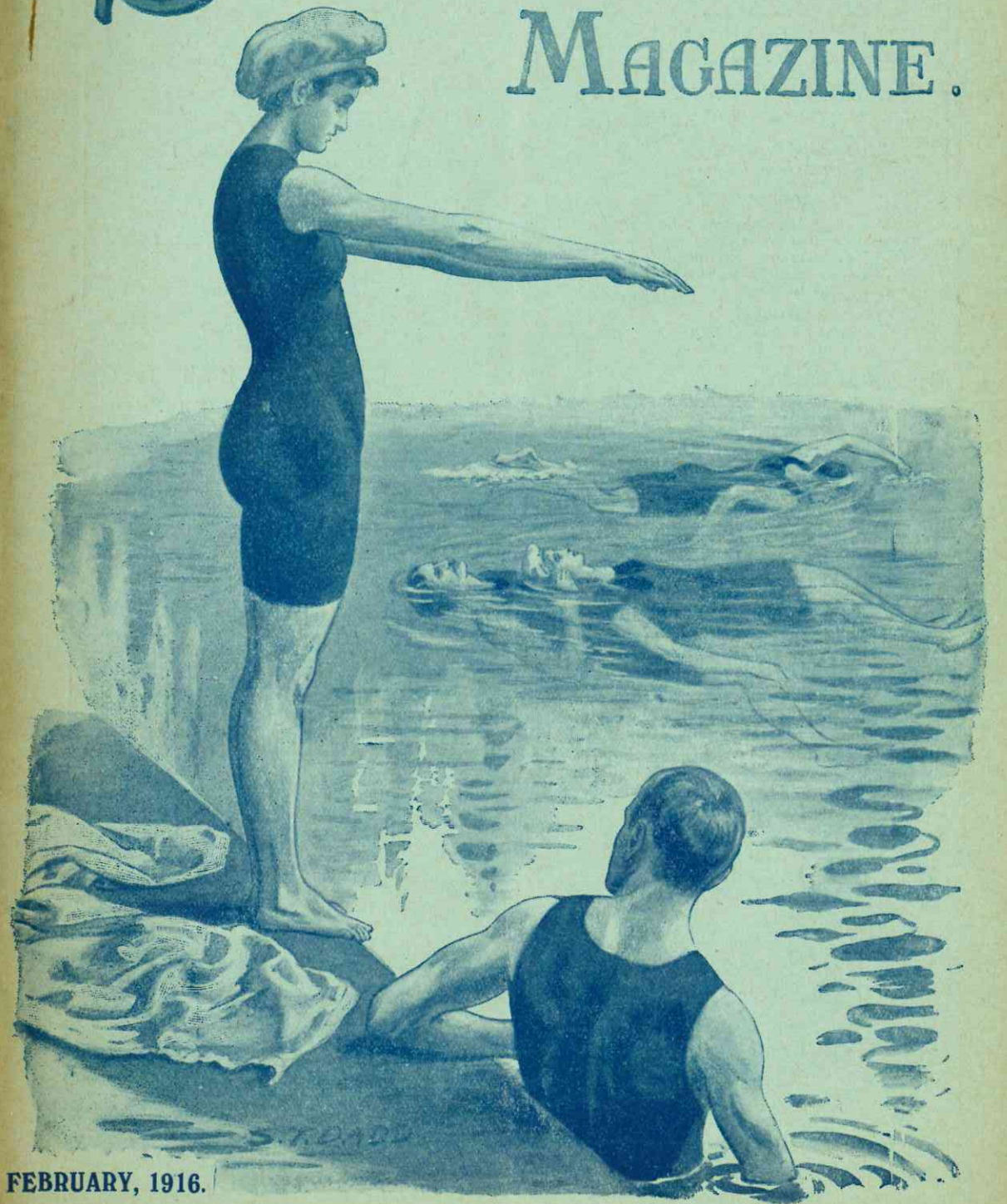


# THE SWIMMING MAGAZINE.



FEBRUARY, 1916.



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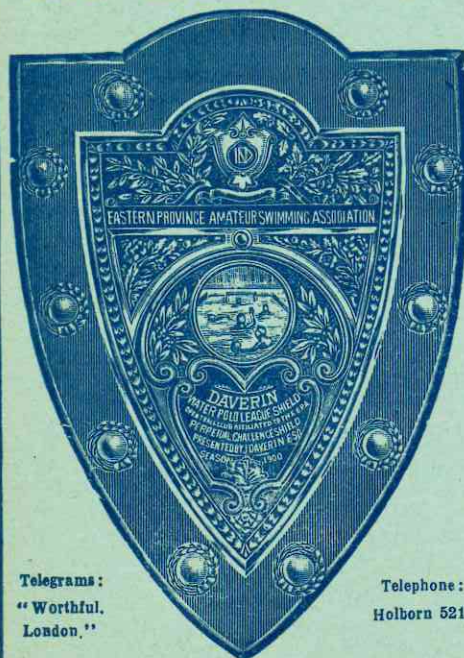
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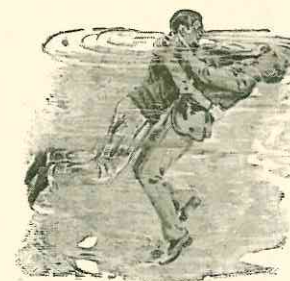
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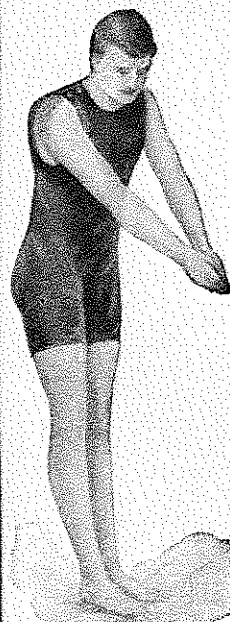
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Magazine**

No. 9. VOL. II.

FEBRUARY, 1916.

*(The Official  
Organ of The  
Royal Life  
Saving Society)***THE FUTURE OF SWIMMING.****WORK FOR LADIES OF THE EMPIRE.****POSSIBILITIES OF AMERICAN PROGRESS.**

**W**HO would have thought a few years back that upon women would devolve a great advancement in the art of swimming and life saving? Yet we have only to read of the remarkable performances of American lady swimmers last season to realise how great has been their influence in the United States towards the desire of everyone there to improve not only themselves but also their fellow beings. It is the same in British Columbia and other parts of Canada, in Australia, South Africa, Tasmania and New Zealand as well as in England. Among the belligerent peoples mentioned the women have taken the place of the men and have shown such zest in their work that the progress made in speed rates and general efficiency has no parallel in recent years, while it has been left to the United States, fortunately untrammelled by the burdens of war, to make the greatest progress of all. Reliable authorities in the States assert that this growing enthusiasm is largely due to the lady swimmers, who have been accomplishing some wonderful performances and have so constantly lowered records as to make rivalry keen and interest general. The collegiate education and the splendid system of inter-scholastic and inter-university competitions would however seem to have done much also, as well as the habit of the American not to drop his "tank" swimming, a form of exercise he particularly affects during the winter months. For some years after the war the American male swimmers are likely to have a great pull upon those of Great Britain and the Overseas Dominions, for while the Britishers have had no opportunity for practice or training the Americans have had the field to themselves and are day after day making special study of all new strokes and perfecting and improving them in readiness for the time when opportunity next comes to them to meet experts outside of America in friendly competition. That time

is not yet, but in the meanwhile our lady swimmers must be looking to their laurels, for there has arisen in the States a legion of young mermaids who are setting records at defiance and creating new high standards of excellence. They have made some remarkable times at short distances and have shown great ability in diving. But their work has not been confined to these features, for they have some extraordinary records of long and arduous swims and have shown such pertinacity in completing them as to merit high praise from all those who love the art of swimming. Apart from actual racing they also combine together for mixed bathing parties and long distance trips, thus affording social recreation, as well as improving their own style by comparison and competition with others. As to our English ladies must be largely left the promotion of swimming, it would be highly advisable just now for them to arrange summer outings not solely for the exhibition of personal prowess but rather for general advancement. They should make it their object to study the latest form of the American ladies and to carry out summer galas, outdoor when at all possible, so as to keep in touch with all advanced movements in swimming and also in constant but pleasant practice. Before the English season be opened in June they can take up life saving and open up by gaining the Bronze Medallion of the Royal Life Saving Society, having obtained which they have a stepping-stone to higher awards which will be of undoubted benefit later on. The practice of swimming in clothes and the gaining of ability to perform scientific feats in the water, which is necessary to ultimate excellence, should form part of the groundwork of the training for next season and may lead to competitions of so varied a nature as to keep alive that spirit of emulation for which our lady swimmers are so noted.

# THE ROYAL LIFE SAVING SOCIETY.

## CHEERFUL REPORTS OF CONTINUED PROGRESS.

### REMARKABLE RESULT OF LIFE SAVING KNOWLEDGE.

THE usual monthly business meeting of the Central Executive was held at the offices of the Society, 8, Bayley Street, London, W.C., on Thursday, January 20, when the chief matters under consideration were the annual report and balance-sheet. It was resolved that these be published in the April number of the SWIMMING MAGAZINE. The report will, of course, mainly deal with the efforts put forth in promoting the aims and objects of the Society in His Majesty's Forces at home and abroad and in schools. So far as the swimming clubs are concerned, the work amongst the males has been practically at a standstill, but the ladies have done splendidly in all departments of the work, particularly in regard to the higher awards.

With reference to the balance sheet, the report of the Hon. Treasurer, Mr. Harry J. Barclay, was considered eminently satisfactory, as he was able to show that the income amounted to £1,524 17s. 5d. and the expenditure £51 16s. 8d. less. The Chief Secretary drew attention to the facts that there had been a large increase in the higher awards, that the classes of instruction had been as numerous as in previous years, but that the number of candidates in each showed a decrease. This has, of course, special reference to the male section, and is easily accounted for by so many of them being away on military training.

