

By Appointment.

The Biscuits and Cakes of HUNTLEY & PALMERS

READING & LONDON

are renowned throughout the whole World as being the finest that are made, and unequalled both for quality and for keeping properties.

Amongst their greatest favourites are the following:

BUTTER FINGERS.—Excellent with the early morning cup of tea.

MARIE.—Delicately sweetened. Round, light, and crisp.

PETIT BEURRE.—Favourites even when our parents were young.

OSBORNE.—Often imitated—never equalled. Slightly sweet.

BREAKFAST.—The most perfect type of unsweetened rusk.

OATEN.—Made from a famous recipe. Very tasty with butter or cheese.

NICE.—With a rich flavour of fresh cocoanuts, and finished with a sparkling sprinkle of granulated sugar. Children delight in them.

GINGER NUTS.—Unique, delicious, and unrivalled. As popular now as in the days of our grandfathers.

GARIBALDI.—A currant sandwich. Very sustaining and palatable. Named after the great Italian patriot.

TEA RUSKS.—Very delicate, and much appreciated at afternoon tea.

MILK.—Unsweetened, thin, delicate, and good with cheese; a great favourite.

THIN ARROWROOT.—A very popular kind; short-eating, with a characteristic flavour.

Always ask for Huntley & Palmers Biscuits, and take care that you get them.

HUNTLEY & PALMERS LTD
READING & LONDON

Printed and Published for the Proprietors by TERRY, HERBERT & Co., Ltd., 19/21, Fore Street Avenue, London, E.C.
Editorial Offices: 8, Bayley Street, London, W.C.

THE SWIMMING MAGAZINE.



MAY, 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 8d. in stamps.

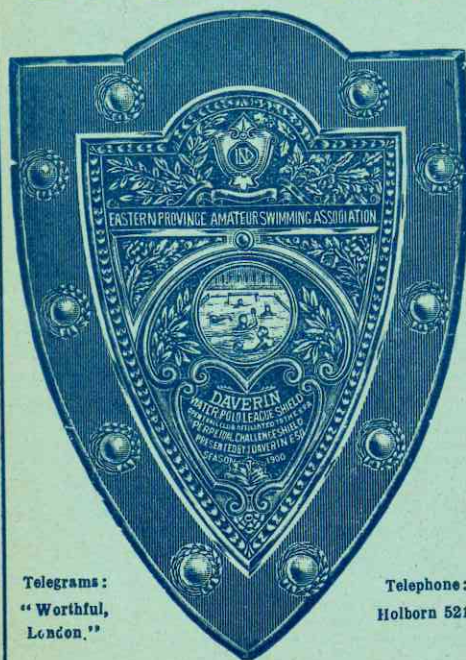
Horlick's Malted Milk Co.,
SLOUGH, BUCKS.

D. GEORGE COLLINS, Ltd.

MANUFACTURING

GOLDSMITHS, SILVERSMITHS,
— MEDALLISTS, —

118, Newgate Street, LONDON, E.C.



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

£30,000 STOCK TO SELECT FROM.

Catalogues on Application.

Wholesale Prices.

Telegrams:
"Worthful,
London."

Telephone:
Holborn 521.

TERRY, HERBERT & CO., LTD.,

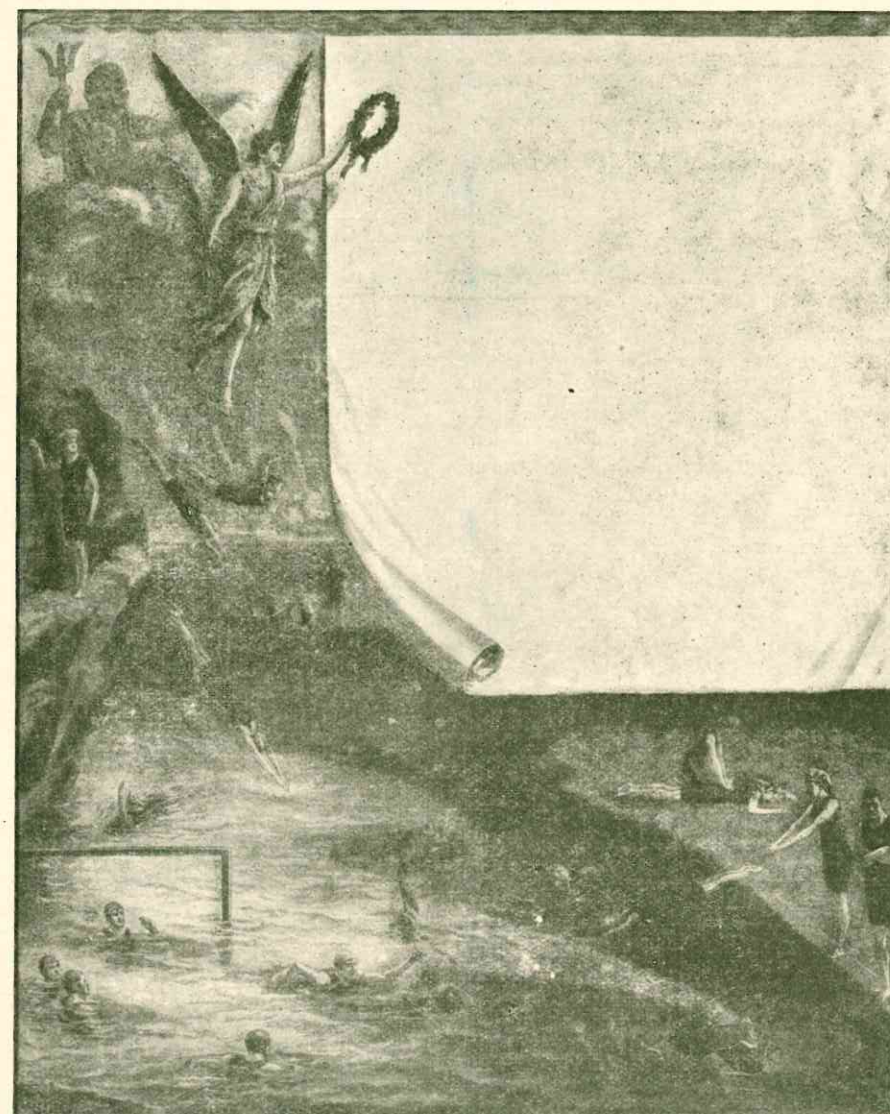
— SWIMMING & GENERAL PRINTERS, —

19-20, Fore Street Avenue, LONDON, E.C.

REDUCED SPECIMEN OF CLUB CERTIFICATE.

(Actual Size 20 x 15.

Illustration 13 x 10.)



Copyright Design drawn by STEPHEN T. DADD, the well-known Artist, illustrating Swimming, Life Saving, Diving, and Water Polo. Printed in dark green by the Collotype process and plate marked. Space is reserved for Club Title, Particulars of Award, and Signatures

Specimen Copies 9d. each; 1 doz., 6/6 post free.

Special Quotation for Quantities.

FATTORINI & SONS, Ltd.**KIRKGATE, BRADFORD.**

Cheapest Firm in ENGLAND for

HIGH-CLASS

**Swimming & Life-Saving Medals
and Badges.**

LISTS FREE.

LONDON OFFICE—

**18, Mansion House Chambers,
QUEEN VICTORIA ST., E.C.****TRY IT IN YOUR BATH.****Seabroma Bath Salts**

"Antiseptic and Medicinal."

BRACING. INVIGORATING. STRENGTHENING

For the curative treatment of Acute and Chronic Rheumatism, Gout, Synovitis, Neuritis, Rickets in Children, Scoliosis, etc.—Price 3/6 per bottle. Postage 3d.

**The Seabroma Supply Company,
2, Belfast Street, Hove, Sussex, England.****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.

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, 1/12, 2/9, 4/6.

Acts like a

Charm in

DIARRHŒA

and other

complaints of the bowels.

WATCH & CHRONOMETER

**Manufacturer and
Designer of Medals**Anglo-American Exposition, 1914.
Guild of Freeman, 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 Cycle & 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 Clerken-**well 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. 12. VOL. I.

MAY, 1915.

OUR PROGRESS.**A RECORD OF THE YEAR.**

THIS being the closing number of the first yearly volume of the *Swimming Magazine* we beg to extend to our readers in all parts of the world our sincere thanks for the very generous support they have accorded us in our efforts to establish a journal which shall be a means of inter-communication with all English speaking swimmers.

It is through you that we have been enabled to do good work and to bring together in friendly intercourse the swimmers in almost every known country. Had it not been for the war we should have been able to do more. As it is, especially under the undreamt of circumstances which have prevailed, we are more than satisfied with the first year's working.

The contributions which we have published have been of such a nature as to make the Magazine a real "Manual of Swimming," not a book written by theoretical experts only, but by practical men who have also the theory of swimming, so far as it has at present been studied, at their fingers' ends, and who have assisting them in carrying on scientific investigations men whose deductions from known facts are extremely valuable for future study.

As illustrative of our meaning we have only to point out the article on "Motionless Floating" which appears in this month's issue.

Our contributors in South Africa, New South Wales, British Columbia, Queensland, Tasmania, Canada, Victoria, New Zealand, the United States of America, South and

West Australia, France, Holland, and other countries overseas, as well as our leading swimmers in the British Isles, have all loyally assisted us, and by their encouragement and willing help have assisted in establishing a journal which we hope has come to stay.

As the recognised "Official Organ of the Royal Life Saving Society," we have been able to spread the all-important knowledge which the Society teaches, and to do much propaganda work on its behalf, and that this is bearing good fruit we are well assured.

The aim of this journal is to be a Magazine written by swimmers for swimmers, and, to make its influence more wide, every swimmer is asked to subscribe for the year commencing on the first of June. It is only by subscription (which should reach us on or before May 17) that you can obtain copies.

During the past year we have had to deplore the loss of Mr. W. F. Darnell and of many good swimmers who have laid down their lives in their country's cause, but their memory will remain ever fresh, as will also the good work done by lady swimmers in the Red Cross cause, mention of which has frequently been made in the instructive articles on ladies' swimming which have been contributed monthly by "Our Lady Dorothy."

We acknowledge, with grateful thanks, the many kindly letters of congratulations we have received from those whom this Magazine has reached. May it continue to cement the friendships we have made.

THE EDITOR.

THE ROYAL LIFE SAVING SOCIETY.

A Legacy in Aid of the Cause.

Many Reports from Oversea Branches.

DURING the past month the Royal Life Saving Society has received reports from many of its Branches at home and in the oversea Dominions, in all of which it is stated that in spite of difficulties created by the War, good progress is being made, and that every effort is put forth to increase the membership as well as the interest of the public generally.

At the last Meeting of the Central Executive, it was notified that a liberal legacy of £500 had accrued to the Society under the will of E. R. Nash, Esq., who was one of its highly respected members, a gentleman who for years past had been a most enthusiastic supporter, and was always keen on helping forward the teaching of life saving, especially among young people.

In order to further spread the knowledge, the Central Executive decided to enter upon propaganda work during the forthcoming season in the home counties, and to that end arrangements are being made for demonstration Tours, Lectures and displays of life saving in those parts not yet visited, and where Clubs and Schools have not taken up the work. It is hoped that by these means many more classes will be started and the work generally set going.

