoana, Hawke's Bay, for encouraging surf reel work in New Zealand, and this will be competed for throughout New Zealand annually, at the time the New Zealand championships are decided. The first competition took place on February 16, and at Napier, and was won by the Hawkes Bay team. Mr. M. McCartney, the chairman of the Centre, has resigned and left for Wanganui, where he hopes to take up life saving work again, and assist the Wanganui Head Centre.

* * * *

VICTORIAN NEWS.

The Championship Life Saving Competitions for the Lemme Cup and the Treadwell Challenge Shield, decided at Melbourne, have this season been won by Wesley College and the Lady Life Savers Clubs respectively. The entries were so numerous that a lengthy examination was necessary. The Wesley College points were 90.1. Albert Lady Life Savers, who came second, scored 88.2, and Port of Melbourne Swimming Club, who were third, 81.2. The Lady Life Savers' score for the Treadwell Cup was 91 points, that of the Elwood Life Savers Club, who were second, 90.2, while the Teachers Life Savers Club, who came in third, were credited with 89.2. Life saving has been making rapid strides in Victoria during the past few years, and fresh clubs are constantly being instituted.

NEW SOUTH WALES.

The competition for the Ladies' Challenge Cup (representing the Ladies' Life Saving Championship of New South Wales) was conducted by the Royal Life Saving Society in the Coogee Aquarium Baths. This coveted trophy was again won by a team from the Fort Street Girls' High School, comprising Misses Grace Pendered, Rose Esserman, Alexina Drake, and Doris York, under the direction of Miss Margaret M. Maloney, 95.98 points. A team from the Metropolitan Ladies' Swimming Club, consisting of Misses Jessie Evans, Hilda C. Robertson, Marjorie Winn, and Leah A. Ritchie, under command of Miss A. Lilian Fitzjohn, second, 94.2 points. A Brace Rescue Race, 66 yards, was won by Misses Rose Esserman and Grace Pendered.

A display of fancy floating and scientific swimming was given by Messrs. Manfield Newton, a veteran champion, and Geo. H. Williams. Professor W. Yeardly (Sheffield Otter S.C.) established a professional back-stroke record, 100 yards, doing the distance in 1.20, and then Messrs. A. B. Parker and Geo. H. Williams gave a display of some strenuous life saving.

Constable William F. Harmer, of Bulli (recently of Wollongong), has undergone the examination for the Royal Life Saving Society's diploma, its highest award. The examination was held in the freshwater baths at Parramatta, but the result is not yet to hand. Miss Fanny Durack and Messrs. W. H. Hellings and Geo. H. Williams acted as examiners on the practical work, and Colonel Reuter E. Rosh, D.S.O., adjudicated on the theoretical part.

The Branch has awarded to Mr. W. Bates, of the Clovelly Life Saving Club (Little Coogee), a certificate of commendation for his meritorious rescue of Mr. Frank C. Bath, in December last.

* * * *

FROM TASMANIA.

On February 27 the Members of the "Tasma" L.S.C. held their annual display. A life saving team, the Misses Crisp, Barnard, Lyons and Gilmore, gave an exhibition, showing five methods of rescue and three of release. A number of races were then held; the Senior, 100 yards Championship, was won by Isabel Ireland, and the Junior, 100 yards, by Marmie Brownell. The prizes for these events were the gift of the Misses

Barnard and Pocock. The medals for the Life Saving Competition on January 24 were won by the "Tasma" team, consisting of the Misses G. Crisp, E. F. Pocock, Jean Marsh, and Beryl Crawford (Instructor Nora Gilmore), were then presented, and other events were decided as follows:—Deep object diving, Gwen Crisp and Isabel Ireland, a tie; 25 yards Rescue, third method, Kathleen Ireland and Joyce Johnson, a tie; 50 yards race, any stroke, Isabel Ireland, 1, Gwen Crisp, 2; 25 yards rescue, by the first method, was won by Trevor Gibson, the Junior Diving by Joyce Johnson, and the Senior Diving by Gwen Crisp, and several minor events brought to a close a very pleasant few hours' sport entirely confined to the weaker sex. The men and boys do not appear to be doing much either in life saving or in swimming yet.

* * * *

DURBAN AND DISTRICT.

From Durban Mr. Gilbert Reynolds reports that Mr. E. Hollings, of Bloemfontein, has conducted a class at the Town Baths, the examination of which was taken by Mr. A. Mackenzie, late of Weston-super-Mare; he also forwards the names of a few candidates who passed for certificates and medallions at the Beach Baths, Durban, and has ordered a further supply of twenty copies a month of *The Swimming Magazine*. We learn from Mr. Reynolds that Mr. P. R. Pomfret, late Hon. Secretary and founder of the British Columbia Head Centre, had arrived safe and well at Durban; we also have had a call at the office from Mr. Corbet, of New South Wales, who was a fellow-passenger with Mr. Pomfret from Australia to South Africa, and of course had a long chat about surf-bathing, which is always the chief topic when we meet with New South Wales friends.

The Payne Shield has been won by the Durban High School C team, the performance being first class.

Miss K. Biggs, of the Cygnus, won the fifty yards ladies' championship of South Africa, in 0.35, and T. Wood, of the Queen's Park Club, the South African 100 yards junior Championship in 1.20.

This Centre has, of course, been greatly hampered in its work by the calling out of the force which General Botha has so gallantly led to the conquest of German South-West Africa, but yet has still been able to give instruction to juniors.

THE "DARNELL" EXCELLENCE TROPHY.

This trophy is awarded for the best record of work done to promote the objects of the Society, and is a Silver Gilt Vase, value one hundred guineas, presented by the late Mr. W. F. Darnell. This award goes one year to the Swimming Club and the following year to the School or College which, in the opinion of the Central Executive, shows the best record of interest in, also work done for, the welfare of the Society and the cause of life saving. Last year it was held for the third time by the Highgate Life Buys.

The conditions of award for 1915 are as follows:—1. The Award shall be open to Schools and Colleges affiliated to the Society. 2. Each School or College desiring to be considered as taking part in the Award shall deliver on or before June 14, to the Chief Secretary, a statement, which must be type-written on one side only, giving particulars of interest in, also a record of work done for the promotion of the aims and objects of the Society from January 1, 1913, to May 1, 1915, inclusive. 3. Only such statements as are received in accordance with Clause 2 shall be considered by the Central Executive, who shall, at their discretion, award the Trophy to that School which appears to them to possess the best record. 4. The School gaining the Award shall receive a certificate, also one gold, one silver, and one bronze medal. The medals are to be devoted to a School Life Saving Competition, to be completed during 1915, and carried out on the basis of the King's Cup Competition, over a distance of about 150 yards. The School shall hold the Trophy until February 1, 1916, after providing security satisfactory to the Central Executive, for its return in good condition.

In accordance with Clause 2, the statement of work done must include the following particulars:—(a) Whether the teaching of Swimming and Life Saving is part of the curriculum or voluntary; (b) the general arrangements for Swimming Classes, number of pupils, number taking instruction, and number taught to swim; (c) particulars of the School or College tests to prove ability as a swimmer; (d) The numbers of classes held in Life Saving and number of awards gained of various degree, from January 1, 1913, to May 1, 1915; (e) If any scholars have saved life from drowning, whether they were taught the methods recommended by the Society, giving short particulars of the rescue.

Notes on News from All Quarters.

ITEMS OF GENERAL INTEREST AND INFORMATION.

THE summer classes of instruction in saving life from drowning have been opened at the Barking Technical Institute, which is in charge of Mr. Charles Lawrence, who has taught the subject to thousands. The knowledge of restoring the apparently suffocated or drowned is very important just now in view of the danger to navigation and the asphyxiating gases used by the enemy.

At Windsor some hot heads are arguing against the introduction of mixed bathing, but it is coming all the same, as it has in other parts. A lesson from Chiswick and Richmond would do some good at Windsor when the "Stock" arguments against its introduction are again being used.