Amongst the interesting correspondence submitted were letters from friends of the Society now on active service at the various fronts, also from branches in Canada, South Africa, Australia and New Zealand, as well as gratifying news from Rhodesia, which is referred to elsewhere. The expressions of interest and desire to help from all these were most hopeful for the future.

Owing to the drain on its young manhood the Auckland Head Centre of the Royal Life Saving Society, the first to be formed in New Zealand, has not been able to make the progress it has desired, but hopes are

expressed of forming a strong Committee before long. At a class held at Thames, Miss E. P. Newton passed for the Bronze Medallion and four other candidates gained proficiency certificates. The examiner was Mr. H. M. Wright, Hon. Treasurer of the Centre.

There is no reason why the Centre should not become particularly prominent in the work of life-saving when normal conditions prevail, for there is no doubt that the bathing facilities are excellent, but those who bathe need organizing in the same way as is done in other parts. Up to the present most attention has been paid to racing, with the result that the essential strokes for life-saving work have been entirely neglected. When the writer was at Auckland hardly a boy or girl could be found who could swim the back and breast strokes; in fact there were some who had not even seen these performed. We well remember the result of this policy when Mr. Champion (who hails from Auckland) competed in the King's Cup at the Bath Club, about which much was written and said at the time, that so fine a swimmer could not carry a subject a distance of 20 yards.

At the annual meeting of the Aberdeen Branch of the Scottish Head Centre, under the chairmanship of Councillor Reith, elementary certificates were presented to 82 pupils taught by Mr. Allan T. Brown, swimming instructor at the Middle Schools. The principal office bearers elected for this year were Hon. Presidents, Provosts Maitland and Wilson, Chief Constable Anderson, Dr. W. F. Cross, Baillie Mackie, and Councillor A. G. Russell; acting president, Mr. Alec Johnstone; hon. secretary and treasurer Mr. James Gray, 31, Adelphi, Aberdeen; representatives to Scottish Head Centre, Messrs. A. Johnstone, John Fraser, and T. R. Hay.

We have received an interesting letter from P. R. Pomfret, the founder and late hon. secretary of the British Columbia Branch of the Royal Life Saving Society, who is

now located at Carolina, in the Eastern Transvaal. He has received quite recently a certificate of hon. membership of his old swimming love, the Johannesburg Swimming Club, in recognition of bringing the Transvaal Life Saving Championship to the Club in 1909. Mr. Pomfret was glad to learn, through the pages of the SWIMMING MAGAZINE, that his old pupil, Miss Madge Griffin, had gained the Diploma of the Society. As a pioneer of Life Saving in British Columbia Mr. Pomfret's work was much esteemed, and many were the regrets expressed when it was found that, owing to family reasons, he was obliged to leave for Eastern Transvaal.

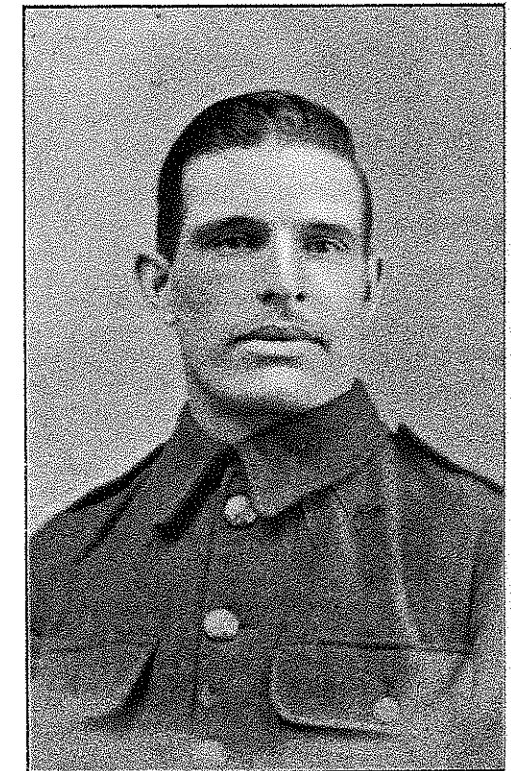
Pathetic interest attaches to the following letter received by Mr. G. H. Williams, the secretary of the New South Wales Head Centre, from Private Frank C. Bauer, hon. sec. of the Dee Why Life Saving Club, who was serving with the Australian Force and was killed on September 26, a week after the date of his letter.

"Anzac Cood, Gaba Tepe, 19 9 '15. Dear Mr. Williams,—Amidst shot, shell, and vermin, with the 3rd Field Ambulance, I am doing my share carrying the wounded—very hard and nervy work. I am in good health, eat well, sleep fairly well. The crack of the rifles all night keeps one awake. Australians are 'top-notchers' now; their bravery cannot be too highly praised. Our old president, Colonel Reuter E. Roth, D.S.O., is close to us, a quarter of a mile off. So is Bob Douglas (R. G. Douglas, Bondi S.B. and L.S.C.). I have met all the swimmers and life-savers, and received cordial greetings. My sincerest regards to you and the executive committee. I may see our chief secretary (Mr. William Henry) in London yet. I shall convey the Society's message, and try to worthily uphold here the tradition of the Royal Life-saving Society. Good-bye at present." Mr. Bauer, who held a responsible position in the Stamp Duties Office, Phillip-street, Sydney, was forty-eight years of age and a valued member of the New South Wales Executive.

Colonel Roth, D.S.O., who served with distinction in South Africa, is in charge of the Australian Army Medical Corps, and serving under him are two members of the winning team in the last "Roth" Life Saving Challenge Shield Competition. It is not intended to conduct the competition this season, but the Hendry Challenge Cup for Juniors and

the Ladies' Challenge Cup Competitions figure among the fixtures.

Striking testimony as to the value of the land drill of the Royal Life Saving Society comes from Corporal H. Hart, of the 1st Garrison Battn., Oxford and Berks Light Infantry, who gained his certificate, bronze medallion, and Award of Merit at Malta, when in the 2nd Gloucester Regiment. Corporal Hart, who was wounded at the front,



Corporal Hart.

A worthy Life Saver.

and then transferred to his present regiment, tells us that he found the fourth method of rescue of invaluable service when removing a wounded comrade from the firing line to the "dug-outs." He had tried to shift him, but realising that it meant certain death to both Corporal Hart cast about in his mind for some more precautionary method. Then the Society's instructions for carrying a person seized with cramp, the fourth method of rescue, flashed across the gallant Corporal's mind, and sticking his toes into the mud he worked his wounded comrade over the



planks into the communication trench, the man resting his hands on Hart's shoulders. Of course as he had to work with his hands and feet only the method of progression was slow, but eventually he pushed his wounded comrade along into the communication trench and comparative safety.

Corporal Hart is enthusiastic as to the value of the fourth method of rescue even on land.

The best of the swimming schools in Northampton is St. Edmunds, who have won the Spanish Cup given by the Northampton Swimming and Life Saving Society to the school having the best percentage of swimming certificates on no fewer than six occasions. The cup is termed the Spanish Cup, as it is the gift to the Northampton Society of Mr. W. H. Butlin, the Spanish Vice-Consul.

Since the opening out of the war many packages sent oversea by the Royal Life Saving Society have been lost, owing to mishaps to ocean-going vessels carrying the mails, and we find that the authorities of the Province of Quebec Branch, also of Upper Canada College, Toronto, and Havergal College, have failed to receive many certificates forwarded to them, doubtless through this untoward cause. The remarkable report of the Ontario Branch appears in next column. We learn from our esteemed correspondent, Mr. Arnold Morphy, the president of the Ontario Branch, that life saving classes were held at the Upper Canada College annual camp at Lake Tamogami, and that the candidates had gained six awards of merit, six bronze medallions and sixteen certificates.

Among the energetic workers for the Society is Mr. W. C. Collier, the hon. secretary of the Wellington Head Centre, New Zealand, who, though the majority of his honorary assistants are away, has been able to arrange several good displays in outlying districts, one of these being to Foxton on October 24 last. Foxton is a popular seaside resort, but there was no life saving club there, and the Wellingtonians went at considerable personal sacrifice to demonstrate the Society's methods of rescue and also give exhibitions of surf reel drill. The work of the teams, who were under the direction of Mr. Duffy, was watched with close interest. The next day the team went on to Levin, and there gave another display of a highly educative nature.

## ONTARIO BRANCH.

### A RECORD YEAR OF SUCCESS.

We have received the seventh annual report of the Executive Committee of the Ontario Branch, which covers its work for the year 1915, and judging by the number of Awards granted, which of course means a great deal of work, the past year has proved the most successful since its formation. The total Awards granted were 333, and it is worthy of note that these include only 23 Elementary Certificates, whilst the Awards of Merit number 27; Bronze Medallions 114, and Proficiency Certificates, 158. Two members were elected Hon. Associates of the Society and 9 were appointed Hon. Instructors, the Hon. Associates being Mr. E. A. Chapman, the Hon. Secretary, and Mr. W. Winterburn, a Member of the Executive. These appointments were made in appreciation of the great services rendered by the two gentlemen in question in furthering the welfare of the Society, and in taking a prominent part in the establishment of Instruction classes, many of which they conducted.

In the first place the Executive extended to the Rt. Hon. Lord Desborough, K.C.V.O., the President of the Society, the sincere sympathy of the Branch in his great bereavement, which has been previously referred to; similar resolutions have been passed by all the Branches of our Society.

Special credit is given to Miss Mary Beaton for her exceptionally good work in carrying on instruction classes, which resulted in her candidates obtaining 94 Awards, including 15 Awards of Merit. It may be stated that Miss Mary Beaton obtained her Diploma at Portobello, near Edinburgh, and has since done yeoman service for the cause of the Society at Toronto.

Several new organizations were affiliated during the year, including the Canadian National Y.M.C.A. Training School, the West End Y.M.C.A. at Toronto, the Y.W.C.A. of Hamilton and the High Park S.C. Many public demonstrations of Life-saving methods were given during the year, and Miss Beaton conducted similar displays which produced 400 dollars for objects connected with the war, whilst the Toronto Municipal Council continues to do splendid work on a large scale for the promotion of swimming at the free bathing stations.

