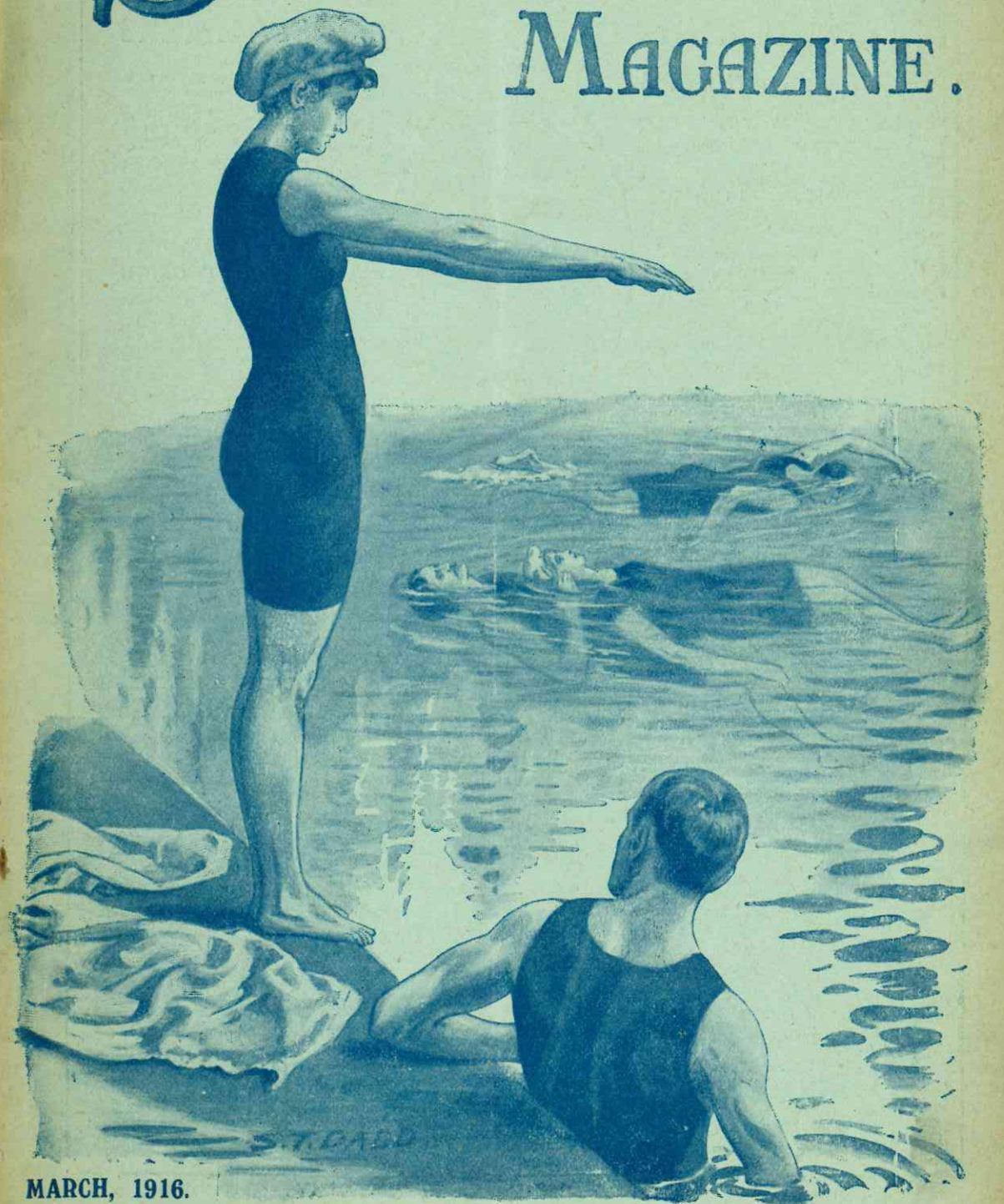


THE SWIMMING MAGAZINE.



MARCH, 1916.