It is with deep regret that we record the death of Sergeant A. E. Bull, 1st Surrey Rifles, the fifth son of Mr. W. E. Bull, an ardent supporter of the Royal Life Saving Society and a gentleman who has done an immense amount of good for swimming. Sergeant Bull, who was killed in action in France, was only eighteen years of age.

Sergeant Featherstonhaugh, London Rifle Brigade, killed in action, was the well-known Neptune diver, and was also a prominent runner. He and his fellow clubmen did much to encourage diving, and it was their example which led to its becoming popular at club galas.

The cartoon we reproduce this month is by Mr. S. T. Dadd, the famous swimming artist, who won the amateur plunging championship in 1893. Mr. Dadd was the artist who so faithfully reproduced the various swimming motions for "Swimming" in the Badminton Library, and has also beautifully designed many of the certificates which now adorn the homes of swimmers. His sketches and drawings have in no small measure tended to help forward the teaching of swimming, and have also been of good service in places where the assistance of an instructor could not be obtained.

At the Bondi, New South Wales, Surf Carnival on March 20 there were no fewer than 700 competitors, some 200 of whom took part in the grand parade. Bondi Club won the surf championship of New South Wales.

Blackburn Club has decided to use the sum subscribed by the club for the Olympic Games, which were fixed to take place in Berlin next year, for the purpose of sending cigarettes to the Blackburn swimmers who are serving with the army. Many other clubs are adopting the same course.

Peter M'Nally, of Boston, a well-known American long-distance swimmer, who on August 7, 1897, attempted to swim the English Channel, and was taken out from the water exhausted, when four miles from the French shore, after having been in the water fifteen hours, has died suddenly at Gloucester, U.S.A. In 1906 M'Nally swam Lake Como in Italy, and later the River Tiber. M'Nally had done much good life saving work and had many rescues to his credit.

An open-air swimming bath was opened at Southend on the first of May by the Deputy Mayor, and has already proved a great success. It is right on the sea front, and is so easy of access that its popularity was assured as soon as it was opened.

Mr. J. L. Knot, the new president of the Hyde Seal Club, has been granted a commission in the Army.

Corporal A. C. Baker, who has been awarded the Stanhope Medal of the R.H.S. for the bravest test of life-saving of the year, has joined the Valentines S.C. for practice in the lake at Wanstead Park, London.

At the half-yearly meeting of the Coventry Swimming and Life-Saving Society, the hon. secretary, Mr. Jas. Ward, stated that in the gentlemen's section 88 members were enrolled up to April 1st, and that since then the number has been increased to 112. The ladies' section showed a membership of 70, making a total of 182. It was decided to swim as usual.

The captain, vice-captain, hon. secretary, assistant secretary and all the unmarried members of the committee of the Alnwick Swimming Club, as well as many senior members, are serving with the forces, while the juniors are serving as Boy Scouts. Many of the ladies are serving as nurses and the young girls as Girl Guides. Yet the club membership rose last year from 386 to 432 members, most of these being young girls and boys.

Mr. H. E. Fern, the hon. secretary of the S.C.A.S.A., has been elected chairman of the Finance Committee of the Barnet Urban District Council.

Mr. Harry J. Barclay, the hon. treasurer of the Royal Life Saving Society, has accepted the position of hon. secretary of the Amateur Athletic Association, in the place of Mr. P. L. Fisher, who has resigned after ten years' worthy service.

What is now known as the Bradford Kursaal was formerly one of the many baths which the Bradford Corporation has put down within its area. By an extension of the building and the erection of a large auditorium it is now possible to employ the Kursaal for a variety of purposes, but during the summer months, the Baths Hall, now known as the King's Hall, will be thrown open for swimming practice, galas and polo.

Several town and urban district Councils are opening their baths free to soldiers. Among the latest is the St. Pancras Borough Council, who have granted the use of the Prince of Wales' Road Baths, Kentish Town, to Lieut.-Col. Fitzgerald, Royal Horse Guards, Regent's Park, who very wisely declares that it is most important that cavalry soldiers should learn to swim. Similar facilities have been granted to the troops quartered in the Bradford area.



Indignant Proprietor of Costume.—"W'ot do I call it? W'y, proper university costum as orthrised by the Ammytoor Swimin 'Sociation."

Special efforts are being made at Slaithwaite to foster swimming among school children, under the auspices of the local amateur club. Other clubs should follow this example and thus help forward the cause of the Life Saving Association.

* * * *

We learn from Mr. W. J. Boys, Ireland Island, Bermuda, that a large number of candidates would have been submitted for the R.L.S.S. awards last year, but the war put a stop to the classes, of which there were two military, mostly composed of the Lincolns, and one civilian. We regret to state that the Lincolns have lost heavily at the front, several of the officers who took a great interest in the work of the Society being among the killed.

* * * *

One of the largest soldiers' clubs in Great Britain is that which has been established at the three great swimming baths at the Beverley Road Hall. Ten soldiers are on duty each day and twenty soldiers are detailed every morning to clean out the club, while a postmaster, pianist and librarian are also on duty. The weekly attendances for concerts, shooting, swimming, etc., are very large. Many other baths might be well used for similar purposes during the present crisis.

* * * *

Arthur McAleenan, of the New York Athletic Club, has won the National High Diving Championship of the United States.

* * * *

The record for a hundred yards swim is gradually being lowered. The bath record at present stands at 0.54.3 by Kahanamoku at San Francisco on July 4, 1913, in a seventy-five yards bath. A. C. Raithel seems likely to approach this record soon, for on April 15 at Chicago, in a twenty yards bath, he won the 100 yards championship of the National Union of America in 0.54.2 beating in the race Percy McGillivray of Illinois, who in 1912 won the English Amateur Championship in a twenty-five yards bath at Manchester in 0.57.3. The English record is 0.55.2, made by C. M. Daniels of New York in 1907 in the same bath at Manchester. Records made in baths under twenty-five yards in length are not recognised in England, but Raithel's latest performance points him to being an exceptionally good swimmer. On March 6, 1913, he swam forty yards in the same bath at Chicago in 0.19.

At the May Meeting of the Northern Counties A.S.A. all the retiring sub-committees and officials, water polo referees, etc., were re-elected, and the 100 yards N.C.A.S.A. junior championships (back and breast stroke) were allocated to Garston S.C., the standard time being fixed at 100sec. each. Dates were arranged for other events as under:—100yds. ladies, August 25, Ashton-in-Makerfield; 75yds. ladies' junior, September 20, Chester; 100 yards boys' junior, Manchester Victoria, September 22; school-boys' final, Hyde, September 28. The Ladies' Committee recommended that all ladies' championships be abandoned, but the executive declined to confirm this.

* * * *

This season arrangements have been made for conducting a knock-out competition for water polo and team racing among the clubs affiliated with the Birmingham Water Polo League and Swimming Association. By reason of the depletion of the ranks of swimming clubs in Birmingham it has not been possible to conduct the competitions in divisions. Most of the clubs which figured prominently last year will be represented, although Aston, which has for the past few years held the championship, will run only one team, besides a team of boys for a junior competition. Westminster-Handsworth will be much in the same position. Suburban and the Birmingham Y.M.C.A. have intimated that it will be impossible for them to raise teams, but West Bromwich hopes to be able to put a couple of sides in the water. Bournville, which came rapidly to the front last season, will also take part.

* * * *

Eight entries have been received for the Sheffield A.S.A. polo competition for the Dearden Cup. The draw is as follows:

First Round: Otters v. Attercliffe, Glossop Road v. Victoria Hall, Uppertorpe v. Heeley, Croft House v. St. Mary's. Semi-Final: Uppertorpe or Heeley v. Glossop Road or Victoria Hall, Otters or Attercliffe v. Croft House or St. Mary's.