The Honorary Instructor-in-Chief, Mr. A. L. Cochrane, paid a visit to Cornell University for the purpose of promoting the objects of the Society and establishing classes, with most successful results. Many of the students from the College have since gained the Awards of the Society, and Dr S. A. Mumford has been appointed Hon. Representative, whilst Mr. H. A. Sherrard, a Vice-President of the Branch, receives well-earned praise for his work in connection with the Dominion Day Regatta Association, which does much to make swimming and diving popular. The displays annually given by the Association are witnessed by many thousands of people.

The Executive praise the SWIMMING MAGAZINE, which they regard as the important official organ of the Society and of swimming generally. The balance sheet proves most satisfactory, the credit balance amounting to 257 dollars 90 cents. The report is signed by Mr. Arnold Morphy as President and by Mr. E. A. Chapman, Hon. Secretary.

We hear by recent mail that Miss Margaret Pickard, who has been trained by Miss Beaton, has entered for the Diploma.

Having regard to the excellence of the Report and the prospects for the future, we most heartily congratulate the Executive of the Ontario Branch upon their work. We are pleased to note that the Patron of the Branch is H.R.H. the Duke of Connaught, Governor-General of Canada, the Vice-Patron His Honour Col. Sir John S. Hendrie, C.V.O., Lt.-Governor of Ontario, and Colonel Albert E. Gooderham the Hon. President.

### TASMANIAN CENTRE.

The newly-formed Tasmanian Centre opened its season by giving instruction to the Boys' Life Brigade and Boy Scouts in the use of life-saving reel drill, and the work was highly successful. The life-saving classes were, of course, made a special feature, and the instructors were kept exceptionally busy, judging by the request for supplies of bronze medallions, proficiency, elementary, hon. instructors' teachers' certificates, badges, charts and handbooks forwarded to headquarters.

Demonstrations of land drill, reel drill and resuscitation have also been given, and the public has shown, and is showing, great interest in the teaching which the energetic executive is providing for everybody who can be prevailed upon to join or

form classes. Mr. Horace Watson has given a trophy for competition, and is also working hard on a club house scheme for Long Beach, Hobart, which is to be equipped with life-saving reels, ambulance litter and accessories, and to have hot water service laid on, also everything else necessary for the proper working of life-saving appliances in case of accident.

A great deal of the recent success has, of course, also been due to Mr. A. G. Stubb, Hon. Secretary and Treasurer, and the Misses Barnard and Pocock, who have been a tower of strength in the foundation of the Centre.

The Centre were fortunate enough to secure the help of Major R. E. Smith, of the Launceston Grammar School, as hon. representative in Launceston.

Great thanks are due to Alderman W. Williams, and other gentlemen of Hobart, who purchased two life-saving reels for the beach at a cost of something like £40, for the gift has been the means of interesting influential people in the principles of life-saving.

At the time of writing the centre was proposing to give instruction in swimming and life-saving to those of their fellow citizens who had volunteered for active service.

### WEST AUSTRALIAN HEAD CENTRE.

In the sixth annual report of the West Australian Head Centre, presented at the annual meeting held at Perth on November 17 last, it was stated that between five and six hundred holders of the Society's awards had joined the Imperial forces, but that, despite prevailing conditions, good work had been done, particularly in the State schools, in which many of the teachers who hold awards have been able to give the children under their charge the benefit of their skill. As distinct from the tuition of swimming there were also many opportunities for reliable instructors in life saving to train classes of both sexes in the Metropolitan area, as for the first time bathing facilities could be obtained at Crawley.

From its foundation the centre suffered from the want of bathing facilities, but through persistent agitation the Government and the Perth City Council came to an agreement for the construction of baths at Crawley and a tram line to them. But there is still need for improvement, as the cost of travel-

ling to and fro, together with the charge for admission, is somewhat prohibitive, as each visit costs the bather about 9d. The Perth City Council is, however, advancing by degrees. One kindly action of it is the placing of a room at the disposal of the men's section of the Society. Of course the ladies now want one for themselves.

The Cottesloe Municipal Council has also shown kindly interest in the work by granting the use of a room on the beach as headquarters.

The most gratifying experience of the year is the increased interest taken by Colleges and High Schools, and especially those for girls, all over the State, in life saving exercises, and a large number of awards has been gained.

The total number of awards granted during the year was 522, these comprising 170 Elementary Certificates, 243 Proficiency Certificates, 85 Bronze Medallions, 4 Teacher's Certificates, 3 Hon. Instructor's Certificates, and 17 Awards of Merit.

At the annual competitions the Claremont Club team, consisting of Misses Nancy Gordon, Gipsy Woodhouse, Myria Woodhouse and Elsa Shearer won the Lapsley Cup for ladies' clubs; the No. 1 team Perth Modern School, represented by Miss Enid Ewart, Alice Hall, Ruth Allen and Dorothy Ferrow, the Barron Trophy for Girls' Secondary Schools; the Claremont Central State School, whose team was composed of the Misses Myria Woodhouse, Nancy Gordon, Jessie Cook and Ethel Evans, the Bunbury Cup for Primary schoolgirls under fourteen; the Law Shield for Boys' Secondary Schools by the Scotch College, who had Messrs. A. Hewby, C. Watson, K. Barker and G. Maxwell as its representatives; and the Connolly Cup for Primary schoolboys under fourteen by the Claremont Central side, consisting of F. Dethridge, W. Woodhouse, W. Hobbs, and H. Nunn.

Great praise is due to Sergeant Smith for his untiring work as Hon. Chief Instructor, and also to Mr. J. E. Wells for continuously practising land drill at the Convent Schools in Perth and suburbs, and thanks are due to the convent authorities for encouraging the practice. Efforts are being made to get the land drill taught with other drill in all the State schools.

During the year the Government of West Australia made a grant of £50 to the Society, which also holds in trust for Miss Bardwell a sum of about £10 which she forwarded on the eve of her marriage. The Society

desires to thank that lady most sincerely for her unwearied efforts to teach life saving methods at the Methodist Ladies' College and other schools and later among the children at Geraldton. They also desire to put on record the valuable services of the hon. secretary of the Centre, Mr. J. H. Millett, Box No. 15, G.P.O., Perth, who has done so much towards building up a strong position for the Centre, and also to the worthy president, Mr. Cleifton R. Penny. Both are constant in their efforts to promote the welfare of the Society.

#### PROGRESS IN RHODESIA.

The good news comes from Salisbury, Rhodesia, that swimming is making rapid progress, and that life-saving classes are to be formed, the latter through the painstaking efforts of Mr. Alfred Bater, who after twenty-seven years' service with the Imperial Army, is now superintendent of the baths at Salisbury.

Of course the swimming clubs have greatly depleted in membership through the war, and the Pirates' Amateur Swimming Club seems about the only live club at the moment, but there is plenty of young material, and the work of teaching is going steadily on. The chief feature at the moment is the interest taken by the Salisbury Boys' High School, where four school clubs have been formed for competitive purposes, and it is hoped these will shortly be affiliated to the Pirates Club. The masters, particularly Messrs. D. C. Jones and Hugh Williams, are enthusiasts and coach the boys in the art with the assistance of Mr. E. Edwards, sub-editor of the *Rhodesia Herald*, and Mr. Hodgson, the handicapper of the Pirate Club. The last mentioned is one of the best swimmers in Salisbury. School competitions are held weekly, and the boys are also taught the rescue and release drills of the Royal Life Saving Society in connection with their gymnastic classes. They are also encouraged to gain proficiency in surface-diving.

One of the stringent rules at the baths, and one we should like to see adopted all over England, is that bathers, after undressing, must first use the shower baths before entering the water.

Another innovation which would also be welcomed is the opening of the baths on Sunday afternoons for mixed bathing.

Dr. F. E. Appleyard, the Medical Officer of Health, who is a keen swimmer, and who was only just beaten by Captain Douglas Jones, to whom he had to concede a second, in the veterans' handicap at the meeting of the Mashonaland Amateur Swimming Association on October 23, is taking a keen interest in life-saving, and is delivering a series of lectures to the Pirates Club, who are carrying out the classes with Messrs. Bater and Edwards as instructors. As several of the 2nd Rhodesia Regiment have gained the Bronze Medallion of the Society they may also possibly help. Another worker is Mr. Prince Russell, holder of the Royal Humane Society medal, who has gone up from the Cape to Rhodesia. We feel that a very strong life-saving centre will be established in Salisbury, and that the Boys' High School will become as prominent a Swimming School as Fort St. Sydney, which has produced world's record holders, and many champions.

#### WANGANUI HEAD CENTRE.

The Wanganui Head Centre has had a very successful season, for although the awards granted are somewhat fewer than last year the weather was all against progress. Nevertheless 108 candidates are reported as having proved competent life savers.

About the most successful club was that of New Plymouth, by whom three Hon. Instructor's Certificates, nineteen Elementary and Proficiency Certificates and sixteen Bronze Medallions were gained.

Considerable interest attached to the annual school competitions for silver medals. The Boys' Senior Medals were gained by Chas. Deem and Allan Millward, Wanganui; the Girls' Senior by Rita Purser, Wanganui; Boys' Junior by Victor Boulton, Wanganui; and Claude Sargeant, Fielding; and the Girls' Junior by A. Perrett, Wanganui, and Connie Young, Fielding.

In the sixth annual report it is stated that the 108 awards were made up as follows: Award of Merit 4, Hon. Instructor's Certificate 3, Hon. Teacher's Certificate 3, Medallions 29, Proficiency Certificate 49, and Elementary Certificates 20.

These make the total of awards gained since the Centre was established in 1910 up to 785, as follows: 1 Diploma, 8 Hon. Instructor's Certificates, 12 Teacher's Certificates, 33 Awards of Merit, 166 Bronze Medallions,

395 Proficiency Certificates and 170 Elementary Certificates.

During last season the third annual competition for the Boys' Shield and the second for the Girls' Shield were won by the Gonville and Queen's Park Schools respectively.