Reports of passing for the Proficiency Certificates, Bronze Medallions, Awards of Merit, and Diplomas were received from many of the Society's Branches at Home, in Canada and Africa, whilst from West Australia a cable was received for an increase of supplies. The Transvaal Branch asked a question with regard to the examination for the Diploma and the Chief Secretary was instructed to reply, that where these tests had not previously been held, the Branch Executive was to appoint a Board of Examiners of three or four of its members who were fully acquainted with the details of examinations, each to judge the candidates separately, and through the Branch Executive, report the result to the Central Executive. It was thought that this method would not only prove useful, but also satisfactory, as all the points could then be noted before the final decision was given.

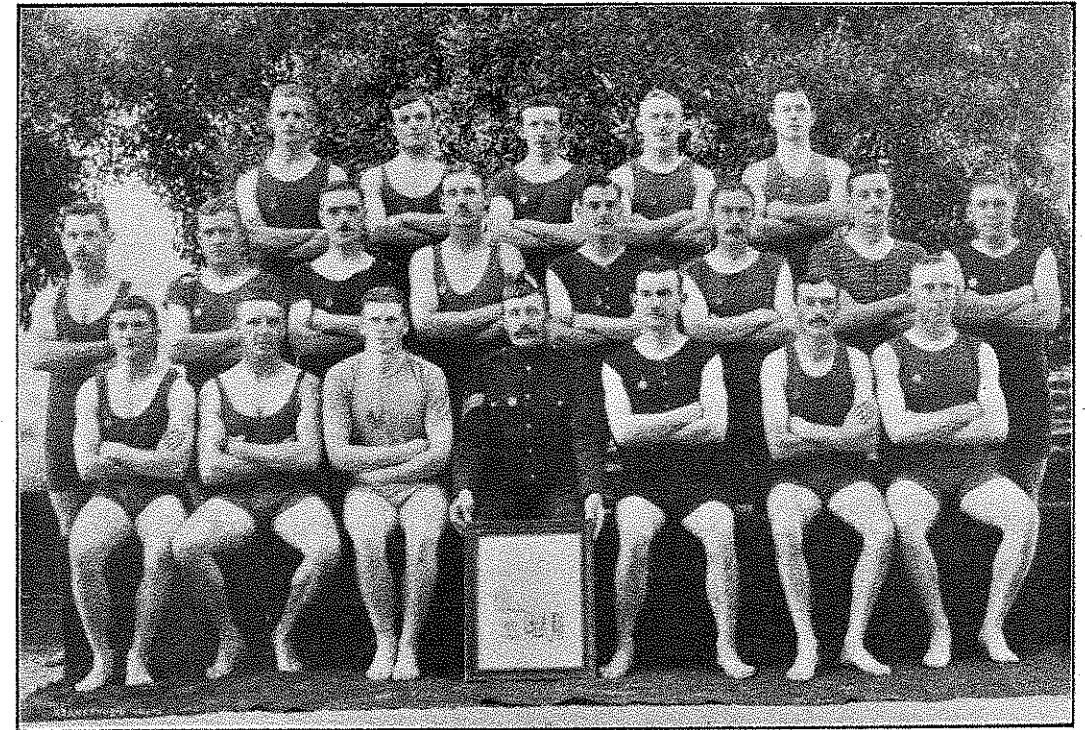
Those interested in swimming, diving and life saving will be pleased to learn that the Society now has a film about 1,200ft. long, dealing with all phases of the art, which will be lent for exhibition in any centre where it is intended to create a greater interest in the subject. The film is a particularly fine one and shows over 800 swimmers, each doing their part. It is very clear and perfect in every detail; it was taken by order of the Executive of the West Australian Branch, the negative of which was sent here for general use. Of course, it has cost a rather large sum of money, and to meet this expenditure a charge will have to be made, full particulars of which can be obtained from the Chief Secretary.

Much satisfaction was expressed with the Report on the subject of life saving coming prominently to the front in America. Letters were read which disclosed the fact that many classes were being started. At St. Louis, Mr. H. W. Spurrier held an examination at the Central Y.M.C.A., and passed several of its members for Certificates and Bronze Medallions; also that large classes were in course of practice at Cornell University, and hopes were entertained that San Francisco would soon be prominently to the fore with similar classes.

One of the most successful classes last season was that of the Argyll and Sutherland Highlanders, who before going out with the British Expeditionary Force received their medallions and certificates at Winchester. In a very kindly communication from Coy.-Sgt.-Major F. Robb we are told that the best swim they have had since crossing the water was when they fell into shot holes in the dark going to and from the trenches. Unfortunately Privates Campbell and Graham have been killed. Both of these were medallion holders. Graham was one of the best athletes in the Battalion, and will be sorely missed. When in India Graham raced the Darjeeling train for about twelve odd miles, and won by two minutes. Before leaving India the Battalion scored a great victory in the military events at the Calcutta Swimming Association's gala, and had

the honour of placing the regiment's name on the championship cup for the second time. Over fifty medallions have been gained by the regiment, and there would have been many more but for the present crisis. The *Swimming Magazine* is read by the men and very much appreciated. It reaches them regularly, even in the trenches.

consist of 33 Proficiency Certificates, 30 Bronze Medallions, 1 Hon. Instructor's Certificate and 5 Awards of Merit; and with regard to Competitions two Trophies received special attention, the Logie Cup, which is confined to Troops of Boy Scouts in Winnipeg, and the Waugh Shield, which is open to all members or associates of the Branch. The



Argyll and Sutherland Highlanders.

*Back Row—J. Price, Dr. J. Morris, Dr. G. Thompson, W. Taylor, M. O'Hare.
Centre—J. McMahon, W. Yule, C. Moulten, E. Campbell, D. Ross, W. Jackson, C. Logan.
Front—C. Cole, D. Ironside, A. Cunningham, Coy.-Sgt.-Major F. Robb, A. Smith,
D. Ross, A. Smillie, D. Graham.*

MANITOBA BRANCH.

The Executive of this Branch, whose Headquarters are at Winnipeg, in submitting their fourth Annual Report, state with pleasure that the past season showed good progress over the preceding one. They express regret that owing to his absence from the City on survey duties, Mr. S. E. McColl was obliged to resign his position as Hon. Secretary. This has since been filled by Mr. W. Thomson with marked interest and energy.

The Awards granted during the year

former was won by the 19th Winnipeg Troop, whose work was excellent. Mr. P. T. Cox, late of Hove, Sussex, was the Instructor, and the Executive highly commend the winners. The Judges were Mr. J. S. Yuille, late of Glasgow, the famous sprint swimmer and Scotch champion, and Mr. E. W. Dewey, ex-member of the Amateur S.C. (London). For the latter Trophy, eight teams entered. These included two teams of ladies, and the competition proved extremely close, with the result that the final, which took place at the City Gala, was won by the Misses Kurshus, who only lost 4 points, whilst

Messrs. W. Morrison and F. Smith, who were second, lost 10 points, chiefly because they did not pay particular attention to the Rescue and Release holds. For this competition the Judges were Messrs. P. T. Cox and J. S. Yuille.

The financial conditions of the Branch are sound, there being a balance of 150 dollars.

In conclusion, the Executive state that, with the added facilities for teaching swimming and life saving on the south side of the City, they look forward to a most successful season, and hope that all the affiliated Clubs as well as individual members will give due attention to the subject of life saving, and so make the forthcoming year a record one. The report is signed by Mr. Percy Travers Cox as Chairman.

EASTERN DISTRICT OF CAPE PROVINCE.

Swimming in the Eastern Province of South Africa has had a set back on account of the war, many of the leading swimmers being, of course, at the front. But Mr. Charles Walton, the hon. secretary of the Branch, reports that they have just managed to keep polo going by the old players turning out again, and thereby keeping the young swimmers interested in the art, that he could not find twenty of last season's senior swimmers who have not gone to the front, while the others are in the Town Defence Corps.

A class was started at the commencement of the season, but after a few drills the authorities commenced recruiting for Botha's army and the squad went to do drill elsewhere.

Among members of the R.L.S.S. now with the forces are W. J. P. Dicks, East London, Lieut., Southern Rifles; L. Clift, Lieut., Southern Rifles; H. W. Carlisle, East London and S. Africa, 110 yards champion; R. C. Murrell, Sergt., Southern Rifles; D. C. Robertson, Trooper, Southern Rifles; R. V. Clark, Eastern Rifles; Chas. Abbott, Kitcheners' Army; T. H. McClelland (Examiner), Prince Alfred's Guard; Harry Bunton, Driver, Artillery, and T. Q. Harvey. Nearly all have taken awards of the Society and did splendid work for the cause during the Chief Secretary's visit to South Africa a year or so ago. They were always ready to assist him whenever required, and much of the

success that was achieved is due to them. Mr. A. E. Marks and Mr. W. Fiddian Green, who recently passed for his Award of Merit, and with others has been giving exhibitions of life saving in the sea at Humewood, which is the chief bathing resort of Port Elizabeth.



Harry Witty, R.L.S.S.

Harry Witty, who left Scarborough, England, for Australia just about two years ago, has settled in Melbourne, is in the best of health. The climate, which is one of almost perpetual sunshine, suits him perfectly. Being of an energetic disposition, he is fully employed. His leisure hours he devotes to the Field Naturalists' Society; is President of the Surrey Park S.C.; Press Correspondent of the Victorian A.S.A.; and member of the Council of the R.L.S.S. of Victoria, with which he has closely identified himself, doing similar work to that in Scarborough. In addition, he has added to his many recognitions of ability by passing for the Award of Merit and the Diploma. In the latter test he secured 159 points out of 170 for his work in the water, and 46 points out of 50 for his essay, and has the honour of being the first to claim the distinction of this award in Victoria. We feel sure that his many friends in Scarborough will be glad to learn that he is doing so well.

DURBAN & DISTRICT NOTES.

Active Work among Ladies.

THE official swimming session in South Africa which has now closed has been highly successful, especially in Durban, for although some 3,000 men are away at the war, the Durban and District Branch of the Royal Life Saving Society has been able to carry on good work.

The Cygnus Ladies' Club has been very busy holding regular races each week, and their membership has kept up well.

Miss K. M. Biggs stands in a class by herself again as far as speed is concerned, and though her times have not improved much this year she appears to be swimming as strongly as ever.

This club has introduced water polo this year, and some of the members show quite an adaptability for the game.

The Junior Championship was won by Miss P. Burgess in fair time.

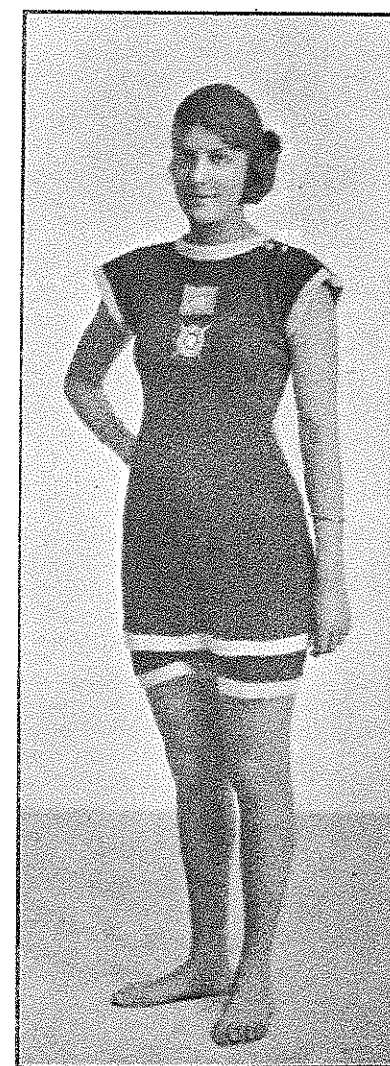
The Durban and District Swimming Association has been carrying out a good programme of team races and water polo, though the interest in the latter has not been as great as was hoped, owing to the laxity of several players who do not turn up when down to play, thus leaving scratch games to be played instead of league matches. Petsch's team, the Serps, are the most regular in turning up, and are undoubtedly the strongest team as well.