The first round is to be completed by June 30, and the semi-final by July 31.

The following Sheffield clubs have fixed conditional dates for the holding of their annual galas: Croft House, July 3; Attercliffe, September 18; St. Mary's, September 23; Uppertorpe, September 27; and Victoria Hall, September 30.

At the annual meeting of the Torquay Leander S.C., it was stated that the senior membership was about the same as last year, but in the junior section there was a large increase, thanks mainly to the efforts of Mr. S. H. Moores, headmaster of the Homelands School. The membership of the ladies' section had increased from 24 to 100, and over fifty members of the club were with the Colours, including the whole of the diving team.

* * * *

Members of the Westoe Bathing Club mustered in good force on May 1 to inaugurate their 23rd season. Usually they enter the water from the side of the South Shields Pier, but owing to the military restrictions they had to wade in from the sands.

* * * *

Strong complaint is made by the members of the Leeds S.C. that the Corporation are curtailing rather than extending the facilities for the practice of swimming. In a circular announcing the opening of the season, it is stated that no tickets will be issued at the baths after 7 p.m., as they are now closed at sunset owing to the lighting restrictions in force in the city. Furthermore, the Cookridge Street Baths are to remain closed for the season, as the Local Government Board has refused to sanction the provision of a new boiler. Notwithstanding these disabilities, the club has decided that no useful purpose would be served by suspending its activities during 1915. Leeds swimmers do not appear to receive much consideration from their Corporation.

* * * *

The Staffordshire Water Polo and Swimming Association has decided to abandon all its Championships for 1915, that no handbook be printed, and that a roll of honour be prepared of members serving with the Forces.

* * * *

At the Gloucester Baths soldiers numbered 90 per cent. of the users, and a Soldiers' Club has proved very popular.

* * * *

Leonard Dodson, the Hon. Representative of the Royal Life Saving Society at Swindon, who has been associated with its work for over twenty-four years, has been gazetted a lieutenant in the 4th Wiltshire Regiment. He was recently admitted a member of the Royal Life Saving Lodge of Freemasons and has two sons serving their country with H.M. Forces.

The Brighton swimming season was officially opened on the first of May, when the sea temperature registered 49°. The attendance of regular bathers was smaller than usual, but the advent of warmer weather should soon cause a large increase. Some notable swimmers usually to be seen out at this season are absent, among them Jabez Wolffe, of Channel fame, who is with the army and has recently been granted a commission. Leaving aside all questions of controversy it may be said that Brighton and Hove have lost some remarkable swimmers and devotees, whilst the Deep Sea S.C. will miss its most enthusiastic captain.

* * * *

Croydon Swimming Club has over fifty members with the service out of a membership of 91. Sgt. Evan Warner, London Rifle Brigade, the hon. secretary, has unfortunately been killed in action and several others have been reported missing.

* * * *

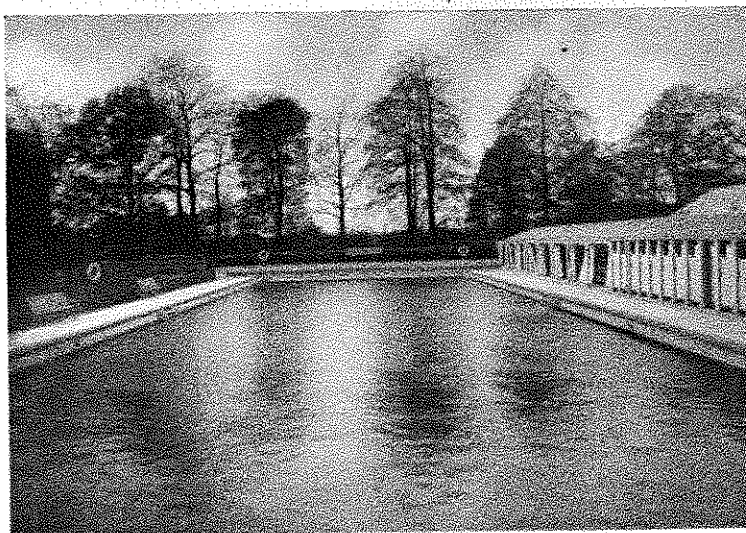
The Melbourne Swimming Club will come of age in September. It was originally known as the St. Kilda Swimming Club, and two of its founders, E. Casper and J. F. Toohey, have remained associated with it up to the present time. It has done much good for swimming in Victoria, and has been Champion Club of the State for five years, and winners of the 500 yards team championship of Victoria for fourteen years.

* * * *

The United States Life Saving Service was able to render assistance last year to 156 persons who were in danger both in the water and on land. Sixty had been marooned on breakwaters, outlying rocks and other exposed places and 54 had fallen from piers, bridges, shore rocks, etc., and 42 were bathers and swimmers. Seventeen cases of restorative endeavour are reported as successful, some of them after rescues of extreme difficulty. The United States Life Saving Service of course partakes of the nature of a Coast Guard. One of its special pieces of good to humanity in its fiscal year ending June 30, 1914, was rescue work in the Texas floods, some of the men proceeding from the Gulf as far as 150 miles inland, and succeeding in rescuing 803 persons. They were also to the fore when the memorable blizzard swept the Great Lakes in 1913. The annual report, just to hand, contains details of the leading cases dealt with, together with valuable tables and statistics.

From Dr. Reginald Paul, hon. representative of the Royal Life Saving Society at Loughborough, we learn that over fifty per cent. of the senior members of the Loughborough Town Swimming Club are with the colours and that efforts are being made by the members left behind to encourage the junior members. To that end a handsome silver challenge cup has been presented by Alderman Wm. Hanford for a monthly competition in the different strokes, plunging and diving. In the judging style and accuracy will be taken into consideration.

* * * *



The Chiswick Open-Air Swimming Bath.

This Bath, which is quite a model one, with very pleasant surroundings, is situated at the Duke's Meadows, Edensor Road, Chiswick, London, W. It is 150ft. in length, 50ft. wide, and the depth of water varies from 3ft. to 6ft. The total area of water is 7,500 square feet. When desirable the depth can be increased another foot. The water is filtered and is supplied from the mains of the Metropolitan Water Board.

On one side are 26 dressing boxes and a covered dressing shed. At the entrance end is the attendant's office, shower bath, and lavatory accommodation for both sexes, there is also a dressing shed, 150ft. in length. Two sides of the bath have been raised and turfed to give the effect of a river bank with trees, shrubs and seats. It is quite an ideal spot for swimming.

It is claimed that this was the first bath in which ordinary mixed bathing was allowed, and is the only one in the United Kingdom which allows family and mixed bathing daily. The schedule of hours for bathing and charges can be obtained on application at Chiswick Town Hall.

The Chiswick Swimming Club (affiliated to the S.C.A.S.A. and the R.L.S.S.) was founded June, 1910, and the members are very proud of having registered upwards of 10,000 early morning attendances since its formation. At present 11 are serving with the colours.

* * * *

Owing to the war only two galas were held in Cape Town during the past season. One was that of the Union Club at Camps Bayon, February 19, when Miss Doreen Lyttle, whose photograph appeared in the first number of *The Swimming Magazine*, was among the competitors, and won the Ladies' Diving Competition. The hundred yards championship of the Club was won by A. Trill. The other gala was that of the Gordons at the City Baths, on March 17, when Alan Trill, of the Union, won the 100 yards championship of the Cape Peninsula, for those under twenty years of age, in 1:8; and Miss Lyttle, the Cape Peninsula Ladies' Diving Championship.

The Union Club has over 70 of its members out with General Botha, and has had little chance of life saving practice. Other clubs are in a similar position.

In the annual report of the Burslem S.C., which records a very successful season, it is stated that the balance is £10 13s. 6d., and membership totals 73, twelve of whom have joined the colours, and hope is expressed that "no one who is eligible for his country's service will join the Club but rather throw in his lot with Lord Kitchener's Army." The club is to be kept going purely in the interest of the juniors.