The thanks of the Centre are heartily given to the Borough Council, who have granted free tickets for one bathing season to all who gained the Proficiency Certificate, which has greatly assisted the Society in its work.

The hon. sec., Mr. L. V. Kerby, is to be congratulated upon the splendid report he has been able, through assiduous honorary work, to forward to headquarters.

#### PROVINCE OF QUEBEC

The absence of the young manhood of the country at the front or at training centres and the exigencies of war work have somewhat interfered with the work of the Province of Quebec Branch during the past year and fewer awards have been issued. But yet there have been several patriotic swimming meetings and also plenty of quiet and unostentatious work by the officers, of whom Mr. Leonard G. Norris, P.O. Box 2332, Montreal, is so worthy a representative. Life saving demonstrations were commenced last April and continued up to June 25, no fewer than thirteen baths being visited in the period. Only a few qualified instructors were left and the demonstrations could not therefore be followed up by classes, but they had the effect of giving the spectators a good idea of the methods, so much so that on several occasions since some of them have actually been able to achieve successful artificial respiration.

On two occasions during the summer the Society's lecturers and demonstrators' teams visited Verdun at the invitation of the Verdun 500 Social and Swimming Club and gave exhibitions before at least 2,000 people on both occasions. The immediate effect was that the Verdun Town Council, taking advantage of natural conditions, made an open air bath 280 feet long, appointed an attendant to look after bathers, and promised to devote funds to the establishment of a public all-the-year-round bath.

The Ottawa Y.M.C.A. asked the branch to send an instructor to their boys' camp at On-Da-Da-Wak, Golden Lake, Ontario, and

Mr. E. D. Vernot undertook the duties. Nine candidates passed for the Proficiency Certificate and the Bronze Medallion. One of the most interesting experiences of the Hon. Secretary and one which reflects very pleasantly on the work of the Society was a request from the Grey Nuns to organise the teaching of swimming to the orphans of Our Lady of Years Home, halfway between Montreal and Cartierville, on the other side of the Island of Montreal. The President, Mr. Louis Rubenstein, and the hon. secretary took charge of this tuition, and on arrival at the Home found a beautifully equipped building, capable of accommodating 350 children and with a modern swimming-bath forty feet long by twenty wide and shelving from 4½ ft. to 2 ft., which they considered ideal for teaching boys and girls from seven to twelve years of age; not a single boy could swim and only a few of them had ever seen anyone who could. The instructors were also handicapped by the youngsters not being able to speak British, but one of the sisters came to the rescue and after hard work all of them learnt to swim. They took up the leg stroke very quickly and after that the work of tuition became easy to Mr. Norris, who by this time had secured the invaluable help of Mr. W. K. Case. The boys all acquired a good breast stroke with a wide leg kick. Nothing could have been finer than the affection exhibited by the sisters for their charges and by the latter for those in whose care they were.

By mail from Queensland, we learn that over a hundred and fifty candidates passed in for life saving examinations from Nudgee College Christian Brothers early in December, that a surf reel was to be installed at Maroochydore at Christmas, that carnivals were to be held at Maryborough and Bundaberg in January, that the State schools life saving carnival is to take place this month, and the annual carnival next month.

While at Nudgee College, conducting the examinations, Mr. F. O. Venning, hon. secretary of the Queensland Head Centre, started to give an exhibition of his well-known ability as a diver without ascertaining the depth of the water, with the result that he sustained serious injuries. It appears that owing to the drought the water under the diving-board had subsided to a depth of eighteen inches, and his first header was taken from the height of eight feet.

We have been favoured with an interesting letter from Mr. T. W. Sheffield, founder and principal of a School of Swimming and Physical Culture at Ocean Park, California. He has recently been testing a new swimming belt made of cloth by means of which six persons were buoyed up. It offers no restrictions to the free movements of the arms and legs. Mr. Sheffield is trying hard to establish life saving classes in accordance with the methods of the Royal Life Saving Society, and we trust that he will meet with every success. His thirty years' experience in connection with all branches of the art should be of special service.

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The Liverpool and District Swimming Association have made a special award for gallantry to Police-Sergeant John M. Learmont, of the Liverpool City Police, who is a well-known life saver. He was a member of the Everton team which won the National Life Saving Competition promoted by the Royal Life Saving Society, and the skill he showed in this competition has proved of much benefit to him and others on duty, and the methods he acquired have enabled him to save life. We are delighted in congratulating Sergeant Learmont on furnishing such excellent proof of the value of this competition.

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An American writer tells us that there was a remarkable growth of swimming sport in the United States last summer and says that one of the main reasons for this sudden bound ahead has been the admittance of women to compete in the various events under the jurisdiction of the American Athletic Union. The records made by the mermaids have been astonishing, particularly those by Miss Olga Dorfner. This young lady swam 100 yards straight away in 1.9.3, which is far in front of the 1.16.4 by Miss Francisco Cowells, of San Francisco, in the 75 yards bath at the Panama Exposition Games. Miss Dorfner also swam 220 yards in a 110 yards open water stretch in 3.15.2. At distances beyond the furlong top honours go to Miss Lucy Freeman, of the National Women's Life Saving League, Bath Beach, N.Y., a sixteen year old girl who in a mile open race over a 100 yards course across current, swam the mile in 35.37.

## THE LADIES' SECTION.

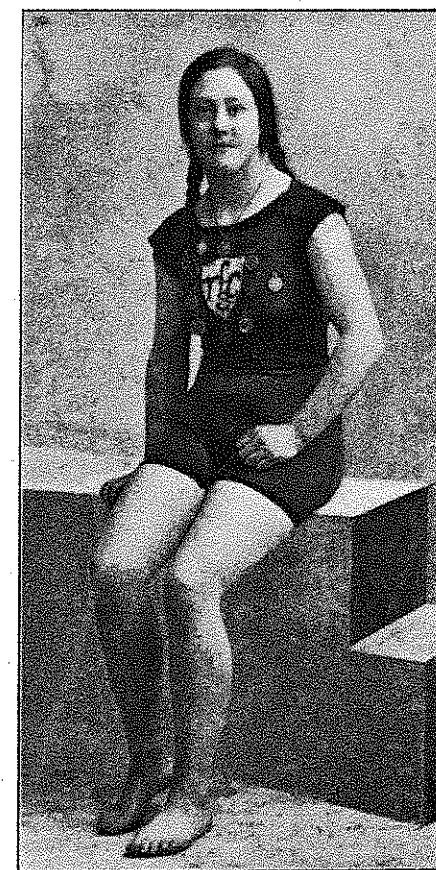
### RECORD SWIM BY MISS CONSTANCE JEANS.

#### SPORTSWOMEN OF LANCASHIRE AND CHESHIRE.

FOR some unexplained reason there was reluctance to bring forward for record the brilliant performance of Miss Connie Jeans at Hucknall Torkard Baths on October 30 last, when she swam 300 yards in 4.23 and thus easily beat Miss Daisy Curwen's international record of 4.25.2 made at Seacombe on October 30, 1912. The time and distance were not doubted, for the performance was accomplished under standard conditions for the Olympic test gold medal of the Amateur Swimming Association and was timed by two such competent men as Messrs. J. Wilson and A. Pounder, both of Nottingham. The objection to the sending forward of this record for consideration by the A.S.A. Committee and ultimately, I presume, by the International Board, whenever that can meet, appears to have been highly technical, the alleged ground being failure to make application for recognition in a certain time. But inasmuch as it was really an Association Competition, conducted by timekeepers officially appointed by the Midland Counties Amateur Swimming Association, the question of the validity of the record should never have arisen. A record made in an official time test should never be open to question, for if it be what is the use of the time test at all? The rules are so hedged around, however, and so capable of misconstruction, that need exists for simple revision. One cannot expect lady swimmers to know all the ins and outs of what I have heard certain swimming legislators term the "Swimmers' Bible."

But to return to Miss Connie Jeans and her performances. This young lady, who is only sixteen years of age, swims with an easy trudgen stroke, head erect from the water, and possesses a very powerful leg stroke. Her turning is perfect, and that is what gained her so easy a victory over Miss Daisy Curwen in their three hundred yards match at Seacombe on December 8, brief reference to which was made last month.

After the turns Miss Jeans gets a tremendous thrust forward, and thus gains appreciably upon any opponent. In her swim on October 30 her times were:—50 yards, 34.2; 100 yards, 1.15.2; 150 yards, 2.1; 200 yards, 2.47.2; 250 yards, 3.36.2; 300 yards, 4.23; and in her swim against Miss Curwen, the watch registered, 50 yards, 32; 100 yards, 1.12; 150 yards, 1.57; 200 yards, 2.46; 250 yards, 3.39; 300 yards, 4.29.



Miss Connie Jeans.  
England's New Lady Champion.



When it became known in the North of England that Miss Jeans would like to attempt other records before the end of the year, but that opportunity did not offer, the Lancashire and Cheshire swimmers, who are sportsmen and sportswomen of the true type, soon fixed up other meetings for the accomplished Nottingham lady. The first took place at the Guinea Gap Baths, Seacombe, on the Tuesday after Boxing Day, and this time Miss Jeans endeavoured to lower the 150, 220 and 300 yards ladies' records, but she failed to lower any of them; though one timekeeper's watch registered 4.25 for the 300, which is three-fifths of a second inside Miss Curwen's record. Still that does not much matter, as the 4.23 at Hucknall Torkard will now stand.

The official time given was 4.26, but I am told several watches made it 4.25. Anyhow the performance points yet more to the remarkable ability which Miss Jeans possesses and gives promise of great record feats in the future. In order to give further opportunity to Miss Jeans the Seacombe and Egremont Club held another gala for her on the last day of the old year, and then in an invitation race against Miss Annie Spiers, of the Everton Ladies, and Miss Ivy Jeans, of Nottingham, she beat the 150 yards record of 1.58 held by Miss Curwen by 1.4. She endeavoured to lower record 1.11 at 100 yards but occupied 1.12.2. Then finishing up with a powerful stroke she finished in 1.56.1. A capital wind up for the old year.