The Association held a special evening for the Ladies and Juniors late in February at the Beach Baths, but a violent storm spoilt what otherwise should have proved a most successful evening. Included in the programme were the Ladies' Natal Championship, 50 yds., which Miss Biggs won in 0'35.2, with Miss Souter a good second. The Boys' Championship of Natal, 100 yds., was won by Master Robbins, of Maritzburg, who just beat T. Wood, of Durban, by a touch in the slow time of 1.20.

The Queen's Park closed their season at the end of March and have managed to carry through practically as usual, though many members are away.

The work amongst the Juniors has been particularly good, and many boys have been taught to swim by the acting Hon. Instructors, Messrs. T. M. Pay and G. Reynolds. Our Chief Hon. Instructor is away with the Durban L.I. in German South-West Africa, and in his last letter stated he was teaching

some of the members to swim. The Otter seems to have suffered more as regards members being away than other clubs.



Miss K. M. Biggs,
Amateur Champion of South Africa.

Miss K. M. Biggs, whose portrait appears above, has for some time past been the foremost lady swimmer in Natal, and is to-day the champion lady swimmer of South Africa. She is a member of the Cygnus Ladies' Swimming Club, Durban, which club she joined when it was first started and at once showed great promise. She won the Club Championship over 100 yds. on several occasions, her best time, which stands as a Natal record, being 1.25.

Her times in the Natal Championship, which she has won five times, show how she improved:—1910, 0.43.1; 1911, 0.42; 1913, 0.40; 1914, 0.35.3; 1915, 0.35.2. The South African Ladies' Championship, which like the Natal is over 50 yds., she has won on three occasions, viz.:—1912, 0.42.3; 1914, 0.34.4; 1915, 0.35. Her best time over the distance is 0.34.1, which she accomplished in an exhibition swim unpaced in 1914, and this stands to-day as the South African record.

Miss Biggs takes a keen interest in all branches of swimming, and is a prominent worker on the Committee of the club. Her brother, C. E. L. Biggs, is another well-known Natal swimmer who has represented the Province in the Championships and water polo matches.

PROVINCE OF QUEBEC.

AT the Annual General Meeting of the Province of Quebec Branch, held at Montreal last month, the report as printed in the March number of *The Swimming Magazine* was passed, and Mr. Louis Rubinstein was re-elected president, with Mr. Leonard G. Norris, P.O., Box 2332, Montreal, Hon. Secretary. During the meeting the last mentioned gentleman was presented with a gold watch by the President, on behalf of the members, in recognition of the splendid work he has accomplished for the Society. Indeed, but for his efforts at critical periods in the life of the Branch, and also of the Canadian Amateur Swimming Association, both organisations would have been almost dormant. Mr. Chris H. Goulden was re-elected Hon. Treasurer. Another meeting is to be held shortly to discuss summer plans.

This Branch has won the Darnell Cup, presented to the Society by the late Mr. W. F. Darnell for competition among the Canadian branches.

Among the ladies who have qualified for the "Award of Merit," is Miss Frances C. Whellams, of Winnipeg, who passed her examination last June. The Canadian ladies have taken up the work very strongly, particularly in the Quebec, Ontario, and British Columbia Branches of the Society, and several of them have gained awards.

LIFE SAVING IN TASMANIA.

THE Misses Olive Barnard and Eleanor Pocock are most energetic workers in the cause of life saving; in fact, they are the pioneers of the movement in Tasmania, and their efforts are gradually receiving increased public support, although up to the present most of the Swimming, Rowing and Yachting Clubs have not thought it worth while to help them, notwithstanding that drowning accidents are numerous and the need of the knowledge must be generally felt. The work done by these two ladies is most praiseworthy, and as the classes promoted by them have been among the most successful, they have now the credit of being the first to promote a life-saving competition for a Trophy presented by the Keen's Curry Company to advance the work. As Hon. Representatives of the Society, the Misses Barnard and Pocock arranged the conditions, and three teams entered as follows:—TASMA, No. 1.—Lesley and Joyce Johnson, Gladys Brownell and Isabel Ireland. *Instructor*, Arthur Hodgkinson. TASMA, No. 2.—Charles Rodway, T. W. Simpson, R. S. Thorpe and Edward Watson. *Instructor*, J. E. Hobbs. TASMA, No. 3.—Gwen Crisp, Eleanor F. Pocock, Beryl Crawford and Jean Marsh. *Instructress*, Nora Gilmore. Number 3 team won with 82 points, No. 2 scored 81 and No. 1 team 79 points. Considering that this was the first competition of its kind, the work done was particularly good, especially the rescue and release method in the water as also the resuscitation drill on land. As a result not only the Instructors but also the competitors were the recipients of many compliments. Hopes are now entertained that in the near future this event will help to establish greater interest in the subject of life saving, and so cause the movement to spread to all parts of the State, but, whether it does so or not, the pioneer efforts of the two ladies will always be regarded with gratitude by all who have the true interests of the art of Swimming at heart.

Mr. Herbert E. Pallett, the hon. sec. of the Derby Swimming Club, writes to say that he thinks "*The Swimming Magazine*" is the best thing that could have been thought of, that its contents are always interesting and entertaining to swimmers, and of great educational value. Every club should subscribe for it."

NOTES ON NEWS.

Items of General Interest.

THE Australians in Egypt are keeping up swimming practice, those at Mena Camp using the bath attached to Mena Hotel, now used as a hospital. The bath is about 30 yards long by 15 yards wide, 6ft. deep at one end and about 3ft. at the other. But as there are thousands in camp the men only get a chance of bathing about once a week. How they must long for a dip in one of the big Australian baths or a turn in the surf.

Out of thirty-two senior members of the Acton Swimming Club twenty-three have joined the forces, and one of them, Mr. P. Dobson, has been given a commission.

P. McGillivray was to have met Harry Hebner in a 220 yds. district championship race in America, but Hebner was absent. McGillivray had therefore matters all his own way and is credited with covering the distance in 2.29.

All the Welsh Senior Championships have been abandoned, but the Junior Championships are to be held. Councillor S. Thomas has been elected president for the year, and Mr. A. Matthews, of Penarth, the Hon. Secretary of the Welsh A.S.A.

Last year Nottingham Swimming Club lost nearly 150 members. This is said to be due to the high prices of admission to the baths, but it must not be forgotten that a large number of members are serving with the colours. One member suggests that the falling off is really due to the clubs in the district overlapping and the extensive "migration" of members from one club to another.

Among renewed subscriptions is one from H.M.S. *Queen Mary*, of the First Battle Cruiser Squadron.

The girls' swimming races at the Panama Exhibition at San Francisco are likely to attract more than ordinary attention. Miss Ruth Stacker, the Hawaiian wonder, and Miss Dorothy Becker, of San Francisco, will be among the leading competitors, but it is hoped to induce Miss Fanny Durack to give

America a visit. Miss Durack, who holds all ladies' records, lowered her 100 metre time on February 6 at Sydney from 1.18.1 to 1.16.1. When first she made the record for the distance, at Stockholm in 1912, her time was 1.19.4.

The Cleckheaton Swimming Club has changed its name to that of the Spenborough Amateur Swimming Club, and, against strong opposition, has decided to approach the District Council asking them to provide facilities for mixed bathing at the baths. A third of the club's members are serving with the colours.

Arthur Dawson, who has received an appointment as instructor under the Woolwich Corporation, was for a long time closely connected with the Sheffield Otter Swimming Club, and has gained many of the awards of the Royal Life Saving Society. He has also been a competitor for the King's Cup, and was a member of the Sheffield Otter team who won the National Shield. He commenced to make his name as a swimmer in 1903, when he won the Sheffield Schoolboys' Championship, and was breast stroke champion of Yorkshire and record holder in 1910-12 and 1914, and swam second in the 200 yds. National Amateur Championship in 1913, in which year he won the 150 yds. breast-stroke championship of Sheffield. Dawson is a fine all round swimmer, and his tried ability in the water should prove of good service to him in the profession he has undertaken.

The 220 yds. championship of South Australia was won by S. Reedman, Gazeka S.C. (2.51.3), by five yards from H. Moon, of the Semaphore Club. There were only three starters.

Cecil Healy says that the lack of buoyancy in fresh water strikes at the basic principle of the crawl, and he is prepared to maintain that a good trudgeon swimmer will always be able to demonstrate his superiority over a crawler over a recognised course beyond 200 metres in fresh water. He harbours the suspicion that the trudgeon, on the whole, is the more serviceable of the two modes, even in salt water, for protracted swims. Although he admits that his prominence in swimming dates from the time he commenced to exploit the crawl, Mr. Healy thinks that if he had devoted the same amount of study

and perseverance to the trudgeon he would have made corresponding improvement. When a crawler's energy has been exhausted beyond a certain stage, his capabilities deteriorate to a much greater extent than those of a trudge swimmer.

Ted Wetzel, one of the best known authorities on swimming in Australia, is highly impressed with the performances of Kahanamoku, who moves with such marvellous ease through the water that he does not appear to be travelling at an extraordinary pace until you hold the watch and time him. In fact at Brisbane so easy was his style that a good judge kept saying during his race, "Is he trying?" But when they found him win the handicap quite comfortably their eyes were opened.

Women are realising more and more the benefits of the art of swimming. Medical and physical culture authorities regard it as one of the most health-giving, grace-producing and beneficial exercises in which a girl can indulge. One reason why swimming, although the most artificial exercise we take, is of the best is because it puts the body in an entirely different position from the normal one. It offers perfect relaxation to every part and a change of movement for practically all the muscles coming into use, while it brings into action some that are seldom taxed in ordinary daily activities. In addition to these advantages the knowledge of swimming and life saving helps to create confidence and courage, both of which are particularly essential during the boating and bathing seasons or in cases of accident.

Edgar Finlay, the West Australian who won the King's Cup in 1911, and who has recently been residing in Sydney and swimming with the East Sydney Club, has joined the Australian Expeditionary Force.

Miss Fanny Durack won the 100 yds. Ladies' Championship of New South Wales in 1882. Miss Wylie, Sydney, was second; Miss Lottie Fevyer, Metropolitan Club, third.

The 100 yds. championship of South Australia, decided at Adelaide, was won by R. C. Howe (19.2) by two yards from J. Farrelly, after a magnificent race.

It is predicted that the future long distance champion of Australia will be J. Kelly, of the Drummoyne Club, a youth whose style resembles that of the late B. B. Kieran, and who has been accomplishing some remarkable performances.

Many clubs have decided that all of their members serving with the naval or military forces shall be elected honorary members until the close of the war. One of the latest to adopt this form of acknowledgment of bravery is the Stafford Club, who, despite the war, had an increase of membership last year from 227 to 246.