* * * *

In America there was a one-mile relay racing record of 18:46.2, established in May, 1913, by 18 swimmers of the Illinois A.C., of Chicago, which the New York A.C. sprinters have now beaten by 26 seconds, finishing the mile in 18:19.4. The first five men took 5:54.1 for 500 yards, in a 75-foot pool, in 100-yard relays. The individual performances were as follows: Ramme, 0:58.3; Nerich, 0:59; O'Sullivan, 0:58.4; Reilly, 0:59.4; Bennett, 1:5.2; Zimnoch, 1:2.2; Caun, 1:0.4; Curren, 1:2; Ash, 1:4.1; W. O'Sullivan, 1:5; Palmer, 1:6.3; South, 1:6; Russell, 1:5.2; Smith, 1:8; McCarthy, 1:6; Trubenbach (60 yards), 0:34. Which will be the first British Empire Club to lower this record?

* * * *

A vigorous protest against the decision of the Nottingham Corporation to charge for the use of the Trent River open-air Baths was made at a well-attended and representative meeting of those interested in the scout movement and other boys' organisations in the city, objecting to the imposition of a charge. The decision to charge was characterised as an unfair and unjust encroachment on the rights of those using the baths. The provision for bathing, which had been free for over fifty years, had been made by Nature, and not by any man or body of men, and the fact that the baths had been free for so many years had given the right of usage, and made the claim of bathers greater in consequence. As a result of this agitation the Corporation has rescinded its resolution.

* * * *

The Annual Report of the Stow S.C., Suffolk, shows that the Club had had a most successful season. There was a balance of over £6 on the year's working, and a large increase in membership. Mr. A. Moffat, Hon. Secretary of the Suffolk Local Centre, and Hon. Representative of the R.L.S.S. at Ipswich, has urged the Club to encourage swimming among boys and ladies, and offered to conduct life saving classes if started.

Mr. R. E. Speirs, of Everton S.C., Liverpool, whose ability over short or long courses at water polo and life saving is well known, has had an interesting experience. He tried to enlist shortly after Lord Kitchener's first call, but was rejected for defective eyesight, and tried the R.A.M.C., with similar result. The other week, when walking along the street, a recruiting officer buttonholed him. Speirs related his previous experiences, but was more than delighted to pass the test, and wear the uniform. It is not so long ago since Mr. Speirs was the guest of the Magdeburg S.C., the members of which gave him a big reception. He now may meet some of them in another sphere.

* * * *

The subject of live saving now has a chance of receiving attention at Salisbury, Rhodesia, and the prospect is bright, as the new baths were opened last February, and Mr. Baster, who passed for the awards of the R.L.S.S. about fourteen years ago, has been appointed manager. Mr. J. Linskill is another resident who has the awards, and hopes to do his best to promote the Society's aims and objects.

* * * *

In our review of Public School work, which appeared in the February number of the *Swimming Magazine*, we stated that life saving work had recently been introduced at Harrow, but we are glad to learn that the subject was introduced as far back as 1892 by the worthy school instructor, Mr. James O. B. Howe, the old trainer of the Nautilus Club. It was their team who first went to Harrow to show the methods, and also play water polo, included in the side being such well-known performers as E. Harding Payne, A. W. Burghard, W. Dixon, and E. A. Sayer. The Nautilus was the first swimming team consisting of non-members of the school who had ever given a display at Harrow.

* * * *

A special "Sportsman's Fund" is being raised in aid of the British Red Cross Society and the Order of St. John of Jerusalem in England, so that these institutions may be still further assisted in their great work of caring for the sick and wounded. The calls upon the funds are enormous, and are becoming still greater through the new work undertaken in the Mediterranean, the Dardanelles and Egypt. Contributions to this special fund are asked for from all swimmers. They should be sent to the Hon. Charles Russell, Chairman of Collections Committee, Room 99, 83, Pall Mall, S.W.

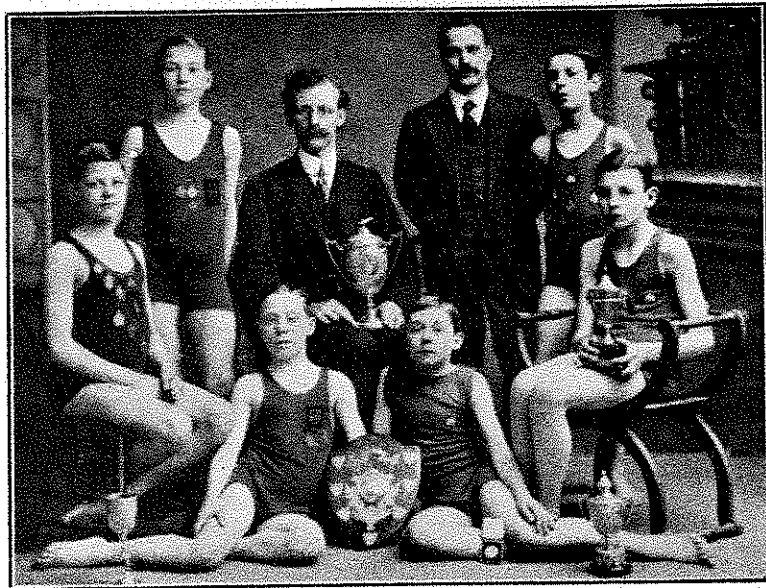
The St. Stephen's L.C.C. School for Boys, Uxbridge Road, Hammersmith, London, has come prominently to the front. It only shows what an enthusiastic master like Mr. R. H. Vellacott can do for the art among his boys, which the trophies held by the school clearly indicate. These have been won in open as well as local competitions. They are:—

(1) Hammersmith Borough Shield, held by the school gaining most points at the annual local gala. They gained 12 firsts in 14 races. A. Dickin (under 14) won the championship in the record time of 1:18 for

note promising juniors, both as regards swimming and diving. His swimming has greatly improved during the winter. He was second in the "Ashbee" Cup, at the L.S.S.A., losing by touch only, and that after taking part in the Clarion and Hester contests.

* * * *

When we saw these boys taking part in their various events we were struck with the similarity of their strokes, their method reminded us of the style adopted by Mr. J. H.



St. Stephen's L.C.C. School Enthusiasts.

Back Row—G. Smith; Mr. R. H. Vellacott (Headmaster); T. J. Cook (Instructor); W. Coulter.
Front Row—A. Dickin; G. Miller; W. Craighill; H. Porter.

105 yds. (2) "Salmon" Cup for League Champion Team of Hammersmith, going through the season without a defeat. Teams of 4 representing the local schools' swim against each other twice during the season, and the winners of the trophy are those scoring most points. (3) "Clarion" Cup. This team "crawled" 180 yds. at the Holborn Baths in 2:5.2. At the time of the race three boys were under 13 and three under 14. (4) "Hester" Cup, won by A. Dickin, at L.S.S.A. Gala. (5) "Darnell" Cup, for diving, won by A. Dickin and given by A.D.A. for boys under 16; he was also placed second in the Southern Counties Graceful Diving Championship. A. Dickin is a boy who should be watched by those appointed to

Derbyshire, who has won many championships, which they imitated to perfection. Having regard to the fact that they make use of the Hammersmith Baths, we feel that we cannot be far wrong when we state that this result is due to force of example, for it is at these baths that Mr. Derbyshire has been frequently seen in the water, and the boys being keen observers have copied him in almost every detail. This should be an object lesson to all who desire an improvement in speed swimming; they should encourage the best performers in the various strokes to give frequent exhibitions and explanations of their methods to youthful audiences, and if this is properly carried out good results will shortly follow.

THE LADIES' SECTION.

By our "Lady Dorothy."

BATH CLUB COMPETITIONS.