Miss Connie Jeans, who was sixteen last August, weighs 8 stone 1 lb. and stands 5 ft. 4 ins. She is very unassuming, and never gets excited when competing in important races. At present she is being educated for the teaching profession, and is now a pupil teacher bursar. Miss Jeans has four sisters, all extremely good swimmers, taught under the auspices of the Nottingham Schools Association as schoolgirls at Huntingdon Street School. Ivy, the oldest, has been the Nottingham 100 yards champion for several years, and was one of the few to finish in the Humber swim. All the young ladies are members of the Nottingham Ladies' Swimming Club.

The great improvement shown by Miss Jeans should prove a special incentive to our younger lady swimmers, who through their clubs should have far more chance of participating in races this year than was the case last, when everything seemed disorganised. There is plenty of time to arrange

high-class galas before June is upon us, and if clubs be weak they should amalgamate for this special purpose. When we give benefits to instructors and others who have done good to the sport we generally band together. Why not, therefore, for mutual improvement and the holding of Red Cross and other galas?

I am not despairing of seeing a ladies' race over the men's Long Distance Championship course in the Thames this year, even though I see no sign of the Association taking the matter up. Perhaps we can get one of our powerful ladies' clubs to manage an open challenge competition and some one of our munificent donors and enthusiasts to give us a trophy. I am sure that an open race of this character, or a longer one, say from Molesey to Richmond, would tend to bring the question of ladies' swimming more prominently before the public, and mayhap lead to the granting to us of better facilities for swimming and mixed bathing in baths. At present the hours allotted to our sex are far too short, and at many baths are at an inopportune time of the day.

The race for the Henderson Bowl, open to members of the ladies' section of the Hawick Swimming Club, has been won by Miss Peggy Wilson, the holder, and the junior championship by Miss Jean Scott, also the holder. Both races were over a distance of fifty yards. Miss Peggy Wilson dead heated with Miss Edith Elliott for the graceful swimming championship of the club.

The Dartford Premier Ladies S.C. and the Dartford S.C., which is composed of male swimmers, held their supper and distribution of prizes at Dartford on January 12. Mr. L. S. Lyon, the President of the latter, was in the chair, whilst Mrs. Lyon, who is President of the former, distributed the prizes. The function was a particularly pleasant one, and I was glad to learn that the ladies, in conjunction with the men, did remarkably well for the interest of swimming in Dartford last year. Judging only as a visitor, they seem to be a particularly happy lot, and are working hand in hand to make swimming go. During the past season they have given galas and entertainments for the wounded heroes in the neighbourhood, and these were much appreciated by them, and the efforts of those who worked so well and so hard for their benefit were recognised by the clubs in a very

pleasant form, which consisted of a tiny "war swimming medal" being presented to them. I refrain from calling it a souvenir in case it should be regarded as out of place.

Mrs. Lyon gave the toast of the Allied Forces and absent members in a very charming and neat speech, and Mr. G. P. Ellard, the Hon. Secretary and Treasurer of the Men's Section, treated the visitors to a fine oration in reference to the support received and difficulties experienced in connection with the promotion of swimming amongst the young people. The visitors who replied were Mr. H. E. Fern, Hon. Secretary of the Southern Counties Association, and Mr. William Henry, of the Royal Life Saving Society. Among other visitors present who travelled from town to take part was Miss Lily Smith. Judging only by the remarks passed during the evening Mr. and Mrs. Lyon, as Presidents of the organisations, have great hopes for the future of their respective institutions. Certainly all concerned are to be congratulated upon the success they have achieved under difficult conditions.

On page 148 of the January Number of the SWIMMING MAGAZINE we referred to Prof. Wilkinson's efforts to promote the knowledge of swimming among the grandmas of the city of Los Angeles. We now learn that about 100 grandmas took advantage of his offer, learned to swim and finally quite a number entered in a race entitled "The Champion Grandma Swimmer of Los Angeles," which was won by a Mrs. C. K. Scholl, but as the list of prize winners contains the name of a "Miss" it seems to us there must be something wrong with the title of the event, or that there has been a "Miss-print."

Nearly three hundred women are learning to swim as part of their gymnasium work in the University of Wisconsin, since every woman is required to pass a swimming test before she graduates from the university. Swimming honours are also awarded to women who attain certain requirements. To win honours the student must meet the following conditions: To swim four times around the tank, with breast, side, crawl or trudgen stroke in form; to swim twice around with any two of the other strokes; to swim length of tank with back stroke; to swim once around the tank in street clothes.

By the way, why do we not have more graceful swimming competitions in our clubs? So many of us now go in for the Award of Merit, in the hope of gaining the Diploma of the Royal Life Saving Society later on, that it would be really useful were such competitions to be started, for we should then get together for practice and make mutual improvement. There are many things which we club ladies could undertake were the instruction and assistance forthcoming, and we look to our clubs to foster this spirit of advancement and not to rest dormant. We are not downhearted or pessimistic, and there are many club members who are crying out for more active methods in club management this year. Our sisters in the Overseas Dominions have risen to the occasion, as witness the encouraging reports which appear month by month in the *Swimming Magazine*. It was up to us to set them a good example, now it is our duty to follow theirs.

It is reported from Australia that Misses Fanny Durack and Mina Wylie are swimming remarkably well this season, and we are advised to look out for records of a sensational nature.

The Sheffield young ladies keep up their fine record in life saving examinations. At one held just before Christmas at the Upperthorpe Baths, for classes instructed by Mrs. Galey, no fewer than thirty-three schoolgirls successfully passed the examiners, Mrs. Tomlinson and Mrs. J. A. Ekin.

Among lady members of the Accrington Club who have gained the Society's awards are Miss Dot McPherson, the Award of Merit, and Mrs. Kate Dobson and the Misses Gladys James, Agnes Gregson, Florrie Wilkinson, Sallie Johnson, Annie Oswald, Bertha Fedder and Alice Hoyle, bronze medallions. The awards were presented at a special concert and dance held at the Liberal Club.

Over forty of the members of the Alexandra Swimming Club, Wandsworth, gained the Club's silver medal for learners last year, seven the medal for swimming a mile, and the Misses E. Tripp, S. Merriman, A. Woodroff and M. C. Simmons the Southern Counties certificate for swimming the mile under fifty minutes. The other members who swam the mile for the club medal but failed to beat the standard time were Messrs. P. K. Jones, D. Dodd and A. Bishop.



## FOR SWIMMING HONOURS. HINTS ON ESSAY WRITING FOR DIPLOMA.

BY WILLIAM HENRY.

**I**N the articles entitled "For Swimming Honours" which appeared in the May and June numbers of the *SWIMMING MAGAZINE*, it was pointed out that one of the most important tests for the Diploma is the theoretical examination. You have to show in the form of an essay not exceeding 4,000 words that you really understand the theory and practice of swimming and life saving, and know of their advantages and benefits as well as the effects of the exercise on an individual. Although there are many books you can study, several of them obtainable at free libraries, you must not copy from them. If you do woe betide you, for the examiners are nearly all conversant with the standard works. Your aim should be to explain as lucidly as possible the subject you are writing upon, that in the event of the essay being reproduced any one could understand the drift of your argument because of the clearness of your explanations.

Since the publication of the previous articles, which dealt with the practical work to be done satisfactorily in order to gain the Award of Merit and later on the Diploma, we have had repeated requests for a sample essay, but those requests cannot be complied with for obvious reasons. The writing of the essay must be left to the brain of the individual candidate, but we can give those who are studying the subject special hints which may aid them on the road to success.

In the first place you are asked to write on "The importance and advantages of the art of swimming and its effect as an exercise upon the growth and development of the body." To do this you need not delve into ancient history or inform the examiner that you have read that Leander used to swim the Hellespont to see Hero; confine yourself to the subject in hand. One of the advantages, indeed the great advantage, of a knowledge of swimming is the ability to save one's own life or that of others; another is the healthy tone which is imparted to the body. The development of the muscles, the improvement in breathing and

other matters of common knowledge to swimmers are the subjects to be specially dealt with in this section, the whole of which can be done, if carefully prepared, in five or six hundred words. For this part of the theoretical work you should study "Physiology of Bodily Exercise," by F. Lagrange, M.D.

The next subject you have to deal with is "The lungs and respiration; the circulation of the blood." You can best divide this into two parts, taking "The lungs and respiration" first. As you must have gained the Bronze Medallion and the Award of Merit before you enter for the Diploma, you will have had to study the Handbook of the Royal Life Saving Society very carefully, and have passed through a general examination on this subject. Consequently you need only to refresh your memory by a study of pages 42 to 56 of that Handbook; but for more detailed and explanatory writing you should also study some well-known text-book on physiology; Huxley's for preference. If you can sketch, so much the better, because you can add to your essay some useful diagrams. Remember that the making of these sketches, like map drawing, helps to retain the knowledge in your memory. Above all things make it clear in your writing that you do understand the subject, and if need be can give a lecture upon it. The mere learning by heart of the Handbook word for word is of no use, because you can easily be tripped up if asked some particular question. But the subjects are now so commonly taught in schools that you should have little difficulty in displaying your accurate knowledge. Do not try to be too technical, that is always a great mistake in essay writing, as it often leads to involved statements. To this second portion of the essay you may devote about one thousand words.

Next in the order of subjects to be dealt with are "The effects of excessive exercise, over-fatigue and breathlessness." This part should deal with the organs of movement, influence of movement on the circulation of

the blood, the cause of loss of breath, the mechanism of breathlessness, and the general effects of excessive exercise. These points you will find fully explained in "Physiology of Bodily Exercises," by F. Lagrange, M.D.; also in a minor degree in "Swimming" (Badminton Library), by A. Sinclair and W. Henry. It is a common fault with candidates to make this section too technical. If you are going for honours, avoid this as much as possible, in fact do that all through the essay. After finishing this part you have to deal with "Precautions against injurious loss of heat and cramp." In a recent successful essay it is stated that "In swimming the conduction of heat from the body is fairly rapid except in very warm weather. To prevent loss of heat during a long swim we use fat and grease to keep in the heat. Grease is a non-conductor, and will stay on the skin for a considerable time, being impervious to water. Even with this, however, a great deal of heat is lost in a long swim, and as a result chemical combustion must be kept up by the means of administering food. The best foods for this purpose are those containing sugar or sugary substances. A fat man, having more natural protection against loss of heat, can stay in the water for a very much longer time than a thin one."