During the last season the Sunderland Salt Water Association did excellent work with its life saving reel, and was instrumental in saving life. Military exigencies have prevented sea bathing for some time, but hopes are expressed that arrangements can be made for bathing during the coming summer months. There is also to be an agitation for the provision of salt water baths, such as are possessed by all other local sea coast towns except Sunderland.

All the members of the Committee of the Kenilworth Amateur Swimming Club are now serving with the colours in Kitchener's Army.

At the end of last year the Derby Family Swimming Club consisted of no fewer than seventy-nine families, with a total membership of 273. The club had a most successful season and in its teaching work is an object lesson to other towns.

Mr. J. E. Brewin, of Birmingham, *ex-officio* member of the Midland Counties Amateur Swimming Association, has been appointed a Lieutenant in the Royal Naval Air Service.

In a letter from Kwa Magwaza, Zululand, Mr. Cyril Wright informs us that facilities for swimming are very poor, and that he seldom gets opportunity for a good swim. The South African rivers are very disappointing. Water weeds grow in profusion. One hears of crocodiles or of an insect which causes disease of the kidneys, and the sluggish, dirty appearance of the streams does not attract one.

Fifteen members of the Serpentine S.C. began their Easter Bank Holiday by competing in the Club's annual swimming event in the Serpentine, Hyde Park, London. To prepare for the race they undressed in the open under the Old Elm Tree.

The Chippenham S.C. start their season well. There is an increase in the balance in hand and in membership, which now totals 256, whilst 50 per cent. of the senior members, including five of the Committee, have joined H.M. Forces.

A new Swimming Bath 100ft. long by 30ft. wide has been opened at Keighley. It has a depth of 7ft. at the deep end, therefore is well suited for diving. It is well lighted and tastefully decorated.

At the Exeter Corporation Baths Mr. A. J. Tucker, the Hon. Representative of the Royal Life Saving Society, had the pleasure last month of examining three candidates for the Society's Award of Merit; they were Mrs. Marchant and Miss Quick, of the Exeter L.S.C., and Mr. C. H. Burbridge, the Bath Superintendent, and all passed the test with honours, as also Miss Wills and Miss Jesty, who are members of the Ladies Club, for the Bronze Medallion. Mr. Burbridge was the instructor of the class and we congratulate him on the success of his pupils. There are many ladies now in Exeter who are expert swimmers and life savers.

Sergt.-Major A. Baker, R.A.M.C., an active member of the Warrington Swimming Club, has been awarded the Military Cross. The club has the majority of its active members serving with the colours.

At a meeting of the Bradwell (Northampton) Parish Council a scheme for providing facilities for bathing in a chosen part of the River Ouse was strongly opposed. One of the Aldermen said, "They had done without a bathing-place at Bradwell ever since Bradwell had been Bradwell. They could do without it at any rate until the war was over." Yet for years past the parishioners have made request for such facilities. To this the Council replies, "Provide it at your own expense." Here is an opportunity for energetic action when next the Councillors solicit the votes and interest of the ratepayers.

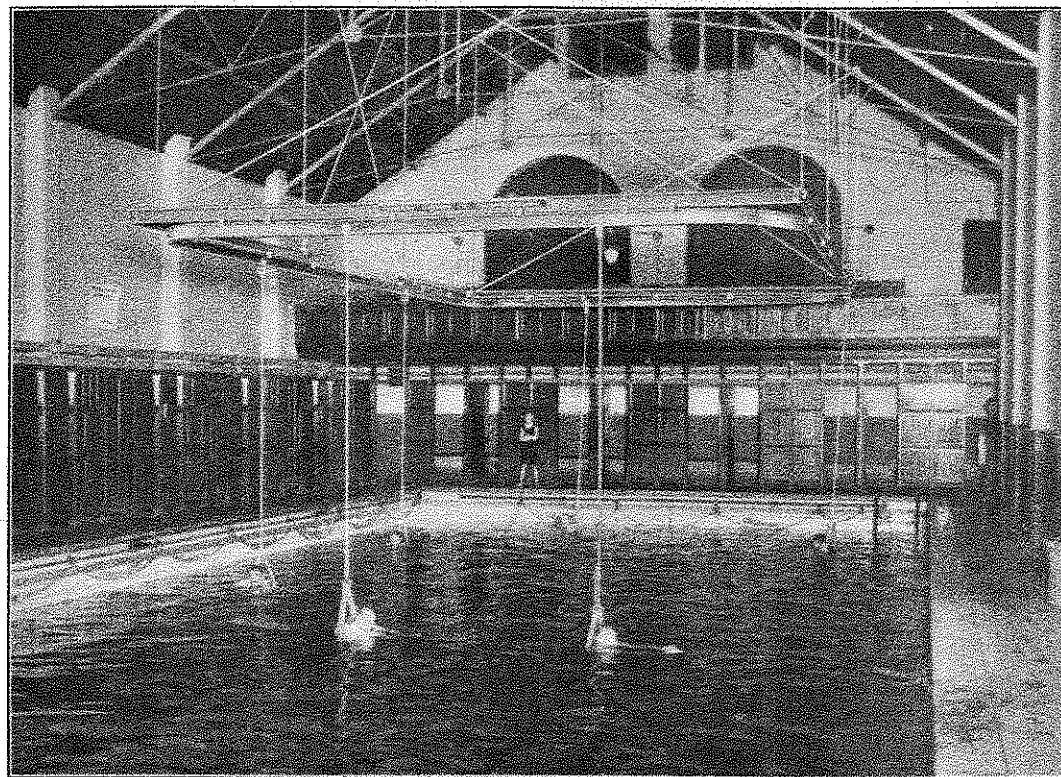
The only Midland swimming championships to be decided this year are the 100 yards and 200 yards ladies, the 100 yards junior, and the schoolboy team swimming final. The 100 yards junior and the 100 yards ladies' championship have been allocated to Wolverhampton St. Peter's S.C., 200 yards ladies' to Luton S.C., and the team race to Leicester S.C. A committee has been appointed to carry out a scheme for the encouragement of swimming among juniors in the Midland counties.

In order to perpetuate the memory of the late Mr. E. B. Mason, of Derby, it is proposed to hold a competition for schoolboys, and to provide a trophy to be known as the E. B. Mason Memorial Shield, open to teams of three boys under 13 years of age from any one school in Derby. The Derby Schools' Swimming Association have also agreed to provide silver medals and a certificate to each of the winning team, and if twelve teams or more compete, bronze medals for the runners-up. The idea is that the most promising of the teams shall be entered by their schools for the Midland District Schools' Team Swimming Championships. Mr. Mason was held in great esteem throughout the district, and was a keen worker both for life saving work and swimming generally.

At the last meeting of the Executive of the Yorkshire Amateur Swimming Association it was stated by Mr. H. J. Johnson that it had been reported to the A.S.A. Committee that the whole of the members of one club, 197 in all, had enlisted. At the same meeting the Association Certificate for Bravery was awarded to Dr. E. B. Collings, of Barnsley, for conspicuous bravery in rescuing a woman and child from the canal at Barnsley on December 2. Dr. Collings was on the opposite side of the canal, a hundred yards away, when he heard the cries for help. He ran to the scene of the accident, and, after removing coat and boots, plunged into the icy cold water, swam a distance of 40 feet, and effected the woman's rescue, afterwards recovering the body of her son. He then remained on the bank in his wet clothes for a considerable time, applying artificial respiration. The Executive considered that the act of Dr. Collings, who is over 50 years of age, was one of exceptional bravery, under very difficult and dangerous conditions.

The "Morris" overhead trolley system of teaching swimming, which has been adopted at the Loughborough Baths, consists of an overhead track or runway with ballbearing trolleys and belts suspended for supporting the swimmers, of very strong construction, so as to withstand the rough usage and hard wear which such an apparatus is apt to get. The swimming belts can be easily adjusted by the bather, who has at his disposal a permanent swimming apparatus which he

We hear from Mr. T. W. Sheffield, who is now at Ocean Park, California, that he has been experimented upon by people who did not believe in the methods of release advocated by the R.L.S.S. A coast life saver, a husky fellow, attempted a neck-hold which he called a double-nelson, but Mr. Sheffield, was able to free himself with convincing ability. They are very fond of the double-nelson in America. We have heard of it from other parts, but as no



A New Device for Teaching Swimming.

can use without special instruction. But its chief advantage is that it enables the teacher to give swimming lessons to a large number of pupils at one time, and it is also useful for practising the crawl and other strokes. Messrs. Herbert Morris, Ltd., the Empress Works, Loughborough, who are the makers of this new apparatus, are prepared to send one of their engineers to any baths to discuss matters on the spot and give advice as to the best arrangement of track to suit the conditions. The track does not involve a large capital outlay and should be found a profitable investment.

experienced swimmer or life saver would permit of such a hold being made its value in our opinion is only of an exhibition character.

Notwithstanding that many of its members have joined H.M. Forces, the Amateur Diving Association is conducting the chief events as usual. Last month, Mr. H. E. Pott, the English Amateur Champion, secured first place in the "Ede" Cup Competition, and last Wednesday the lady members mustered in force at the Holborn Baths and took part in a similar event.

The records of 53.4 registered by Duke Kohanamoku for 100 yds, 1.3.4 for 100 metres by George Cunha, have been approved by the New South Wales Association, and will be submitted to the Australian Union for recognition, and later to the International Federation.

A couple of years ago, Henry Brun, Brigadier au 14th Regiment d'Artillerie, passed the examination of the Royal Life Saving Society at Southampton after instruction by Mr. C. W. Orchard at Southampton Baths. He was called back to France for the war, and on his return home from the firing lines found to his sad surprise that his medallion was missing. As a memento of his life in England and of his competency as a life saver he desires a duplicate, which desire will no doubt be speedily fulfilled.

Some smart young swimmers have been discovered in New York, these being Herbert Vollmer and Joseph Wheatley, of the New York A.C., who in the 220 yds. Metropolitan Senior A.A.U. Championship in the N.Y.A.C. pool, covered the distance in 2.28.1 and 2.28.2 respectively. The best time ever made before in the same pool was 2.28.2 by C. M. Daniels for 200 metres (218.6 yds.), not the full furlong.

Charles Durborow, of Philadelphia, is planning an attempt to swim across Chesapeake Bay from Cape Charles to Cape Henry, and is to have the assistance of the Hampton Roads Yacht Club, whose members know the coast conditions and tides from long experience.

The Richmond Swimming Club will organise monthly competitions for school boys and girls during the coming summer. As most of their members are obeying their country's call the club intends to specially cater for junior swimmers, and will endeavour to make that section particularly strong.

It is somewhat surprising to find the Richmond Swimming Club opposed to mixed bathing, but they have made strong protest against the suggested innovation at the Richmond Baths. The opposition is, however, said to be not against mixed bathing as such, but on the ground of the unsuitability of the local baths for the purpose and the fact that no request is known to have been made by ladies for the proposed new departure.

Among the latest of our correspondents is Mr. John K. Wolfe, the swimming instructor to the Buffalo Public Schools.

G. T. Hill, of Sydney, New South Wales, is serving with the 1st Field Ambulance, 1st Army Medical Corps, Australian Field Forces in Egypt. Pte. Hill, who visited England in 1913, says that the majority of the best swimmers of Australia are with the Expeditionary Forces.