AUSTRALIAN CHAMPIONSHIPS AND RECORDS.

THE CINEMATOGRAF AND SWIMMING.

THE Bath Club is this season holding its ladies' swimming competitions on the 23rd and 25th of June. The principal event, which really constitutes the championship of the club, is the Ladies' Challenge Shield competition, consisting of an all-round test. Last year Miss Joyce Holman won the event for the third time in succession, and was presented with a replica of the shield. According to the conditions she is not eligible to compete again. However, there is likely to be a close competition this year. Mrs. Aitken Dick, who was second in 1912, third in 1913, and again second last year, and Miss Antoinette Thompson, who tied in 1910, won in 1911 and was third in 1914, may again try for this high honour. The test is a difficult one, and includes style, swimming, diving, floating, life saving and trick swimming. To attain the all-round excellency this involves the members have to practise very hard, and it is undoubtedly a great deal due to the Ladies' Challenge Shield that the Bath Club ladies are able to keep up such a high standard.

The Children's Challenge Shield is open to girls under 14 and boys under 8. Theirs also is an all-round test, comprising back to breast-stroke, life saving and diving. Last year this event attracted 11 competitors, and as a test for children it could not well be bettered unless it were by the addition of motionless floating. In all the competitions the promoters aim not for speed, but for graceful action and correct method.

The "Maude Nathan" Cup is open to junior subscribers over 14 and under 21 years of age. This provides a stepping stone to juniors, which is an excellent idea, and one worthy of imitation. Last year Miss Gladys Munday was second in this competition, after winning the children's shield in previous years; it is to be hoped that she will keep up her record in the Ladies' Shield. In detail the Maude Nathan Cup Competition is more difficult than the children's, but not so stiff as the ladies'. Having once won the cup the junior may not enter for this event again.

The Rose Bowl competition was especially instituted to encourage life saving work among the lady members. It resembles the Ladies' Challenge Shield competition in detail with the addition of plunging and surface diving and a slight modification of some of the other items. Miss Eileen Macalister is the present holder of the bowl, Lady Diana Manners being last year's runner-up.

In a paper accompanying the notice of these competitions to the members are some very useful hints as to the points observed by the judges. With regard to the breast-and-back-stroke events, it is urged that the greater part of the force used should be derived from the leg movements, the hands and arms working in a quarter circle, except in back-stroke, when they may be lifted out of the water and passed beyond the head. The outward kick of the legs is powerful, and this force should be continued until they are closed, and when closed, are straight. There should be no bobbing and the body should move gracefully through the water.

For diving, too, there are several important points to observe. In taking up the position the body should be upright, and the start powerful with an upward and outward spring. Grace and boldness of effort are essentials of a good dive. The entry into the water should be made with the least possible splash, and the whole of the body, from the tips of the extended fingers to the toes, should be one graceful line.

In floating the body is straight, lying in an easy position, with the face, portion of the chest and toes just above the surface. The judges award the highest marks to those who can float with their hands by their sides, then those with the head resting on the hands, and then to those with the hands and arms floated above the head, in the ordinary floating position.

* * * *

The Nottingham L.S.C. have sent a letter signed by the captain and hon. secretary complimenting *The Swimming Magazine* on

the success it has achieved during its first year. They say: "We have found it uniformly interesting and instructive, and have keenly appreciated its wide range of news and information. Lady Dorothy's columns are, of course, of especial interest to a ladies' club, but the magazine appeals to us most strongly because it deals with all branches of the art so impartially and so helpfully." It is gratifying to hear that so distinguished a club as the Nottingham L.S.C. appreciate *The Swimming Magazine* to this extent. They have made great strides this season, and the Misses Jeans are particularly to be complimented. Best wishes to the club for its prosperity in the coming season.

The ladies' championships of Australia were decided at Brisbane on February 23 last. The 100 yards breast-stroke was won by Miss M. Wylie, of New South Wales, who beat her own record of 1.28.4 by two-fifths seconds. Miss D. Sylon and Miss E. Venning were respectively second and third. Miss F. Durack had also entered, but did not start. She won the 220 yards championship very easily, beating Miss Wylie by 10 yards—Time 3.3.1. Miss Springfield, of Queensland, was third. A fortnight later Miss Durack beat her own record time for 220 yards by one second in the ladies' championship of New South Wales. Her time was 2.56. Miss Wylie was second and Miss M. Winn third.

Miss A. Styles won the 100 yards championship of the Manly S.C. in 1.26. In the interclub diving competition Manly, represented by Miss N. Kuhl, scored most points.

Mrs. Chambers, the hon. sec. of New South Wales Ladies' Association, has reported on the success of the party of competitors which she took up to Brisbane for the Australian championships. She said that the Queensland Association officials were "unremitting in their kindly attentions and that, in consequence, every one enjoyed the trip immensely."

At the Leicester Ladies' United S.C. annual meeting it was reported that, owing to the war, the gala had not been held, but the championships of the club had been swum as usual. Miss Elsie Bird won the cup for the third time in succession, and so had made it her own property. One of the mem-

bers urged that a gala should be held this season, even if it were on a smaller scale than usual. It would bring new friends to the club, and that is what is required.

At the Burslem L.S.C. meeting an increased balance in hand was reported, and a much larger membership. Four free membership tickets were awarded to girls in the elementary schools.

Miss Annie McHattie won the $\frac{1}{4}$ -mile race of the Holloway United S.C. at Camden Town baths. Starting from scratch she won a splendid race by $2\frac{1}{2}$ yards in 7.52. Miss D. Roux, 25 secs. start, was second, and Miss L. Willis, 10 secs., third. Miss McHattie is still a junior, and holds the Southern Counties' 100 yards' junior championship.

The Dudley L.S.C. are proposing to hold a gala some time in the summer for the benefit of the war funds. The club has had the misfortune to lose its able instructress, Mrs. P. Brown, who has resigned on account of her health.

The Sunderland L.S.C. report shows a membership of 226, an increase of 76 on last year's total. The club has been able to promote one of the largest life saving classes in the North of England. Eighteen members successfully passed the tests, 13 being awarded medallions and certificates and 5 certificates.

The Leicester ladies are organising life saving classes for the children of the junior club. Hitherto only those members over 16 have been taught, but the club has now realised the necessity for the earlier encouragement of swimming and life-saving.

At the Gloucester Ladies Annual Meeting it was reported that the gala had been a great success and that, as a result, the sum of five guineas had been forwarded to the Mayor for the Prince of Wales' Relief Fund. At the next annual gala it was decided again to attempt to purchase the 50 yards Western Counties' championship as a principal attraction. The hope was expressed that the Bath Committee would, as soon as possible, open the second class bath, now used as a soldiers' home, for swimming. It was felt that, though nothing was too much to

AMATEUR DIVING ASSOCIATION.

Winter Season.

IN spite of the many difficulties created by existing circumstances, the A.D.A. is succeeding in carrying out its more important fixtures, and Wednesday, May 12th, saw the finish of two of these, the "Ladies' Ede Cup," and the "Geoghegan Senior Cup." They both consist of a series of six monthly handicap competitions, the ladies' being plain standing and running dives of various heights, and it has proved a great success, with an average entry of 12 for each of the six contests. So close was the competition for the cup that it resulted in a dead heat between Mrs. J. D. Forsyth and Miss E. Gillson for first place. Both of these ladies will therefore hold the cup for six months each. They have dived with consistency during the season, and from being "Back Markers" have gradually worked down to the point of honour in handicaps. Miss Edie Smith, who holds the third place for the second time in succession, has again shown splendid form right through the contest, and as she is almost on the scratch mark, it will be seen how well she has been diving for the last two seasons, and it is to be hoped her efforts will soon be rewarded.