Cramp, as is well known, is a painful, spasmodic contraction of the muscles, occurring suddenly and most frequently in the limbs. It is also apt to affect certain other organs. Your studies on this subject should be directed to ascertaining to what class of disease does this disorder belong. Does the cause reside in the nervous system? Is it the result of the derangement of the digestive organs? How are the muscular fibres affected? How long does an attack last? Does exposure to cold bring on cramp? How can an attack of cramp be relieved or entirely removed? Is cramp in the limbs most common? Does cramp occur in the epiglottis when swimming, and what is the immediate effect of such a seizure? Why water polo players are so often taken with cramp in the legs? What is termed cramp of the stomach? What is the best method of keeping on the surface of the water when taken with cramp, etc.? The subject of cramp is dealt with in most books on swimming, in medical works and in books of reference, such as the "Encyclopædia Britannica," etc.

The last subject you have to deal with is "The best method of teaching swimming,"

and here you have scope to air your theories and to show your innate knowledge of the whole subject. The teaching in the various life saving examinations you have gone through should bear you in good stead, and your practical knowledge will now come in useful. The way you compose the whole of your essay will help the examiners to form an opinion as to your real knowledge of the subjects dealt with, which must be well-reasoned. The mere statement that the exercise of swimming is the best, or that cramp is a sudden and more or less complete contraction of the muscles, will not be deemed sufficient proof of your theoretical knowledge. The examiners will naturally require the why and wherefore for every statement, and to comply with this requirement careful study on the lines indicated is necessary.

I have seen many essays, some even compressed into three hundred words, others extended to nearly four thousand words, and in each the examiners have discovered that writers have been most liberal in their extracts from other people's work, pages have been copied word for word from the Handbook of the Royal Life Saving Society, as well as from other books on swimming, and it is therefore not surprising that the candidates for this highest award in connection with the art of swimming, which is intended to encourage practice and research, have failed to satisfy the examiners.

In conclusion, I may state that in order that the essay may be the original work of the candidate it may be written at leisure, but the examiners will always require proof that the essay was written by the said candidate, and for that reason often ask many questions, and at times make a request for a written statement on a particular subject relative to the test, which has to be done practically in their presence or whilst they are waiting.

From an article contributed to the *Sydney Referee* by the "Stroller," we learn that in Australia almost ninety per cent. of the racing items are handicap events, and that in England and on the Continent there is some swimming where starts are allotted. Seeing that handicap events started in England, and that quite ninety-five per cent. of the racing consists of handicap, the above information will be read with surprise by many in the old country.

## American Records.

**N**UMEROUS records were reported in America last year, the principal being by Kahanamoku and Langer. At distances over a mile the best man was Bud Goodwin, who won the three miles championship, but the course was not accurately surveyed, and his time was not credited. The performances which appear to be fully authenticated are—

100 yards (bath), one turn—54.2 Duke Kahanamoku, at San Francisco, July 17. Kahanamoku is also said to have swum the distance in 53.1.

200 yards (open water)—2.14.3. Herbert Vollmer, New York A.C., at Travers Island, September 18.

220 yards (bath), two turns—2.26.2, Duke Kahanamoku, at San Francisco, July 16.

440 yards (open water)—5.32.1. Ludy Langer, Los Angeles A.C., at San Francisco, July 19.

500 yards (bath), six turns—6.13.4. Ludy Langer, Los Angeles A.C., at San Francisco, July 17.

880 yards (open water)—12.8.3. Ludy Langer, Los Angeles A.C., at San Francisco, July 23. Langer is also said to have swum the distance in 12.9.

1,000 yards (bath) 12 turns—13.59.3. Ludy Langer, Los Angeles A.C., at San Francisco, July.

One mile (bath), 21 turns—25.15.1. Joseph Wheatley, New York A.C., at Steeplechase park, Coney Island, September 2.

One mile (open water)—24.59.2. Ludy Langer, Los Angeles A.C., at San Francisco, July 23.

300 yards (75-yard bath), teams of four, 2.42.2. Illinois A.C., Chicago (Harry Hebner, Perry McGillivray, Arthur Raithel and William Vosburgh), at San Francisco, July 17.

150 yards (back) one turn—1.53.3. Harry Hebner, Illinois A.C., at San Francisco, July 16.

200 yards (breast), two turns—2.49.2. Michael McDermott, Illinois A.C., at San Francisco, July 17.

It is understood that these times have to be passed by the Amateur Athletic Union of America before being placed on the record list.

American exponents of out-and-out endurance performed some great feats last summer. Robert Dowling, of Spring Lake, N.J., circled Manhattan Island, a distance of about 35 miles, in 13 hours 45 minutes, taking

advantage of changing tides. The trip was often tried before, but never accomplished. Charles Toth, of Boston, made the famous Boston Light swim, and return, in 15 hours 47 minutes. Charles Durborow, of Philadelphia, swam across Chesapeake Bay, from Cape Charles to opposite Cape Henry, in 10 hours 57 minutes. It is worthy of note that these men use the modern strokes exclusively, without stopping a moment to rest, and it has been repeatedly demonstrated that they can be held continuously for 14 or 15 hours.

## Swimming in Queensland.

**T**HE annual three mile open water swim of the Queensland Amateur Swimming Association was held in the Brener at the beginning of November. In the first race, held in 1912, Frank Springfield, who won the long distance amateur championship of England in 1908, the year of the Olympic Games in London, covered the distance in 1.10.14, the time considered to be remarkably fast for the Queensland water. But in this last race his brother, Sid Springfield, clipped 2.8 off the elder Springfield's record, and J. Saunders went within thirteen seconds of the new record. The winner of the handicap was C. Olsen, a one-legged swimmer, who had fifty minutes start. Another one-legged swimmer in this race was J. Thompson, who swam the course with the back stroke in 1.18.19. Thompson was for years the best swimmer in Rockhampton, and was capable of sprinting short distances in very fast time. Among his performances are 14.22.1 for a half-mile and 1.27.3 for a hundred metres. Thompson works his arms alternately, and gets in a strong kick with his one leg to each arm stroke. His time for the first mile in this race was only fifteen minutes. Sid Springfield is a strong swimmer, but not so consistent as his brother, who did not compete owing to an extraordinary suspension by the Cyclists' Union. However, he is taking up life saving work.

One of the swimmers who did well was A. Woods, of the South Brisbane Club, who is only thirteen years of age. He finished second to Olsen, but like that swimmer had the long start of fifty minutes, which seems far too liberal when the scratch man is able to cover the course in 1.8.6 and yet only gain the thirty-first position.

## The Derby Record.

**I**N his report on swimming and life saving classes of the past year in the Derby district, Mr. J. B. M. Bryden, the superintendent of physical training, states: "The results in the boys' departments are very satisfactory, considering that ten of the swimming teachers have joined H.M. Forces. Substitutes were found to carry on the work. The girls have improved greatly, with the help of Miss Barker, but it is impossible to do much good teaching owing to the fact that the hours at which girls can attend the baths are so limited. There is an increasing interest taken in this important subject amongst the children; 850 scholars presented themselves for examination, with results as follows:—380 swam one width of the baths, 329 gained learner's certificates, 103 gained certificates for 50 yards, 118 gained certificates for 100 yards, 120 gained certificates for a quarter of a mile, nine boys swam half a mile, three boys 1½ miles, four boys 1¾ miles, four boys 1¾ miles, two boys 2 miles, 2 boys 2¾ miles, two girls 1 mile each, eight teachers (seven men and one woman) a quarter of a mile each. The Royal Life Saving Society's awards gained during the session by the scholars are as follows:—Elementary certificates, 76 boys, 25 girls—total 101; proficiency certificates, 32 boys, 13 girls—total 45, making a total for the session of 146 certificates. During the year great interest has been taken in the life saving competition (boys and girls) for shields kindly presented by Alderman and Mrs. Chambers." Valuable services were rendered by the Derby Schools Athletic Association in organising the life saving classes, and in this connection the names of Mr. J. Brearley (hon. secretary to the Life Saving Sub-committee) and Mr. E. Hallam (hon. secretary to the swimming section) are specially mentioned. Messrs. Jones, Holmes, Goodhind, Wheeldon, and Miss Firth have qualified during the session for the teacher's certificate. Miss Barker has obtained the Award of Merit; Mr. R. Sephton has obtained the Bronze Medallion.

As the result of the visit of Kahanamoku to Australia already a number of youngsters have shown great improvement in speed by copying the Hawaiian's methods. This goes to show the advantages to be derived from such visits and the displays of up-to-date styles of progression.

## NOTES ON NEWS.

### Items of General Interest.

#### Containing many Points of View.

**T**HE "Santa Monica Bay Outlook" of December 20 last has a very complimentary notice with reference to the SWIMMING MAGAZINE, and states that it is the only one of the kind in the world doing pioneer work in the interest of the art of natation and containing much news of swimming throughout the world.

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One of the features of Australian swimming are the reports by handicappers on the progress made by individual men who come under their notice. Were some scheme of similar nature adopted in this country it might lead to the establishment of first and second class handicaps, thereby giving backmarkers a better chance. After all, backmarkers should be studied a little bit.

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It is reported from America that Craig Redmon, a 280lb. athlete of Chicago University, has made a plunge of 60ft. in 19.1. We have no time competitions of this nature in Great Britain, and it would therefore be interesting to know if any of our swimmers can beat this performance; also the conditions under which it was made.