Lady Ninian Crichton-Stuart has accepted the presidency of the Cardiff Ladies' Swimming Club, Miss Millie James has been elected hon. secretary and Miss Enid Fennell has consented to act as captain. This club has won the Welsh squadron ladies' championship for the last three years in succession.

The Warwick County Swimming Association, of which the Earl of Warwick is president, has decided to abandon all county championships this year, except the ladies 100 yards championship, which will probably be held at Aston under the auspices of the Aston Victoria Ladies' club, on a date yet to be fixed.

At the annual meetings of the Derby Swimming and Life Saving Association, held at the end of March, it was reported that the number of Royal Life Saving Society awards gained by members of affiliated clubs was 218 compared with 177 in the previous year, the aggregate in the nine years of the existence of the Association being 1,546. The committee recorded with satisfaction that the granting of fifty free scholarship tickets by the Baths Committee together with visits of expert coaches and the appointment of an instructress for school girls, was tending to raise the standard of swimming among juniors.

Mr. John Baggott, formerly secretary of the Sheffield All Saints Swimming Club, who came to London about two years ago to take up an important post at one of the large riverside smelting works, has now been appointed manager of works of a similar nature at Runcorn, Cheshire.

At the annual meeting of the Teignmouth Swimming Club a vote of sympathy was passed to the parents of Private J. Pedrick, 24th Field Ambulance, a member of the club, who has died in France.

A fibre, known as Kapok, as to the nature of which makers of life-saving appliances are often rather mysterious, is a floss or seed-hair borne on the interior of the pods of a tree of the species of "*Eriodendron Anfractuosum*" which flourishes particularly well in Java. The use of Kapok in Europe was first created by the Dutch. This fibre is soft, silky and elastic; it is very suitable for cushions, as it maintains its elasticity, and does not become matted or compressed in use. It is light and extremely buoyant, and therefore of practical utility in the construction of Life Saving Jackets, Waistcoats, Belts and other appliances. Of all known fibres it is the most buoyant.

* * * *

Victoria Ladies' Swimming Club, British Columbia, is doing all it can to encourage swimming and life saving, and its president, Miss Violet Hardie, is most energetic in her efforts to enlist the sympathies of all ladies in the work. At a gala held in the Y.M.C.A. tank at the end of March, there were no fewer than seventeen items on the club's programme, and almost every branch of the art was illustrated. The life-saving display was carried out in excellent style by the ladies, one of whom, Mrs. Hibberson, has gained the Award of Merit. This accomplished lady is said to be a veritable mermaid.

* * * *

It is proposed to allow mixed bathing at Nelson, Lancashire, and the Town Council has appointed a sub-committee to confer with the Nelson Amateur Swimming Club with reference to the scheme.

* * * *

Leicester Ladies' Swimming Club has a membership of 220, including 73 junior and 10 free scholarship girls. Several have gained the Proficiency Certificate and Medalion of the Royal Life Saving Society and many are training assiduously for the Award of Merit.

* * * *

It is proposed to build a municipal bath at Taunton 75ft. long by 35ft. wide, with a depth of water 3ft. 3ins. and 5ft. 6ins. at the ends, and a depth of 6ft. 9ins., 18ft. away from the deeper end, for diving purposes.

* * * *

"Do not claw the water like a mad cat in a fit" is one of the "Dont's for Modern Swimmers" given by Prof. Thos. Wilkinson, of the Bimini Baths, Los Angeles, California.

WATER BASKETBALL.

DEAR SIR,—As a member of the Vancouver Amateur Swimming Club I have been reading your magazine since last June with great pleasure: the editorials on the different branches of swimming from all over the world were indeed very interesting.

Whilst reading a recent copy I happened to see a short paragraph on Water Basketball, and as you asked for some information I will try and give you as much as I can.

It was in the year of 1908 in Winnipeg that we played this game. There happened to be a few of us in Winnipeg at that time from the same warehouse in London, which was Messrs. J. and C. Boyd & Co., of Friday Street, and, being very fond of swimming, we got to work to see if we could get a place to swim. We approached the Y.M.C.A. (at that time I was a member), and they allowed us to swim there, in order to help the members of their association and generally promote the art of swimming. The tank being very small we tried to devise a scheme whereby we could play five men aside, and as Basketball was the craze in the Gymnasium we thought it would be a good idea if we had two baskets made and tried the game of Water Basketball. The tank, I might say, was so small that we could not throw the ball very hard in case of smashing something, and as it was the only bath in Winnipeg at the time we had to make the best of it. We had the baskets made and we formed teams, consisting of the Y.M.C.A., the Canadian Mounted Rifles, and our team, "The Connaughts" (named after J. and C. B.'s team in London, of which we were members), and started a small league, which went very well; and I might say it needed some very careful shots to land the ball into the net. As far as the rules go, I am afraid I can't help you very much, as it is now seven years since we played it, but if you communicate with Mr. A. Dewey, 122, Perth Avenue, Winnipeg, Manitoba, he may be able to help you. Mr. Dewey used to belong to the Amateur Swimming Club, and was one of the few of us to help swimming in Winnipeg. They now have a fine bath and a number of good swimmers.

Yours sincerely,

S. E. DEAN.

Vancouver, B.C., March 27, 1915.

For further particulars about Water Basketball, see "A New Aquatic Game" on page 24.—EDITOR.]

Sub-Lieutenant J. Wilson Taylor, R.N.V.R.

Secretary of the Bath Club.

Usefully fills every cranny of his time.

THE wide circle to which Mr. J. Wilson Taylor is known will be pleased to learn that he has been given a commission in the Royal Naval Service, Anti-aircraft Section, in which he has served since the beginning of the War, but they will not at first recognise him in the portrait we here reproduce, for the familiar moustache has been sacrificed to the exigencies of Naval discipline.

Mr. Wilson Taylor, while still in the forties, has achieved a good deal during his career. Under the presidency of Lord Desborough, he has piloted the Bath Club through many troubled waters in the last eighteen years, but their joint effort secured the success of the voyage through long days of difficulty and tribulation, and now the ship is anchored in calm waters, with the result that the future and well-being of the greatest of all swimming institutions in the world is fully assured, and no mention can be made of the Club, an account of which appeared in our last issue, without reference to the untiring work and energy of Lord Desborough and Mr. J. Wilson Taylor.

To write of the activities of the last-named gentleman is to give only a vague idea of his capacity for work and wide experience; with such institutions as the London Hospital, the Working Lads' Institute, the Hospital Saturday Fund, University Union Society at Cambridge, the Sports' Club at the Olympic Games, the Ladies' Empire Club and the Pilgrims he has been in some way officially connected, and many of these still claim much of his time and interest, which is esteemed, for no doubt he possesses the talent of success.

The Royal Life Saving Society, of which he is a Life Member, also has the privilege of regarding him as an old friend, substantial sums have come to the Society in aid of its work as the result of his co-operation as joint hon. secretary of the many galas held at the Bath Club in aid of its funds. Mr. Wilson Taylor is a Freemason, and at the present time holds office in the Royal Life Saving Lodge, which is associated with the Royal Life Saving Society.

His work has brought him into close association with many eminent people, and in London he is generally known in all social movements, but it is the regard and devotion



Sub.-Lieut. J. Wilson Taylor.

of his staff at the Club that he ranks high in the things he values most in life, and his appreciation takes the form of untiring efforts for their happiness and well-being.

THE LADIES' SECTION.

By our "Lady Dorothy."

HOW TO INDULGE IN RIVER SWIMMING.

Park Ladies S.C. New Trophies.

Club News from Many Quarters.

WITH coal at its present high price it is unfortunately probable that some of the large English swimming baths will not re-open for the summer season. I remember a year or two ago, at the time of the big coal strike, when many of the baths were unable to obtain coal, that I discovered an isolated one where the bath remained open to the public but was not heated at all. This was in the winter season, and the water looked so clean and clear that I decided to take a dip. I was the only bather and plunged in gaily, but I did not feel the water first and it was cold. I have forgotten what the temperature actually was, but I know it was so cold that when I put my face in the water it felt just as if knives were cutting it. I did my 100 yards, which I had set myself, and then I came out quickly. I suppose the people who go in for dips in open water all the year round get hardened, but it is a shock when one goes to a bath one is used to having comfortably warm and one finds it is the coldest thing one ever sampled. However, May is a warmer month than the one in which I ventured, and in the summer swimmers will not object to the lack of coal, provided the various bath authorities do not close down the baths on that account.

The popularity of river swimming should increase this season. Town dwellers at least are very prone to short distance racing only, and it is to be hoped they will make the most of the opportunity this year, when there is so very little doing in the racing world, to become acquainted with the pleasures and difficulties of long distance swimming. Nearly all the riverside clubs hold long distance events, which are almost invariably a success. Town clubs are likely to find some difficulty in organising river swims, but it is never impossible to arrange these, though the first time there may appear to be innumerable obstacles. To begin with there is the question of dressing-rooms, and though members are prepared to put up with some inconvenience in this respect, it is only reasonable to provide them with good clean accommodation.

We will presume (for example) that a town club is within accessible distance of a river, which can be used for bathing purposes, and that the officials of the club in question wish to encourage swimming in spaces larger than the limited area of the local baths. The captain, the official in charge of such matters, decides on the most convenient part and sallies forth to make the necessary arrangements. In some parts there are special bathing sheds erected by local authorities, but, generally speaking, these are not for the use of ladies, and riverside clubs usually have their own private ones. If approached the latter will often lend their accommodation to sister clubs at convenient times, but supposing this is not possible one can nearly always persuade the owners of a boat-house or tea gardens to provide accommodation either gratuitously or for quite a nominal fee.

Having thus obtained somewhere to change it is wise to make sure that bathing is safe in the vicinity. The depth of water should be ascertained, and for non-swimmers and beginners it is very important to know if the river bed shelves or if there are holes. For divers there is the danger of hidden stumps of trees, and weeds, which have quite unnecessarily caused innumerable accidents.

As soon as the captain has made herself acquainted with these various details she should encourage the members to make up parties for river swimming. It greatly adds to the enjoyment if they each take their lunch or tea, and picnic after the swim. Races and competitions should be organised early in the season, commencing with comparatively short distance events and gradually extending them to courses of from a mile upwards. For the latter it is absolutely essential to have each competitor followed by a boat containing two persons, one to scull and the other to assist the swimmer should occasion arise. It is also necessary to arrange for dressing accommodation at or near the finishing point, as it is very unwise to allow the swimmers to go back to the starting point in boats even if they have wraps. This difficulty may be overcome by

starting above the club dressing-rooms and finishing at that point. The members can be taken up by boat before they get wet. Another way is by letting them swim to a given spot and back to the dressing-rooms to finish.

The Croydon L.S.C. have been presented with another and rather a novel trophy. Mr. F. E. Annison has given a perpetual challenge bowl to be competed for every year by members under twelve, and for this event the club has instituted an additional championship. At the annual general meeting it was decided that the club should not have new handbooks printed this season and that senior members should not be charged any subscription, new members excepted. The usual fixtures were arranged for juniors, but all senior events were held over until after the war. The club balance sheet showed a good balance in hand, and there was a total membership of 138.