Miss V. Newman, who was fourth, is another very promising diver. With her strong and bold take-off, she should make excellent progress in the open-air events. The following ladies have also scored well:—The Misses E. Harrison, D. Milham (holder), E. Armstrong, B. White, J. Marx, K. Baker, and L. Reeve. Owing to the absence at the front of many members the "Geoghegan Senior Cup" did not command such a big entry as in previous years, but nevertheless it produced a keen and exciting contest. H. E. Pott, the Amateur Champion, and A. Reynolds had a close struggle for its ownership, the former winning by only two points. A new member, named Andrews, was third; he gives promise of becoming one of the best divers in the Association. The holder, S. V. Bacon, and his brother, E. H., A. Coombs, F. Knight, T. Bodby and H. Goodworth, have all joined H.M. Forces, and some of them are in the trenches, whilst S. Legg, who was one of the best of the young school of divers, has given his life for his country. We shall miss his cheery voice and deplore the loss of one of the best.

give for our soldiers, there were other premises which would suit such a purpose equally well, and unless this were done the children would be deprived of their swimming lessons, which were of so much benefit to them physically. A vote of thanks was passed to Mrs. Oldland, who was relinquishing her post as hon. treasurer upon taking up Red Cross work.

Swimmers on the cinema are usually far more amusing than they are meant to be. One generally sees the handsome hero of the drama start off for a swim of anything from a mile upwards at a pace which would not take him 100 yards. His energy is unequalled, and after this stupendous performance he probably does an equally marvellous feat on land without appearing in the least breathless. Heroines, one notices, are usually less ambitious and confine themselves to being gracefully and courageously rescued by the heroes. As a matter of fact, the latter usually hurls himself into the water from bridge, pier-head or steamer, and seizing the heroine in an impossible position, tows her gallantly to land with one foot on the bottom! As far as the heroines go there are a few exceptions. Admirers of "Mabel," of Keystone fame, must have noticed that she is a daring and accomplished diver even when fully dressed. I also remember once seeing a film where an ancient professor on a rock-bound island dropped all his paraphernalia, including various valuable species, into the sea. The cause was his astonishment in encountering his long lost daughter. The latter proved herself most sporting, and when they had both recovered their equanimity sufficiently to realise the terrible loss the professor had sustained, she repeatedly dived into the pool, fully dressed, to recover the property. After a series of "Buck" dives she remained in the water and gave quite a creditable exhibition of surface diving.

One thing must be said for cinema performers—they have an enormous amount of pluck. When one considers it is rare to see a man swimming trudgeon (they usually adopt a double kick too), it is extraordinary that they should have sufficient daring to throw themselves from great heights and to swim in fast running water, however near help may be. Then there are those who are apparently drowning, and who submit to endless duckings before they can return to terra firma.

FOR SWIMMING HONOURS.

TRAINING FOR THE DIPLOMA.

IMPORTANCE OF REGULAR PRACTICE.

(Concluding Article.)

IN the article which appeared last month the best methods of performing the tests for the "Award of Merit" of the Royal Life Saving Society, were described, except "Undressing in the Water."

It has been stated that to any one who can float, this feat possesses very little difficulty. That may be so, provided one keeps cool and uses reflection. The great thing is to maintain the balance when lifting up the leg to remove the shoes, and another point is always to remember to undo all buttons quickly, especially those of the shirt, vest, or blouse. Many candidates forget the wrist buttons, and when trying to remove the shirt get into a hopeless tangle. The removal of the tie is often a trouble. If it be of the sailor knot pattern it should be carefully loosened at the top, and not tugged at, otherwise the water will make it kink. If braces or belt be worn they should be loosened altogether, as they may otherwise entangle round the legs and prevent the free removal of the trousers or knickers which, in the ordinary way, when properly undone will be easily floated off by the swimmer, sculling head first and gently moving the legs up and down. It should be remembered that these garments should not be pressed down firmly to the ankle. In the case of knickers which are fastened on the body with elastic, these should be carefully pressed down, otherwise trouble may be experienced in their removal. In the case of women candidates the first garment to be removed is the skirt.

The chief difficulty which most candidates experience is in the removal of the boots, socks or stockings. Some advise that one foot should be put backward by the leg being bent at the knee, and the hand on the same side of the body reached downward to meet it, whilst the other hand and arm, as well as the leg, is placed outward at full stretch to assist the balance of the body on the surface of the water. Having regard to the fact that the limbs on one side of the body are being worked together, out of the line of balance, thus causing the position to become rather strained, there are many who find it difficult

to put the method into practice. In my opinion it is better to raise one foot in front of the body, with the knee deflected outward, and rest the foot as high as possible on the thigh of the other leg, which should be kept straight, and with the hand from the opposite side of the body to the foot now resting on the thigh, unbutton or loosen the laces, whilst the other arm is kept at full stretch, beyond the head directed slightly outwards, and in this way maintaining the balance of the body as well as avoiding the strain effected by the former method. When the boots are properly unfastened they can be pushed off with the feet or pulled off by the hands. The socks or stockings should always be lowered to the ankles and pushed from off the feet by inserting the forefingers inside them at the back of the heel. To pull these off by taking hold of the toes is a very clumsy method, and often needs much labour. It is always best not to keep swimming about or struggle, but to do everything quietly. The candidate will be surprised to find what a difference this will make in the neat performance of the work, it will also result in the award of high marks by the judges.

The successful passing of the test for the "Award of Merit" is necessary before one can compete for the Diploma Examination, but as the "Award of Merit" is the stepping stone to the higher grade, so also is it a valuable training ordeal.

The severest test for the Diploma is the theoretical examination, for you have to show in an essay, not exceeding 4,000 words, that you do really understand the theory of swimming, and know what you are talking about. There are several books you can study, but you cannot merely copy them, for they are all known to the examiners. Your aim must be to explain in lucid language, easily understood by any reader, what it is you mean and what real information you would be likely to convey to those you may afterwards be called upon to teach. For the gaining of the Diploma is eloquent evidence that you are a competent teacher, and one qualified as an expert in every known branch of the art.

The subjects you are called upon to deal with in this written examination are the

effect of swimming as an exercise upon the growth and development of the body; the effects of excessive exercises, over fatigue and breathlessness; the precautions to be taken against injurious loss of heat, and cramp; the general physiology of the body, particularly with regard to the lungs and respiration, and the circulation of the blood, and you also have to detail what you think is the best method of teaching swimming. This essay will give you much thought and should not be hurried over. Far better to write it again than to send in one that is slovenly and badly balanced. Do not devote all your attention to one subject of the examination, but take each in sequence and endeavour to show in plain words your knowledge of the subject generally. You will not be unduly criticised for slight slips—they will, of course, be pointed out to you—but you must do exceptionally well if you expect to gain "Honours" in the examination, and very few have done that.

In the practical part of your examination you will first of all have to carry—dressed as for the Award of Merit, with the addition of boots or shoes—a person by the "second" or "third" method of rescue, a distance of at least 20 yards, and this should present no difficulty, neither should the undressing on the surface of the water. But your next test, that of swimming continuously for twelve minutes without pause or rest, by the four following methods: (1) on the breast, (2) on the back, using arms and legs; (3) on the back, the arms being folded on the chest, (4) over arm side stroke, may give you some trouble if you have not practised the strokes, though it should be pointed out that no distance is stipulated for each stroke. But there is a time limit of three minutes for each stroke, and you must use that stroke during the named period. Yet you do not have to swim in clothes as in the "Award of Merit" swimming tests.

The diving from the surface of the water to raise a weighted object—weight at the option of the examiners—was explained in my first article. This you have to do after the swimming, and then float motionless and horizontally on the surface for at least thirty seconds. Following this feat comes diving from two heights not exceeding 5 ft. and 20 ft., and plunging a distance of not less than 40 ft. The importance of practising these tests in regular order, as stated in the Handbook of Instruction, so as not to fail at the plunge, has already been

pointed out in the previous article. The methods, swimming as a "Propeller" and "Somersaulting," have also been described, but in the latter you have to turn two consecutive somersaults forwards and two backwards in perfect line, while in the "Propeller" test you must travel 30 ft. with ease.