\* \* \* \*

Arnold Crawshaw, who gained his international water-polo cup against Scotland in 1892, '3 and '4, and was captain in the second named year, has joined the Manchester Regiment. Until recently Crawshaw was one of the special coaches under the Amateur Swimming Association's "Encouragement of Swimming" scheme.

\* \* \* \*

At the annual general meeting of the Victorian Amateur Swimming Association, held at Melbourne, in October, it was reported that among the many swimmers who had joined the Australian Imperial Forces were F. E. Beaurepaire, W. B. Bennett, 100 yards Champion, and Chairman of the Council, Lou Greive, 220 yards Champion, T. W. Mason, ex-champion, S. C. Crane, ex-diving Champion, and M. Griffiths, diving champion, as well as many members of the Council. The total strength of the Clubs affiliated was estimated at 655 swimmers.



Duke Kahanamoku is to defend his title to world's short-distance champion at a meeting to be held in his native waters on Washington's birthday, February 22, against the best the United States can send to Honolulu. It is reported that Arthur Rathiel, of Chicago, who forced Kahanamoku to break his own world's record for a hundred yards, in order to win at San Francisco last July, and Perry McGillivray, who made such a fine show against the champion in the furlong championship at the same meeting, as well as Ludy Langer, the Pacific Coast distance champion, will be among the competitors at this gathering.

It is proposed to hold a long swimming race in the Mersey during the coming summer, the moving spirit in the arrangement thereof being Mr. J. B. Crossley, who is well known on the Corn Exchanges of Liverpool, Manchester and Leeds. He is a swimmer of repute who can lay claim to swimming from Eastham Locks to the Mersey Bar Lightship, a distance of 25 miles. He has also swam from the Liverpool Landing Stage to Farnley Lightship, the last eight miles being swam in a gale, and though forty-eight years of age has done many other feats, including that of swimming round New Brighton Pier last Boxing Day. His ambition now is to form a long-distance club for the Mersey, open to both men and women to whom a five mile swim is a mere dip. Mr. Crossley also hopes to swim, on his fiftieth birthday, from Eastham to New Brighton, just to show that there is no such thing as a veteran swimmer at fifty.

The Rev. R. J. Peyton-Burbury, M.A., R.N., has received the appreciation of the Lords Commissioners of the Admiralty for bravery in rescue work on November 8. The brave young clergyman swam out with a line through the surf, a distance of 700 yards, making a connection between a wreck and the shore. This swim through the blinding surf was instrumental in saving the lives of thirty-three officers and men.

We regret to record the death on January 6 of Mrs. Nellie Hiller, the beloved wife of Mr. Walpole Hiller, of Sheffield, the well-known long-distance swimmer, who has been so closely identified with Channel swimming and swimmers, and who is most enthusiastic in the promotion of the art among the young.

Among the victims in connection with the sinking of the hospital ship *Anglia*, in the Channel, on November 17 last, was Pte. Robert Henry Allen, 29th Canadian Infantry Battalion, who prior to going to Canada was one of the smartest swimmers in the Warrington district, and a good water polo player. He swam second in the 300yds. Championship of British Columbia in 1912 and 1913, but in 1914, when apparently having the race in hand, he collided with another competitor at the last turn, and was put out of the race.

The Birmingham All the Year Round Swimming Club held its annual Christmas morning fifty yards handicap in Edgbaston Reservoir, famous to swimmers as the place where S. W. Greasley, of Leicester, won his first mile amateur championship in 1891, and where in 1882 J. P. Taylor, of Newcastle, won the same championship for the third year in succession, the races in the two previous years being in Norwood Lake and Elstree Reservoir. In this last Birmingham Club handicap E. Shepherd won from scratch.

Professor Powsey, the diver at the Pier Head, Southport, has four sons serving with the colours.

Lt. Guy D'Oyly Hughes, R.N., D.S.O., whose great swimming exploit in clothes in the Dardanelles is familiar to all, has since received the silver Medal of the Royal Humane Society for jumping overboard on a dirty night in the Mediterranean when fully dressed, to rescue two drowning stokers; one he saved, the other was unfortunately lost. Lt. D'Oyly Hughes learnt to swim in the public baths in Salt Lake City, Utah, when seven years old. After that he was at Mr. E. Percy Beaufort's Preparatory School at Ditchling, Sussex, from which school all the boys were taken to the Brighton Baths. During his school holidays Lt. D'Oyly Hughes used to swim at Anglesea and various seaside places near Holyhead, and was so good a swimmer when he entered Osborne Naval College at the age of twelve and a half years that during his second term he won the swimming prize in the Medina River. During holidays from Osborne he often took an old suit of clothes to Southampton Baths and made long swims fully dressed. This ideal training has been to him of great value, and is an object lesson to all swimmers.

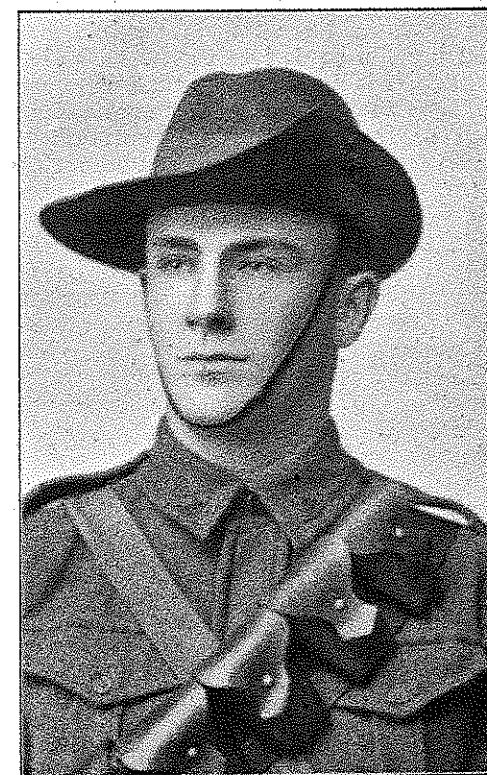
In September last James Baynham, a miner, was on the beach at Horden, when he noticed a patrol boat trying to communicate with the shore. A small boat had been launched from the vessel, but it could not reach land, and Baynham thereupon stripped and swam out to it under very unfavourable conditions. An officer told him that the engines had broken down, and he thereupon swam back to the beach to give the word through to West Hartlepool, the actual distance swam out and home being about three miles. The Admiralty has now granted Baynham a suitable reward for his services.

A remarkable record is that achieved by the boys of Hill Top Council School, who have won the Schools Swimming Shield eight years in succession, the Scholars' Championship at West Bromwich Swimming Club sports six years in succession, the Horse Show Schools Championship three years in succession, and over five hundred quarter mile proficiency certificates. Last year one hundred and fourteen boys passed the quarter mile test and fifty-one the life saving tests.

Thirty-five members of the Garston Swimming Club have joined the Forces. One of them, Leslie Leatherbarrow, has been killed in action, and another, a member of the police force, Gunner R. Darlington, has been wounded. He was on board the ill-fated hospital ship *Anglia* when she was torpedoed or struck a mine, but although he had been badly wounded Darlington managed to swim to a torpedo boat and was rescued.

Gunner Ernie Loney, who is serving with the Australian Artillery, is a member of the executive of the West Australian Head Centre of the Royal Life Saving Society, and a very enthusiastic supporter of its work. He gained his first knowledge of swimming in the Avon River, York, W.A., when about seven years of age, and after that won a number of school races before going in for open competitions. In 1912 Gunner Loney was second in the swim through Perth, and won the Perth club's half-mile handicap the same year. In 1913 he was again second in the swim through Perth, making fastest time, won the half-mile championship of Albany, the half-mile handicap of the Perth Club, and also swam from Freemantle Rowing Club sheds to Perth,

a distance of 13½ miles. In the succeeding year he swam from Freemantle Quay, following the Boat Channel, to Perth, 15½ miles, and was on scratch in the swim through Perth, giving away 54 minutes to the limit man. This time Gunner Loney only finished fourteenth, but he had a bad collision with another competitor's boat about a mile from home. Last year he swam from Guildford to Perth, about 17 or 18 miles, and



**Gunner Ernie Loney.**

*Australia's Greatest Distance Swimmer.*

this is said to be the longest official swim in Australia. He was second in the 100 yards breast stroke championship of Western Australia, but owing to being in training for active service found it impossible to get away for the other important races. Water polo has always been a pastime with him, while nearly every Saturday and Sunday Gunner Loney has taken part in life saving displays at Cottesloe, and has been included in the West Australian team at each of the last four annual displays given by the Head Centre.

The King has awarded the Albert silver medal for gallantry in saving life at sea to Mr. Thomas Alexander, second officer of the steamship *Stanislas*, of Liverpool, in recognition of his attempt to rescue a seaman who was knocked overboard in the English Channel on November 1 last.

Nineteen of the governing bodies of sport in the United States have agreed upon the following definition. "An amateur sportsman is one who engages in sport solely for the pleasure and physical, mental, moral or social benefits he derives therefrom, and to whom sport is nothing more than an avocation." It was also decided that a professional coach or trainer should be permitted to compete as an amateur in a sport other than that in which he had been an instructor as soon as he announced his retirement as coach, and in the sport in which he was instructor five years after he quits as coach. Further, it was agreed that it is not a violation of the amateur rules for a young athlete such as those who occasionally coach a group of Y.M.C.A., playground, or summer camp youngsters, to receive small remuneration for his services. But dead set was made against the amateur who allows his name to be used for the advertisement or sale of sporting goods, or for use by a newspaper or magazine, unless the article has been written by himself. This is what is termed "Capitalisation of athletic fame." Among those concerned in this agreement is the Amateur Athletic Union, the governing body of swimming in the States.

Second Lieut. G. Alchin, R.F.A., attached to the Royal Flying Corps, wounded, was in the Oxford team which opposed Cambridge at the last inter-university swimming races.