At the annual meeting of Exmouth S.C. it was reported that the ladies' classes at the Docks had met with great success. During the summer over twenty ladies were taught to swim. This is a very creditable record for a men's club at the present time, when so many of the members answered the call to arms by joining His Majesty's Forces.

The Norwich Swans L.S.C., which is in its second year, has already done a great deal for the sport. There were 89 new members last year and, out of the small balance in hand, the club contributed generously to the Serbian Relief Fund and the Nursing Home of the Sisters of the Poor. The majority of the new members knew nothing or very little about swimming, but the club's honorary instructors dealt very practically with the situation, and it is anticipated that the result will be very large entries for this season's competitions.

The ladies' section of the Park S.C. was responsible for the important gala at Tottenham Baths on April 29. The affair is to be an annual event in aid of the funds of the Prince of Wales' Hospital at Tottenham. Viscount Hill generously presented trophies, to the value of £50, to be competed for at these galas. The ladies received £25 for their trophy, so they decided unanimously that it should be for life saving. Teams of four entered for the competition, which was

open to clubs in Tottenham, Edmonton, Wood Green, Enfield, Southgate, Hornsey, Hackney, Walthamstow and Finchley. The competition included surface diving, and was run very much on the lines of the National Life Saving competition. The promoting club's desire to stimulate interest in life saving is very laudable, and it is quite certain that the competition will continue to enjoy the popularity it so deservedly won this year. The Park ladies set the excellent example of discouraging races, polo matches and displays by men of military age, by leaving all such events out of their programme. The only men who took part in the gala were either those who genuinely were unable to serve, or else they were members of the forces on leave. In the ladies' polo match almost the whole of one team was composed of Red Cross nurses off duty.

The ladies' section of the York S.C. now has a membership of 100. A great deal of its success is due to Miss Watt, who has always given so much of her time to teaching both senior and junior members. Twelve of the ladies obtained the Bronze Medallion of the R.L.S.S. during the season. These ladies work under difficulties at present, as the baths are so much given up to the soldiers, but it is hoped that at a future date the Corporation will see their way to granting greater facilities to the ladies' section at the baths.

The Burton S.C. (ladies' section) showed a very favourable report in which there was a record membership and an increased balance in hand. Life-saving classes had been well attended, and it was hoped that the members would continue to make these classes a great success.

The newly-formed ladies' section of the East Ham S.C. has 36 members. In the annual report it was stated that it gave great promise of becoming a strong section.

At the first annual meeting of the Tunstall L.S.C. it was reported that the membership had reached 120. A very successful gala was held, and the members handed over £9 7s. 3d. to the Prince of Wales' Relief Fund. Considering all the circumstances it was felt that the club had made a most auspicious start, and the meeting was unanimously in favour of continuing and of making arrangements for the coming season.

MOTIONLESS FLOATING.

Importance of Abdominal Breathing.

THE following valuable contribution to the discussion on Motionless Floating has been received from Mr. A. C. P. Handover, of the Central Executive of the Royal Life Saving Society, and Licentiate of the College of Preceptors with Honours in Physiology, which opens up new ideas on the teaching of floating and affords opportunity for further study. Mr. Handover writes as follows:—

In the March number the quotation from Steedman states: "It may be assumed that the downward pressure acts at the centre of gravity of the natant body and the upward pressure at the centre of gravity of the fluid displaced." For balance these two centres of gravity must be in the same vertical line, otherwise there will be rotation of some nature. During attempts by beginners at floating (as understood by swimmers) the feet tend to drop, due to the centre of gravity of the body being between the feet and the centre of upward pressure of the fluid. Now the position of the centre of gravity of the body can be but slightly varied while still adopting the floating attitude; thus to prevent sinking legs the centre of upward pressure must be changed to bring it nearer to the feet and over the centre of gravity of the body. The method suggested in the articles is a negative one, either head or hands, or both being raised to some extent out of the water, thereby lessening the displacement at the head end of the body and consequently sending the centre of upward pressure towards the feet until it is over the centre of gravity of the body.

The positive method is not touched upon, but is worthy of notice. Since the centre of gravity of an extended body floating horizontally is nearer to the feet than the floor of the chest is, the feet cannot be kept at the surface by chest expansion alone. But if breathing is accomplished by distension of the abdominal walls, combined with compression of the chest walls, the centre of upward pressure is easily displaced towards the feet, and there is little difficulty in getting the two centres in line and therefore in obtaining balance. The control of the diaphragm in abdominal breathing is quite easy in most cases to attain and ensures comfortable floating. Straight, stiff arms extended behind the head should be avoided, as such

a position prevents depression of the ribs; the arms should lie easy behind the head, with elbows slightly flexed and the fingers in one hand in the palm of the other. One great advantage of the positive method is that it does away with the ungraceful angle at the hips so often seen with floaters using the negative method. Of course, when floating has been acquired the final position found most suitable will no doubt be some combination of these two; but more stress when teaching should be laid on the positive and less on the negative than has been the case in the past.

It is also little realised how great is the change in the muscles used while standing and during floating in order to keep the body extended in both cases. With the body erect the muscles of the legs and at the rear of the backbone are kept (unconsciously) in a state of tonic contraction in order to support the weight of the body which is situated in front of the vertebral column. In water, this same action of the muscles causes the well-known hollow back seen in the novice attempting to float, especially if he is told to straighten his back. But since the weight of the body is, while floating, no longer in front of the vertebral column and acting parallel to it, the unconscious tonic contraction of the spinal and leg muscles must be overcome and replaced chiefly by a slight contraction of the front abdominal muscle (rectus abdominis); this is purely an education of the kinæsthetic sense and may take some time to complete.

Learners will appreciate the musculature involved if they lie on a horizontal surface and, while keeping the body level, attempt to raise the legs to an upright position. This action of the front abdominal muscle, combined with abdominal breathing as advised above, is worth learning, since it gives control while floating. The period of learning to float is one of trial and error; the effect of adjustments of various parts of the body should be carefully noted, and if such be done the novitiateship should not be unduly prolonged.

Although the Belper Swimming Club has twenty-four of its members on service there were no fewer than 1,032 attendances of club members at the Baths last season, a very gratifying record of continued interest by the older members in the welfare of the club.

SWIMMING IN THE NAVY.

THE SYSTEM OF INSTRUCTION.

COPY OF THE KING'S REGULATIONS.

IN the article on "The Teaching of Swimming," which appeared in our last month's issue, mention was made of the fact that thousands who join the Navy and Army are unable to swim and that valuable time is thereby lost. Our argument is that swimming should be taught in every school and made a compulsory subject of physical training. We admit that much good has been done of late years and that vast improvement has been shown, but the fact nevertheless remains that many lives are lost to the nation by reason of the lack of knowledge. If all boys were taught our sailors would not be so handicapped as they are at present, for although the Board of Admiralty gives them much encouragement, it is evident from the following instructions, which are issued as the King's Regulations, that there must be hundreds of sailors who join our ships who lack the elementary knowledge so essential to their calling, and so likely to prove of benefit to themselves or their comrades. The regulations are:—

MIDSHIPMEN.

Naval cadets are not allowed to pass out of the training establishments until they can swim. A notation as to their ability is to be made on their passing papers.

SWIMMING INSTRUCTION.

In all ships instruction in swimming is to be given under proper supervision, either from the ship or from boats, for half an hour daily whenever the state and temperature of the water permit; and advantage should be taken, when the ship is in a suitable locality, of sending parties of non-swimmers away for instruction. Economical arrangements may also be made in suitable localities, if considered necessary, for the use of swimming baths when available. The payments on this account should be shown in the cash accounts, under the head of Vote II2, "Miscellaneous Payments."

Bathing in the sea should not take place when the temperature of the water is below 53° Fahrenheit, and the men under instruction should not remain in the water more than ten minutes at any one time, unless the temperature is over 60° Fahrenheit.

As a test of ability to swim, all men must swim 100 yds. with clothes on (duck suit as a rule).

Life saving should be taught to the most proficient, advanced classes being formed for this purpose as opportunity offers.

The record of instruction in swimming (S. 406), showing the number of men who have passed through a course of instruction since the last inspection, and the number of non-swimmers remaining in the ship, distinguishing those still under instruction, is to be produced at all inspections, and is to be examined and signed by the inspecting officer.

In a fleet where a Lieutenant is borne for physical training duties, it is part of this officer's duties to encourage the practice of swimming, and to supervise generally the swimming instruction of the fleet. For this purpose the record of instruction in swimming is to be examined by him whenever he visits one of His Majesty's ships in connection with his physical training duties.

PHYSICAL TRAINING.

Subordinate officers are to be given physical instruction between 6.40 and 7.10 a.m. on all week-days. During the bathing season this instruction should be limited to twenty minutes so as to admit of ten minutes for a swim before dressing.

It will be noticed that naval cadets must not pass out of the training establishments until they can swim. Such an essential regulation should apply to all branches of the service.

"Learn to swim and you will drown your troubles" is the enticing invitation of Mr. E. P. Maxey, of San Francisco, to partake in swimming lessons at the Venice Plunge. He very rightly points out that by learning to swim you "help nature to sustain that perfect condition of the mind and muscles of the body which brings the bloom of youth, and that you will feel yourself growing young both mentally and physically, and find that you are not only equal to the burdens of each day, but alive to its manifold joys and opportunities."

SWIMMING AS A VITALISER.

A Cure for the Slouch.

THAT accomplished swimmer, Miss Annette Kellermann, has told us that "swimming makes one healthy because it brings into use every muscle and compels deep breathing." Mr. W. Winterburn, of the Central Y.M.C.A., Toronto, has gone one better, for he says it is "a cure for the slouch, as it gives confidence and a good carriage." To English readers Mr. Winterburn is known as formerly of the Sefton Swimming Association, Lodge Lane Baths, Liverpool. He has written an excellent treatise on the teaching of swimming, from which we quote the following:—

"As a physical exercise, swimming is one of the few which does not produce deformity by developing one set of muscles at the expense of another. It is, above all, an extensive breathing exercise. The warm, moist, dust-free air, which is inhaled directly above the water, enters by forced respiration to the very bottom of the lungs, purifying the blood, which in turn vitalises all the organs of the body; the thoracic muscles are all developed, the chest becomes broad and deep, and the heart, while stimulated, is not overtaxed, as in many other forms of exercise, because the swimming periods should be of short duration.

"Next to exercise, the care of the skin is important. The action of the water not only assists the activity of the skin, but keeps it in good condition, as well as fortifying it against cold and sudden changes. Thus swimming as a combination may well be termed 'the best and most admirable of all exercises.'

"Before going into the detail of teaching, it would be wise to consider one or two things before deciding to teach 'this' or 'that' stroke. What is the ultimate object to be sought? Speed? Pleasure? or service, as a means of saving one's own life and perhaps that of another? At the present time it would seem that speed is the main object in view. Within the past few years all distance records have been broken and man, in his aquatic stunts, appears as a rival to his prehistoric ancestor, 'Mr. Fish.' We are in a period of evolution of the trudgeon, crawl and combination strokes, and the old breast stroke has been relegated

to the background, and is spoken of by many as obsolete and the most difficult stroke to teach. The majority of instructors are not teaching the breast stroke at all, but the 'crawl,' a stroke the pupils somewhat easily learn. But the breast stroke has been overlooked when life saving is the end sought. It has been noticed that a person who is a good breast swimmer invariably can get the double kick in back swimming that is so necessary when towing another through the water, while the crawl stroke man gets that peculiar knee-scissors action that is little or no use when life saving, as he has been taught to keep his toes pointed, whereas a breast stroke swimmer will make the best possible use of the sole of his foot.