After that come three voluntary movements, which, however, must have been approved by the executive before you undergo your examination.

As you will have had to perform most of the Diploma feats when undergoing your "Award of Merit" examination, you ought to rise to the higher grade by diligent practice and in the same season, but you must pay attention to the study of the art, because upon your essay will largely depend your chance of passing. And here let me again remind you: Do not copy, be plain in your statements, and if possible original and informative.

How difficult it is to obtain honours for this highest award in the swimming world is shown by the fact that in 1897, the year of the institution of the diploma examination, only G. Sarginson and W. Somerville-Woodiwis, both of West Hartlepool, passed with honours, and that no other candidate was able to do so until 1909, when A. L. Cochrane, of Toronto, and Miss B. Staynes, of Leicester, gained the distinction. Miss E. Johnson, of London, was successful in 1911, and Major Kyle, 16th Battalion Highland Light Infantry, last year, and H. Whitty, Melbourne, this year. Thus up to date only seven candidates have taken honours, and there have been close upon 200, of whom 164 have passed at the time the last annual report of the Royal Life Saving Society was issued. One of the best means of preparing so as to have a chance to pass with "honours" is to go through a preliminary trial with an expert before presenting oneself for examination. You may think you are performing some particular item well, whereas you may not be doing it gracefully or correctly and your adviser would therefore be useful to you in pointing it out. You are only allowed to lose 20 per cent. marks in any one test and the standard of merit required is high, consequently it is not advisable to rush your examination or to get nervous. The more time and care you take in training and the attention you give to minor points, the greater will be your chance of success.

AMATEUR DIVING ASSOCIATION.

ITS RISE AND PROGRESS.

By Sidney J. Monks, Vice-President.

(Second Article.)

THE Amateur Diving Association had a difficult task at the outset of its career, but it proved equal to the occasion, and despite the opposition of local authorities to the erection of diving-boards over 12 feet in height, either in baths or at open-air bathing-places, it has been able to make diving one of the most attractive forms of swimming sport in this country. Its first efforts were directed towards the encouragement of handicaps among its members, the

has to have a thorough knowledge of how various dives should be done and the many small points which go to make a good dive; also be able to instantaneously grasp in the mind's eyes the value of the dive shown by any competitor, as compared to the scratch man, and give the necessary points to bring them upon an equality.

However, like most things, practice will soon make a handicapper sufficiently certain in his deductions, and there should be no difficulty in instantaneously arriving at a



SOME A.D.A. CUPS.

The Cups, reading from left to right, are as follows:—Back row: The "Spoooner" Cup, The "Ede" Cup for Ladies, The "Barclay" Cup, The "M.E.B." Cup, The "Ede" Cup for Men. Front row: The "Ede" Cup for the High Plain Diving Championship, The "Geoghegan" Senior Cup, The "Geoghegan" Junior Cup, The "Darnell" Cup, The "Pott" Cup.

idea being to keep up the enthusiasm of all members and not provide for the few.

In the handicapping of diving the diver receives or gives so many points, and the handicapping is much more difficult than in ordinary swimming. In the latter a handicapper always has the watch to assist him, and by comparing the actual times of men, at certain distances, can approximately arrive at a fairly successful opinion of any competitor's ability, and so handicap accordingly, but in diving it is, to a great extent, a matter of judgment as to the capabilities of each individual. A diving handicapper

correct judgment as to a competitor's capabilities. This question of handicapping all classes of diving competitions (outside championship) cannot be too strongly recommended to all club officials. Unless it is done ordinary club diving will never advance beyond a certain elementary point, either in quality or interest amongst members. It is obvious that there will be one or two who will be sufficiently capable to win all competitions of the ordinary club description, which would soon tend to kill any enthusiasm among members, especially juniors. We all know how interesting it is to compete against

others, and how you strive to do your best, and so improve each time; but if a competitor goes in with the certain knowledge that there are others who can always beat him, there is very little heart in his work, and eventually he will cease to take any interest in diving.

Believing in the foregoing principle for popularising diving, the A.D.A. started in 1906 a handicap competition for the "Ede Cup," given by our well-known and popular V.P., Mr. R. E. Ede. It consists of six monthly handicap competitions for plain standing and running dives off four different heights, and has from the very commencement until the present time proved to be the most popular members' competition in the season's programme, solely because it is a handicap and gives everybody the same chance. To prove this one only has to glance at the winners since 1906, and it will be seen in that year the cup was held conjointly by two of our best divers, while in the year it was held by the absolute limit man, otherwise the man who received the longest start.

In the "Geoghegan Senior Cup" we have another handicap competition of an entirely different nature. It consists of 18 fancy dives taken from the Olympic Diving Table, and is split up into six monthly competitions. In this no man knows what three dives he has to do until just prior to the competition taking place, when the draw is made, and each competitor has to straight away do his particular three dives, very often to the amusement of the spectators, for it is not an easy thing for a diver to properly complete three dives of an entirely different nature. For instance, a man may have to do a Mollberg, back somersault and a flying somersault at a moment's notice, and without some trepidations on the part of the diver (concealed though they may be), probably leading to an involuntary bath to lookers on if standing too near.

The handicapping of such a competition as this is far more difficult than plain diving, and it was a long time before one could arrive at a satisfactory system which gave a fair result, having to separately handicap every dive in the competition. Using the best exponents' execution of any particular dive as the base from which to start making a handicap was very difficult work, but it was the only way to obtain a proper perspective of each candidate's abilities.

(To be continued.)

THE AMATEUR DEFINITION.

RESTRICTIONS AND RIGHTS.

Exceptions Made to Suit Individuals.

[We accept no responsibility for the opinions expressed below.—EDITOR.]

It has been amusing to read the controversy with regard to Mr. F. E. Beaurepaire's amateur status, and I should think that that accomplished swimmer is about heartily tired of the whole matter.

But the question opened is nevertheless a wide one, calculated to embitter relations between competitive swimmers and the governing bodies, and likely to lead to agitation for drastic reform of the present laws. "The English book of rules," for instance, has grown so stupendous that ordinary swimmers hardly understand how their rights have been abrogated, and how unfair are some of the exceptions taken in comparison with the things they are not allowed to do. It is a hotch-potch of resolutions of the last twenty years, and is as bewildering and as intelligible as some Acts of Parliament. The amateur definition as it originally stood has been torn to shreds, and it would be best to wipe it off the slate, especially after the decisions of the Fédération Internationale de Natation Amateur.

That body says that "An amateur is one who has never competed for a money prize, declared wager or staked bet in swimming or any other athletic sport, who has never taught, pursued or assisted in the practice of swimming or any other athletic exercise as a means of pecuniary gain, and who has not knowingly and without protest competed in any Competition or Exhibition with any one who is not an amateur." This seems clear enough and plain sailing.

But the Federation has agreed upon the most extraordinary list of exceptions one could imagine. They are too long to quote here, but they appear to have been made entirely for the convenience of individuals, and also for countries, notably Germany, Sweden, and Finland.

The Swedes and Finns are allowed to make payment to amateurs teaching elementary swimming, such payment being made by grants either from the Government or a municipality, and the Germans are allowed

to re-qualify their swimming teachers after twelve months' probation. The Swedes and Finns, on whom no question of re-qualification seems to be placed, can therefore send paid teachers to compete in the Olympic Games or against other nations, whereas we cannot and neither can Australia, judging by the Federation's decision in the Beaurepaire case, a case which ought never to have been submitted to it, but decided by Australia itself. Surely the Commonwealth swimmers have enough brains to decide their own disputes. But I do not class Mr. Beaurepaire as a teacher, for he is the Victorian State official for swimming, and holds high rank in State Government work.