The marriage of Captain D. D. W. Milne, 8th City of London Regiment (Post Office Rifles), to Winifred Lea-Jolly, daughter of Mrs. Kenyon, of Bay's Hill, Elstree, took place at St. Mary Abbot's, Kensington, on January 6. The bridegroom has been for several years a member of the Otter Swimming Club and captain of its water polo team. At the reception there were a great number of brother officers and fellow members of the Otter Club present, among them being Sergeant G. H. Rope, the Otter president, who is serving with the Hon. Artillery Co., W. H. M. Marx, C. W. Dyer, A. E. Baldon and A. J. Jacobs.

The Annual Report of the Nottingham Schools Association must have been excellent reading to the Nottingham Education Committee, for it stated that although "the activities of the association during the 1915 session were somewhat crippled by the loss of four weeks' tuition at the commencement, and two weeks at the close, it was nevertheless very gratifying to find how readily and willingly teachers accepted material disarrangements in their usual times of visiting baths. Instruction in swimming had been undertaken in 50 boys' and 46 girls' departments; 67,660 attendances were made at the baths, 4,200 children were under instruction, and 19,780 had been taught this most useful art since the inception of the association. The results of instruction in life-saving methods were equally pleasing, and were marked by the inclusion of schools in which such instruction had not previously been undertaken. There were 407 scholars under instruction in this practical phase of the work. The efficiency of the Evening Continuation Classes had been well maintained. Fifteen classes were organised. Nine were for instruction in swimming (five males and four female classes) and six for instruction in life-saving (four for males and two for females). At the annual examination at the close of the season a very large number of the students gained elementary and proficiency life-saving certificates, also the bronze medallion of the Royal Life Saving Society."

At Loos on September 5, the death of George Viney, of the South-West Ham Rovers Club, occurred in action. Viney was an excellent water polo player, and held the medal and certificate of the Royal Life Saving Society.

E. Robinson, who at one time kept goal for Newton Heath and Manchester Swan, and has also won several police championships, is now serving as a private in the Royal Army Medical Corps.

All licensed boatmen, beach attendants, beach police, and those in charge of bathing machines should be required to obtain some degree of efficiency in life saving, in case of accidents on the sea. These precautions would lead to some sense of safety to maritime pursuits, and both boatmen and beach attendants would find it beneficial to themselves to attain the proficiency indicated.

"Lap end acrobats" is the term applied in the States to swimmers whose racing career is principally confined to adroit turning in short baths.

Swimming is making good progress in the Northern Territory of Australia, and there is promise of a new association being inaugurated at Darwin.

In America one of the novelties of the season was the expounding of a new theory regarding the time gained by swimmers from the push-off at the turns. A former champion asserts that the idea of any gain is fundamentally wrong, and contends that the leading sprinters are handicapped rather than benefited by the turns, because of the swing round and the breaking of the rhythm of the stroke, for that reason they could cover 50 or 100 yards as fast or faster over a straightaway course than in a 60ft. bath. According to this argument the declared standard course for world's records should be 60ft. long, but we are afraid that that interesting declaration will not be made for a long time to come.

The striking feature of Ludy Langer's stroke, who is the middle-distance champion of America, is the complete relaxation of the muscles during the negative movements of both arms and legs. His action is slow, the arms going forward in recovery with a lazy, easy motion, and giving time to perform the four-beat leg thrash unhurriedly. The hands dip close to the head, from raised elbow position, then slant down to comfortable full reach underwater, so that they are six to eight inches below surface before "catching" the water. Power is applied sharply as soon as the arms straighten out, and they are then driven down and back under the body, with even pressure, until near the thigh. Their pull is direct, from a point above the ear to the thigh. Here the power is turned off, the muscles relaxed, and the elbows lifted so that forearms and hands leave the water upward, not trailing. The arms recover slowly and close to the body, still with raised elbows, then start another stroke. The time of the arms, of course, is alternate and equidistant; one catches as the other finishes. Langer rolls rather heavily, and this permits him to take a horizontal scissor kick, probably 18in. wide, at the end of the top-arm drive, as in the trudgeon. The legs do not stop on

closing, however; they pass and open in the opposite direction, attaining a scope of about 12in. or so, then thrash up and down alternately for three narrow crawl beats (these being taken almost vertically, when the body is face down), and the last beat again brings the legs in place for the wider scissor kick as the top-arm once more is completing its drive. Langer's stroke is clean, easy and apparently effortless.

Among the clubs holding Christmas morning handicaps was the Southgate Seal Club, who had the first of their series at the Barrowell Green Open-Air Baths over a distance of fifty yards. A. Adams, 7 seconds start, won by a yard and a half from S. Stansby, 12 seconds start, in 0.43. S. J. Topliss was third, and other starters were S. J. Lakeman (scratch), T. E. Locke, A. Waite, F. G. Sadler, J. George, H. C. Hughes, P. Colwin, T. Newell, and S. A. Wiggins. The last mentioned is only thirteen years of age, and Stansby fourteen.

The Pittsburg swimmers find cross-country running of great value in training for their inter-club and collegiate swimming contests.

Two boys who were down to compete in the Illinois Athletic Club's Interscholastic Indoor Swimming Carnival were disqualified because they had acted as life guards on one of the beaches and received pay for their work. A Pittsburg exchange says, "Certainly they received compensation on account of their ability as life savers in the water. If they had earned money as soda clerks or ditch diggers there would have been no accusation of professionalism. What's the difference, now, as to life guards; they are extremely necessary for the wellbeing of the sport of swimming? Shall two or three amateurs be required to be on watch gratis for poor swimmers or shall one man be paid for his time? All this is from the standpoint the swimmer is not earning his salary by teaching, winning races or giving exhibitions."

Private A. J. Sanders, 12th Sherwood Foresters, who is an old member of the London Road (Derby) Wesleyan Swimming Club, was on board the *Anglia* on her ill-fated voyage. He was picked up by a destroyer after the hospital ship had been sunk.



We learn that the swimming pool on the beach at Scarborough realised a profit to the town of £260, notwithstanding the fact that it is still incomplete. In order to make this pool still more popular the Corporation is on the look-out for a suitable manager who knows all branches of the art of swimming, who can teach life saving, and not only perform, but also teach, the crawl stroke. We understand that the fees obtainable from tuition are all extra.

Out of a hundred swimming scholarships granted by the Liverpool Corporation, Garston has, with a population of 25,000 and 4,000 scholars, gained 37 as against 63 secured by the other areas with a population of 750,000 and 130,000 scholars.

Up to the end of last year there had been no fewer than 50,000 attendances by members of His Majesty's Forces at the Derby Baths. All sailors and soldiers are admitted free of charge.

The well-known swimmer and member of the Otter, Mr. Ralph E. Cilverd, who has been serving for months in Egypt, has received a commission in the R.F.A. Mr. Cilverd, nominated by the English A.S.A., was one of the three representatives of Great Britain in the Modern Pentathlon at the Olympic Games of Stockholm in 1912, and finished first in the swimming test. However, he was best known as a member of the Otter's water polo team.

The famous Olympic champion, Duke Kahanamoku, when at home at Honolulu, passes his time in a sporting way, and earns a few shillings in doing so by catching sharks for Chinamen, who are very fond of the flesh. His method is to kill an old horse, and tow the body behind the boat two or three miles from shore. Here he and his pals would watch a number of sharks swim round the dead animal, sometimes for hours, before one of them would venture a bite. Finally, one gamier than the rest would swim up, take a snap and then dart away, and, feeling that there was no danger, would come again, followed by his mates. The horse would now be pulled up close to the boat, and then the men would harpoon each shark as he came up, and when they had got their "bag" complete would tow them to

shore. Kahanamoku states that he has no fear of sharks, as these monsters can nearly always be frightened away by splashing of the water. Having regard to the number of people who have lost their limbs or their life, we fancy that the safest plan is to keep out of their way, especially as they have been known to come into three feet of water at Sydney and attack a bather.

Swimmers who need up-to-date racing or bathing costumes will be interested to learn that Messrs. J. Grose, Ltd., have opened a new big depôt at 8, New Bridge Street, Ludgate Circus, London, E.C., with the latest and complete outfits for boxing, cycling, football, fencing, gymnastics, hockey, running, wrestling and swimming, with attendance of practical and experienced knowledge in all departments.

A record of 7.32.2 by Miss Fanny Durack for a 500 yards swim at Newcastle, New South Wales, last season has been passed by the Council of the New South Wales A.S.A.

From the annual report of the Federation of London Working Boys' Clubs, issued on behalf of the committee by Mr. Charles A. Wrench, the enthusiastic hon. secretary, we learn that the number of affiliated clubs is 35, as compared with 42 in the previous year, but this is largely due to the war, as several of the clubs are in financial difficulties. The support accorded the Federation has, however, been good, and there is a surplus revenue. The committee is proud of the splendid response made by past and present members of all affiliated clubs to the country's call, and hopes that all club members who are now under military age will recognise that it is their duty to equip themselves for the future by greater efforts at their work, their games and their evening classes. This should be particularly the case with swimming, of which subject only a few clubs make study. As previously reported, Eton won four of the bath championships last year, and Stepney Jewish the life saving and junior championships. Among munificent donors have been Mr. G. V. Wellesley, who holds a commission in the Oxfordshire Yeomanry, and has spent months at the front in France. Having regard to the fact that swimming, when the baths are open, can be most easily organised, we hope that it will find a place in the programme of all the clubs.

# The Swimming Magazine.

(Second Volume commenced 1st June, 1915.)

## Notice to Subscribers.

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

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

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

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*William Henry*  
Editor.

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Many important reports received by late mails from the Overseas Dominions, as well as home news, will appear in the March issue of the Magazine.





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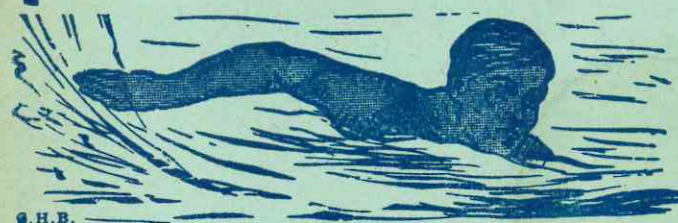
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