"In swimming, perhaps more than in any other exercise, one of the chief difficulties is to teach the beginner that which seems so easy to a good swimmer. He uses his mind in the water quite as mechanically as when on land, and never makes a great splashing or noise; he swims just as quietly and easily as in walking, and not with jerks and sudden turns of the head and body. It should, therefore, be one of the chief duties of the teacher to impress upon the pupil the necessity of 'keeping his head.'

"It is also advisable with the older pupils to instruct them in a little of the theory or technique of swimming. Dissect each part of the stroke, and explain the reason for each movement, in order that the pupil may get a general idea of what he or she is expected to do. Avoid all undue haste and hurry."

It was understood that the amateur championships of America were to have been decided at the Panama Exposition at San Francisco, but for some reason alteration was made at the last moment and the contests transferred to various clubs. This has caused much trouble and some hard words have been used. The Pacific Association, in conjunction with the Exposition authorities, have made strong protest, and as a counterblast are arranging for an international gala on lines which shall include as competitors Hodgson, the famous Canadian swimmer, Longworth of Australia, Kahanamoku, Culna, Cecil Healy, Miss Fanny Durack of Australia, Miss Ruth Stacker of Hawaii, Miss Hunter of Chicago, and the leading gentlemen and lady swimmers of San Francisco.

THE SECRET OF SPEED.

KAHANAMOKU AND THE HAWAIIAN STROKE.

RIDICULOUS SWIMMING STANDARDS.

Opinions of F. E. Beaurepaire.

THE Duke has practically revolutionised the sprint swimming stroke."

Thus wrote F. E. Beaurepaire in *The Winner* of Melbourne, after he had seen Kahanamoku swim. And he went on to say:—

"The composite crawl is a more versatile stroke than the Hawaiian crawl. And what is the Hawaiian crawl that Kahanamoku and Cunha have shown us to be such a winning one for the sprints? I have heard many people discuss it in the past few days, and they have all quickly seen the main features involved. The extremely fast rhythmic propeller-like action of the feet from the ankles down, and the slower (yet strongly made) leverage of each arm alternately. The arms' actions seemed indeed peculiar to swimming laymen, and near by me at Saturday and Monday's galas I heard the same comment from several different people. The text of the remarks was: 'What's the matter—the Duke's not trying?' This would show how misleading the style is, for there is not the shadow of a doubt that the Duke and Cunha both were triers from the pistol shot to the finish.

"It is agreed, then, that the style is peculiar compared with those we already know. The legs act much more quickly, and the arms, if anything, move slowly, or with fewer thrusts to the minute. But those arms are taking full power from each thrust or lever. In that slightly slower action each arm in turn is enabled to lift the body so many more inches forward than if a quick thrust and lever were made. So much for the arms; the fact remains that with a 'two-beat' crawl (that is, one leg kick to one arm thrust), and a slower arms' action, the legs would sag and become burdensome to the arms, and upset the rhythmic action so much desired. To overcome this the feet are used as quickly as possible in propeller-like style from the ankle, and without coming above the surface of the water. The upshot is that the legs support their own weight through the agency of the feet, and materially assist in keeping the body at a required angle and

position on the water. The arms, meanwhile, are concentrating their steadily yet strongly applied thrusts or levers on sending the body as far forward as possible, and with each thrust or lever there need not be the thought of the body or legs sagging, and entirely upsetting any chance of making great speed.

"In watching Duke perform leisurely over a distance came the opportunity of defining the rhythm or action of his stroke. It is distinctly 6 to 2; or, more plainly put, three legs' actions to one action of either arm. Though the style was thought to be one in which the legs are used independently of the arms, it is not so. There is as much regularity or arm movements in relation to leg movements, or *vice versa*, as it is possible to have, and undoubtedly in that regularity of rhythm lies the secret of the speed attained by Kahanamoku and Cunha."

Writing on Systems of Teaching, F. E. Beaurepaire points out how ridiculous are some of the so-called swimming standards. In one he calls special attention to, that for Junior Cadet Training. It is stipulated that at the end of the first year the cadet must swim *not less than 10 yards*, and that the standard at the end of two years is a swim of *not less than 20 yards*, and to know practically how to rescue a drowning person. For the test it shall be sufficient if one method of rescue is known. These standards have introduced weaknesses into the whole of the Junior Cadet Training, for many head teachers, seeing so easy a standard of efficiency among other optional subjects, select swimming, not because of its beneficial value if taught properly, but because if swimming facilities are available, boys will learn without training. The teachers are satisfied if the boys can struggle the 10 or 20 yards as the case may be. Again the teachers in Victoria who undertake instruction in Junior Cadet Training are only required to pass the second year test themselves, and can then pose as competent swimming instructors.

FOR SWIMMING HONOURS.

THE BEST METHODS OF TRAINING.

FAULTS TO BE OVERCOME.

First Article.

THERE are hundreds of capable swimmers of both sexes who could by consistent practice qualify to gain the Award of Merit of the Royal Life Saving Society and by so doing equip themselves with knowledge enabling them to enter later on for the Diploma examination with a possible chance of success. The Award of Merit examination is an "intermediate" between the Bronze Medallion tests and those for the Diploma, the highest award the Royal Life Saving Society can offer, and an honour which is eagerly sought after.

When the Diploma examination was first instituted, there was no intermediate test, but in order to encourage Bronze Medallists to aspire to higher aims and knowledge, the Award of Merit Competitions were started in 1908. They have proved eminently successful, as up to the time of writing 2,396 have gained this award, but they can be made more so now by strenuous efforts on the part of swimmers themselves in the first instance and by instructors upon whose guidance the swimmers can trust.

By some it is stated that the Award of Merit tests are very difficult. Perhaps they are to the mere speed swimmer, but to the diligent student who takes the trouble to train properly, they are comparatively easy. The real difficulty is the relative speed at which the various feats have to be performed; difficulty arising through want of thought in the first instance, and consequently ignorant methods of practice. Perhaps I should rather have said lack of perception than want of thought. If you read through the conditions of the examination in regular order you will find that after your six hundred yards swim, you have to undress in the water, then work very rapidly until the finish of your tests.

It is quite possible that you can accomplish every one of them easily and to perfection, but have you practised them in regular order as laid down and been able to do them as well in regular order as you did them individually? If you cannot do them well in regular order, you are courting failure.

So as to explain to you what I mean, I will assume that you can swim two hundred yards in clothes on the breast stroke, two hundred yards with the back stroke using arms and legs, and two hundred yards by the side, over-arm side stroke, trudgeon, double over-arm stroke or the back stroke without use of arms, that is to say six hundred yards in all, right off the reel. You can do this, but have you gone right through the tests in their proper sequence before presenting yourself for examination. If you have not you will find that by the time you arrive at the later tests you are in trouble and that it will only be by great effort that you will be able to complete the task required of you.

But these difficulties can be overcome by careful study of one's own physical peculiarities and attention to detail in work. Much labour can be saved by acquiring a proper stroke, which prevents exhaustive breathing and thereby adds to the staying power of the competitor; an addition in strength which aids to victory.

The importance of acquiring a correct method of breathing was pointed out on the article on "Motionless Floating" which appeared in the March issue of the *Swimming Magazine*. The study of this is the first subject to be undertaken; in fact it is a study which you must always keep up. Then take your "swimming in clothes work" in regular sequence, swimming say one hundred yards at each distance and gradually working up until you can swim the full six hundred yards with ease. The chief difficulty you will find will be the change of stroke, but do not exhaust yourself, because after you have done your swim there is yet much more to be done.

Prior to this swim you have to carry a person by the second method of rescue for a distance of at least twenty yards. Then you have a minute's rest before the swim, but you must particularly note that no rest is allowed between the change of strokes. It is a continuous six hundred yards swim in clothes, the regulations being that for males the attire shall consist of a swimming

costume or drawers, shirt, tie, collar, waistcoat, serge or flannel trousers or socks; and for females a swimming costume, corsets, stockings, bloomers, serge or flannel skirt and blouse. All attire must be of ordinary character and properly fastened on the body.

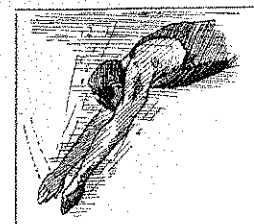
Having gone through your swim successfully you then have another minute's rest before proceeding to undress on the surface of the water. Before you will be able to do this properly you must be able to float. In fact, you should learn how to float before you take your swimming in clothes practice, and there are other feats in which you must also be accomplished before you can remove your clothes properly. Examination in these comes later on in the tests, and I will therefore deal with the subject of undressing in the water later on in this article.

Diving from the Surface.

Illustrated.



First Position.



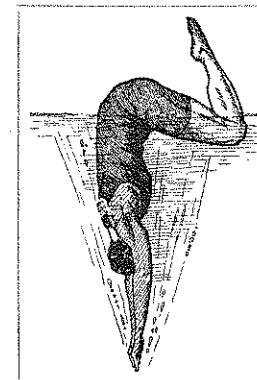
Second Position.

Well, suppose you have got through this test, you then have to dive from the surface of the water to a depth of at least five feet, and raise and land an object weighing about 5 pounds.

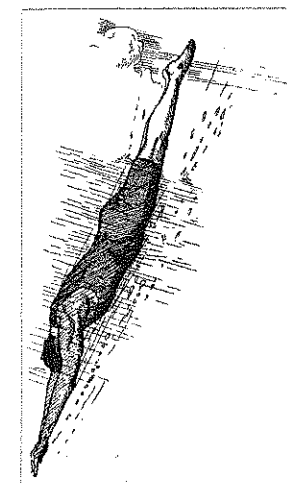
The importance of being able to perform this properly will have been pointed out to you in your preliminary training for the Bronze Medallion, and as you will have had to perform the feat satisfactorily before having acquired that award it is unnecessary to again describe the methods to be adopted.

But here it may be stated that this dive must always be commenced from the breast stroke, after two or three strokes along the surface.

To accomplish this dive neatly it is essential to throw the legs up above the surface of the water, as shown in the illustration entitled "third position," and as the body gains momentum downwards it is straightened out, as illustrated in the "fourth position." When taking this dive the eyes should be kept open in order to observe the object, as many who attempt to pick up something from the bottom often miss it because they rely entirely upon the sense of touch.



Third Position.



Fourth Position.

Next in order come dives from two heights, one not exceeding 5 feet and the other from 8 to 10 feet. A study of the comprehensive series of articles on "Diving" by William Henry, which have appeared in the *Swimming Magazine*, will enable you to improve your style and learn to dive neatly. For this you should have regular practice.

Then another minute's rest is given and you have to perform three of any eleven given movements or any other swimming movement previously submitted to and approved by the executive. It is on the proper carrying out of these tests that your success will probably depend, and it is in the performance of them that your careful study of breathing and your constant practice in working so as to reach the latter stages of the examination in a comparatively fresh condition will become of value.

The "floating" test is the first on the list, the condition being that the candidate must float motionless for 30 seconds but not necessarily horizontally, this meaning that the legs may be a foot or so below the surface, so long as the body is stationary. But do not be content with this. Try to float perfectly horizontal. With practice you are almost certain to do it, and it is more graceful and more satisfactory to the examiners.