He is not a bathmaster or manager—these are considered amateurs here, but not in Australia—and by virtue of his official standing has been able to do an immense amount of good.

I have suggested that the amateur definition should be abolished altogether, and I will tell you why. In the first place, there are too many exceptions instead of a downright hard and fast regulation, and in the second, the need for such definition has long since passed. Swimming is a sport which is well controlled, it has strong and powerful governing bodies, and its amateurs can vie in speed and ability against all professionals in the world. Moreover, it is up to the associations to debar anybody from competition in its championships, and therefore instead of wasting time and money on big books of rules, long discussions and continental legislative trips, they should devote the money to the furtherance of the art and the encouragement of the young, money which, mark you, is generally subscribed by patrons for that specific purpose. You do not get much money out of competitive members, or if you do they want it back in prizes, and after all, is not "pot hunting" bordering on professionalism? I have heard these people classed as "amateurs on the make." Pass all the rules you care to, talk as long as you like, and make recommendation after recommendation, but you will not outwit them.

In this connection they now have in America a tough proposition to consider. It is being asked whether an amateur athlete becomes a professional by making application to take a Civil Service examination. This new question was brought to the attention of the amateur athletic authorities recently through reports that at least thirty amateurs were preparing to try for the

position of physical examiner of Civil Service in New York, in the examination for which a man received 50 per cent. for athletic knowledge. There are also two other Civil Service examinations scheduled for playground and gymnasium attendants, male and female, and swimming instructors, male and female, for which amateur athletes are supposed to have applied. The general opinion seems to be that so long as a man does not receive money for his swimming ability, as apart from knowledge, he should not be declared ineligible to compete as an amateur.

The Exeter S.C. usual opening dip at Dawlish on account of the war was officially abandoned, but in spite of this, the "old stagers" insisted on keeping up the practice and motored to Dawlish on May 1 and enjoyed an "opener." Mr. W. H. Ayer provided the car, and accompanying him were Messrs. Tom Punchard, T. Tickle, W. Graf, and S. B. Parrington. They were welcomed by Messrs. F. Lear, T. Cowling, and C. Gregory, the well-known Dawlish swimming enthusiasts.

The Tynemouth S.C. opened the season on May 2. The proceedings took place at the open-air swimming bath, in Hawkey's Lane, North Shields, the Haven at Tynemouth having been closed to the public since the outbreak of the war. Bright, though somewhat chilly, weather prevailed, but a large number of members took part in the opening dip.

At the annual meeting of the Cambridge S.C., it was stated that the swim through the town and the Annual Sports proved a big success, also that the balance had increased from £11 4s. last year to £19 6s. 9d. It was resolved to carry on competition and life-saving classes for members, and promote events for soldiers.

Mr. T. W. Sheffield has started a "School of Swimming Culture" at the Ocean Park Baths, California, U.S.A. Demonstrations are provided every Friday at 4 p.m., which are much appreciated, as how to save life from drowning is an important feature, and every facility is afforded to make pupils and beginners competent in the course taken.

The Swimming Magazine.

(Second Volume commenced 1st June, 1915.)

Notice to Subscribers.

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

It is generally admitted that the Magazine has filled a long felt want, that it has admirably answered its purpose, and that it has also proved a valuable medium of inter-communication.

In order to secure its continuance, all interested in the Art of Swimming are invited to forward, without delay, their subscription of 5s. (five shillings), which includes postage. For this sum one copy will be posted on the first of each month for a period of twelve months to the subscriber's address in any part of the world.

Owing to the world-wide distribution of this Magazine it can only be published as a subscription paper. It is not placed on sale with newsagents, and therefore the only way of securing its regular delivery is by becoming a subscriber.

William Henry

Editor.

Under the Auspices of
**The Royal Life Saving Society,
 Amateur Diving Association,
 Amateur Swimming Club &
 The Barry Ladies' S.C.**
 (Under A.S.A. Laws. Affiliated to S.C.A.S.A.)

Grand Swimming Gala

In aid of a fund for

MR. HARRY READ

(For fourteen years Hon. Sec. and Organiser of the Camberwell Schools' Swimming Association, comprising a hundred school departments, who is afflicted with locomotor ataxy also is partially blind and helpless)

— AT THE —

CAMBERWELL BATHS, S.E.

Wednesday, June 30th, 1915.

An appeal is made to all swimmers to assist.

Full particulars from:—

WILLIAM HENRY,

8, Bayley Street, London, W.C.

WATER POLO MEDALS.



The above design, which represents a full-size medal, has been specially prepared for Water Polo Players; it can be reproduced in silver or any other metal.

Seven medallions in silver cost £1 5s. 6d., or in metal with gilt centre, twelve shillings.

As badges they are issued at one shilling and sixpence each.

To be obtained from the offices of the "Swimming Magazine," cash with order.

Swimmers' and Divers' EAR PLUGS.

READILY ADJUSTABLE
 . . TO ALL EARS. . .

6½d. per Box.

To be obtained from the Offices of "The Swimming Magazine."

THE SWIMMING MAGAZINE.

Issued Monthly.

Offices: 8, Bayley Street, Bedford Square,
 London, W.C. Telephone No.: Museum
 1432. Telegrams: Natatorium, London.

NOTICES.

AUTHORS and ARTISTS submitting MSS. and Photographs or Drawings for consideration must write name and address upon the back of their work. The Editor cannot accept any responsibility for the safe custody of MSS., etc., so forwarded, but will endeavour to return unaccepted work WHEN STAMPED ADDRESSED ENVELOPE IS ATTACHED TO THE MANUSCRIPT.

All communications should be addressed to the Editor, 8, Bayley Street, Bedford Square, W.C.

SUBSCRIPTION RATE.

Five Shillings per Annum.

The Magazine is sent post free to all subscribers on the first of each month.

ADVERTISEMENT RATES.

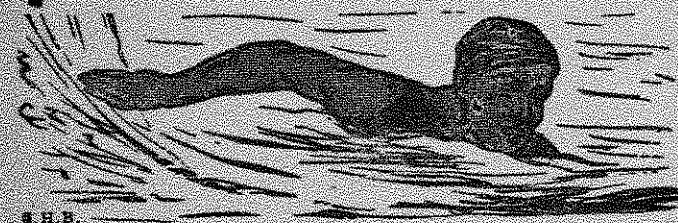
For Advertisements of Club Galas, etc., prices will be quoted on receipt of copy and statement of space required.

All Cheques and Postal Orders should be made payable to Mr. William Henry and crossed a/c SWIMMING MAGAZINE.

From Start to Finish

You will have more vigour at the start, and less fatigue at the finish if you drink a cup of Bovril before the race begins. Bovril supplies energy for the short race, endurance for the long race, "nerve" for the high dive, and power for every event.

BOVRIL



A cup of Bovril is so light that you hardly notice it—so strengthening that you will feel the benefit of it all through the contest.



SWIMMING CERTIFICATES

ROLLS OF HONOUR

CLUB MEMBERS' LOOSE LEAF
 REGISTERS

BORDERED BLANKS suitable for
 SCHOOL CERTIFICATES

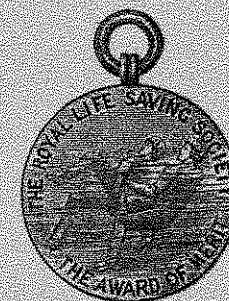
Particulars on application.

TERRY, HERBERT & Co., Ltd.,

THE SWIMMERS' PRINTERS.

19 & 21, FORE STREET AVENUE.

:: LONDON, E.C. ::



J. DAFFERN & CO.,

23, Hatton Garden,
 London, E.C.

Medallists to the Royal Life Saving Society.

SPECIALITY—

Silver Cups, Challenge Shields, Club Badges,
 Medals, Silk Embroidered Badges, and
 General Athletic Prizes.

Phone—Holborn 5282.