The next optional test is that of "Plunging 35 feet." This you should soon be able to do with practice, but do not rush it in your examination. You should learn plunging if you aspire to the Diploma, because for that honour good plunging is compulsory. In order to plunge properly you should stand erect on the diving-board with the toes slightly overlapping the edge of the bath, and the ball of the foot resting firmly upon the diving-base. The knees should be kept together and the body poised upon the ball of the foot. Then the arms should be swung slowly backward and forward while a few short inspirations are taken, the heels being raised from the ground at each swing of the arms. The inspirations should be short, and the expirations long until the lungs are well cleared, and then a deep inspiration taken as the feet leave the diving-base, the arms at the same time being thrown above the head in direct line with the body. In the spring forward the hands should enter the water at least ten feet from the base, but only at a slight angle, and the body should at no time be more than two feet below the surface of the water. When the body is in the water the palms of the hands should be kept flat, the fingers perfectly straight and the thumbs locked while the feet should be turned back with the soles facing upward. The body must be kept perfectly motionless and in a straight line. With a little practice you should be able to travel forty feet quite easily in about twenty-

five seconds, but you must take care to make your plunge in a straight line. Any ill balancing of the body will cause it to deviate from the proper course and go towards either the right or left side of the bath.

The next test is "Sculling," either feet first or head first, using hands only, not less than 30 feet. This is an easy feat and a knowledge of which is of good service when undressing in the water. The swimmer simply turns on his back, keeps his legs closed, his head slightly up and the arms along the side of the body. The hands are laid palms downward in line with the thighs and the fingers pointing slightly upward. Then the hands are moved from the wrists in semi-circles from right to left and feathered through the water in the return to the body, which will then move head forwards. To scull feet first the hands should be turned towards the bottom and semi-circles made from the wrists as in the head forward movement.

The "Propellor" is a feat which only those who can float can perform. Indeed you must be able to float well to do it at all properly. The swimmer turns upon his back with his arms at the side of the body, keeps his head back and his legs closed. He keeps the body in position by a very slight sculling action, then swings his arms in a wide sweep from the body until they are extended beyond the head. This sets the body in motion and it moves feet forward. Immediately the start has been made the hands are worked from the wrists in semi-circular manner similar to sculling, the palms being turned upward and the fingers slightly downward. The push outwards beyond the head which so many beginners attempt to make progress by is wrong; the correct method is similar to that used in sculling. As soon as the Propellor movement is acquired it has to be done very quickly in order to be effective.

Although the "Propellor" is difficult the "Torpedo" is much harder, inasmuch as the head has to be kept under water while the movements are being made. Floating ability is, however, not absolutely necessary, as it has been found by experience that many who are unable to float can do the Torpedo although they cannot manage the "Propellor." In the Torpedo the body is brought to the sculling position, then the palms are turned upwards, the legs raised from the hips and the arms swept round until extended beyond the head. This action

causes the feet to rise out of the water and the rest of the body to become submerged. Then the hand action from the wrists as in the "Propellor" is made and the body moves forward feet foremost, with only the feet showing.

"Backward and forward somersaults" are sometimes taken by candidates for the Award of Merit, the test being two consecutive backward or forward somersaults. When performing the backward somersault the head is bent well back, the legs drawn up and the arms swung out wide in a straight line with the shoulders at right angles to the body. Then the body is turned on the back and a stroke made with the arms, which are forced toward the back and returned with a semi-circular stroke, bringing palms upward and causing the body to turn right over, the head going first. In the forward somersault the action is just the reverse, for although the knees are brought up the head is pressed to the chest face downward, and the arms are extended palms downward, their movement being made to the front instead of to the back. These feats are very simple, and with little practice a swimmer ought soon to be able to make five or six turns quite easily. Each turn either way should be timed to allow the performer to breathe regularly, but in rapid work there is practically no time for this, and a good inspiration should therefore be made before starting on the somersault.

Now we come to another difficult task, and that is "Revolving on the surface without using hands or feet." It is purely a balancing feat and one which no person other than one of special ability in floating can perform gracefully. The body is first of all placed in floating position horizontally, the legs closed, and the hands extended beyond the head, thumbs locked together. When the body is quite steady and the lungs fully inflated the revolutions are started by muscular force, the head being first of all turned to the right. The force exerted causes the body to turn over on to the face. Directly this is done the direction of force is changed to the left side, and the body turns round on to the face again, in the opposite direction to that in which the movement was started. Once the body is in motion the revolutions can be kept on, but everything must be done slowly and gracefully. Otherwise the difficulty of the feat is not apparent to the onlooker.

"Swimming on the breast feet first" and

"marching on the water" are easy accomplishments. In the first mentioned the position of breast stroke is first taken up, the legs are worked backward alternately from the knees, and the hands are used as in the "Propellor" or "Sculling" feats. In "marching on the water" the swimmer lies on the back in a floating position with the arms folded across the chest, or else laid alongside the body. He then causes his body to progress feet first by alternate actions of the legs as in walking, pressure only being exerted when the leg is being drawn down, the other leg being straightened slowly. The two last named feats are the easiest in the examination.

"Imitation porpoise swimming" used to cause a good deal of surprise, but it is now quite common with our best swimmers. Some performers push off from the bottom, but this is not allowed by the Royal Life Saving Society, whose tests are intended to demonstrate the ability of a swimmer and not those of a mountebank. The swimmer should start on the breast, then take a deep breath, and make a surface dive, then a couple of good under-water breast strokes, a turn of the head upwards followed by a vigorous kick of the legs. This will bring the head well out of the water. As the body rises an ordinary arm stroke should be taken, and then as the head comes out, the arms, which by this time should have come to the first position in breast stroke, must be forced downward to the hips, and the body will roll over head foremost. These actions are repeated, and if the breathing be studied can be continued neatly all along the bath. The "Imitation of the porpoise" is really a succession of neat surface dives, in which the management of the breath is all important, the intake having to be done very quickly.

In learning to perform the "Imitation of a submarine, sinking and rising at least twice," commence by lying perfectly straight on the surface of the water as for "Sculling." Then raise one leg to as nearly as possible a perpendicular position, and move along the surface by the sculling action of the hands, which should always be kept in line with the hips. In order to sink you reverse the palms of the hands, making them face upwards and scoop the water from outward, inward and upward. This will have the immediate effect of the body and upright leg sinking below the surface. The leg, which is perpendicular, should always be kept in the

same position, as there is a tendency to drop it as the body sinks, and thus do away with the idea of the periscope or mast. In order to rise again, the palms are turned downwards, and with a quick sculling movement, as in the first instance, the body is raised to the surface obliquely until the face appears, when a fresh breath can be taken whilst proceeding along the surface. The second sinking is then made, as in the first instance. These movements require considerable practice, but if once properly acquired, can afterwards be easily performed.

The foregoing instructions are for the benefit of those who aim to gain the Award of Merit, and if they are acted up to and worked out in detail will be found beneficial.

I may point out that any candidate failing to obtain a minimum of five points for any part of the test is, of course, registered as a failure, but if the examiners report that the candidate is generally good and has seriously attempted the test, the executive may entertain an application for re-examination without further entrance fee, but if the application be granted, the whole of the test will have to be gone through *de novo*.

Next month I shall deal with the question of undressing in the water, and also with the special tests for the Diploma, commencing with the Theoretical examination, which is the highly important part of the work.

(To be continued.)

NEW AQUATIC GAME.

IN *Mind and Body*, a monthly journal devoted to physical education, published at Milwaukee, Mr. T. G. Whitaker, of the Missouri Athletic Club, St. Louis, in referring to "Water Basketball" as a new aquatic game, states that

"With the abolishment of the old game of American water polo, considered by many athletic authorities too rough for any but swimmers who have had years of practice with all its intricacies, a new game has sprung into being throughout the country, which combines all the recreative and muscle-building features of the old game, minus its excessive roughness, at the same time retaining enough of the personal encounters that the red blooded athlete craves. Water basketball is the new game that has taken the west by storm. Almost any area is sufficient, providing the water is over 6ft.

in depth. As a sport and developer of endurance and lung power it takes high rank, necessitating, as it does, constant swimming for a period of five to eight minutes coupled with some of the strenuousness of wrestling.

"As played in the Missouri Athletic Club, ordinary basketball backboards and baskets are used, so suspended from the ceiling that the rims are 5ft. above the surface of the water, six men to a side, lining up as in basketball. The ball is tossed to the centres, starting the play. The game is composed of two halves of eight minutes each, with as much time between halves as necessary. A fully inflated water polo, or 'soccer' polo ball is used. A player cannot hang to the side of the pool and play the ball, nor can he push off the side and receive the ball or tackle an opponent. A player with the ball can be tackled only by one of the opposing side, until he releases the ball or gives it up. He is permitted to swim under the water not more than 8ft. The ball going out of bounds is given to the opposite side.

"Fouls consist of: Tackling or interfering with a player who has not the ball, more than one player tackling another, pushing off the side or hanging on to receive the ball, slugging, gouging and other unnecessary rough play. All fouls entitle to a free throw from an 8ft. line; at no time until after the foul has been thrown can a player be interfered with.

"The rules are simple. An increase in the attendance of the swimming pool, together with a general improvement in the swimming ability of the players, will be one of the immediate results of the introduction of the game."

According to American advices Duke Kahanamoku was not so many years ago one of the almost naked boys who swam from the dock at Honolulu, to meet the incoming liners to dive for silver coins, and to play hide-and-seek with sharks. Kahana-moku was born in Honolulu, and is the son of the chief of police of the city. When he was very young the Hawaiian wonder was one of the stars of surf riding at Waikiki Beach. He evolved his own stroke, but for turning in baths and other details of racing he had the tutelage of George Kistler, the swimming coach of the University of Pennsylvania. Kistler, who is late of Penzance, swam a match many years ago with Willie Beckwith.

The Swimming Magazine.

(Second Volume commences 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. All orders for the 1915 issue should, if possible, be posted in time for delivery at this office **not later than the 17th May**. Last year's subscribers are invited to renew their subscription of 5s. for twelve months, the same to date from 1st June, 1915.

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.

Your orders per return of post will be greatly esteemed.

William Henry

Editor

CURACHO

(WATERS' OILLESS EMBROCATION)

Used by Prominent Swimmers. Prevents Chill and Cramp and refreshes Tired Muscles.

From **BOOTS LTD.**, 555 Branches, and leading Chemists, or the Manufacturer, C. Findon Waters, Curacho Works, Surbiton.

— Price 1/1½ per bottle. —

Swimmers' and Divers' EAR PLUGS.READILY ADJUSTABLE
... TO ALL EARS. ...**6½d. per Box.**

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

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.

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

**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.

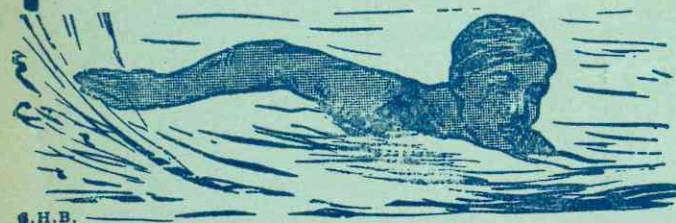
ADVERTISEMENT RATES.

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.

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.