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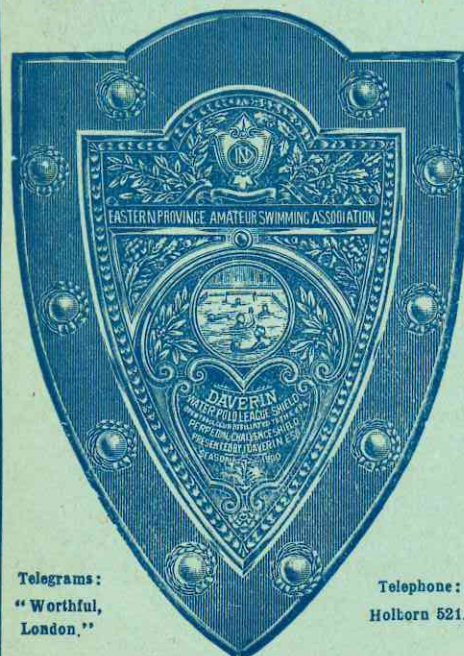
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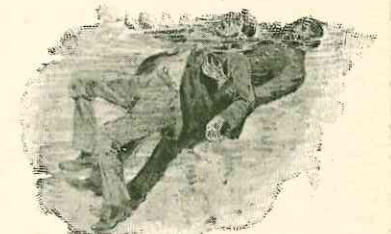
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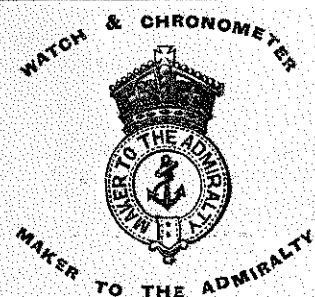
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The Swimming Magazine

(The Official Organ of The Royal Life Saving Society)

No. 10. VOL. II.

MARCH, 1916.

THE PROTECTION OF BATHERS. IGNORANCE OF BOATMEN AND BEACHMEN. SUGGESTED REMEDIAL MEASURES.

IT is manifestly the duty of every citizen to do everything possible towards the saving of human life, yet the authorities of our coast towns, with very few exceptions, are utterly careless in their beach regulations, or so eager to obtain licensing fees that antiquated systems for the preservation of life are yet continued with a total disregard to the opportunities open to them to encourage sea bathing with a minimum of risk.

You can rarely find a boatman in charge of a bathing area who has the slightest idea of swimming, yet a thorough knowledge of the art should be an essential qualification before his appointment to so responsible a position. It is only a few years back that boatmen as a class tabooed swimming altogether, but there has been manifest improvement in this respect, as well as among seamen generally, but it nevertheless remains a fact that in the majority of instances a knowledge of the art of swimming is not insisted on as the primary qualification for the post of life saving boatman.

The beachman is often a more useless sort of person, pompous perhaps in his pursuance of youngsters, but wholly incompetent to save life. Prior to the war there were in some of our seaside towns formations of volunteer life saving scouts, but these active young fellows are all giving their services in their country's cause. There remains no reason, however, why their good work should not go on and the places of the absent be taken by those of a younger generation, not old enough for military service but yet quite capable of life saving work.

In this respect Australia has set a fine example, where even ladies' teams take charge of life saving reels and are ever in readiness for rescue work.

The placing of such reels and the appointment of qualified life guardsmen at all

prominent bathing resorts in the British Isles would be the preliminary step to the formation of a body of capable rescuers in every town, and the consequent reduction of the risk ever present to the incompetent bather.

But we cannot hope for this at the present juncture. Let us, however, insist that before boatmen are granted licences for pleasure craft or are appointed as guardians of bathing areas they should pass swimming and life saving tests of sufficiently serious a character as to establish their title to average competency. Similar qualification should also be demanded of those in control, or assisting in the control, of a bathing machine. The tendency has always been to allow bathing machine proprietors to appoint whom they pleased to take charge of their business or assist them in it, without stipulating that those so employed should possess certain standard qualifications.

We do not suppose that the placing of reels at dangerous spots or the policy of appointing able life guardsmen will be followed under existing circumstances of national economy, but we assert that no expense will be incurred by the suggested qualifications for boatmen, beachmen and bathing machine assistants being made compulsory.

Apart from the undoubted benefit which would immediately accrue to the public generally by the passing of a resolution making a competent knowledge of the art of swimming essential to appointment for any position connected with the beach or bathing, we should have placed in authority a large number of men and women whose very knowledge would cause them to make careful study of the variations and peculiarities of the tides and currents in their respective localities, and thus gradually store up a mass of information invaluable to holiday seekers and bathers of the future.

THE ROYAL LIFE SAVING SOCIETY.

INTERESTING REPORTS OF PROGRESS.

NOTABLE WORK ACCOMPLISHED BY HOLDERS OF AWARDS.

AT the Annual Conference of the Dominion Executive Council of the Royal Life Saving Society, at which all the Branches in New Zealand were represented, those in attendance were Messrs. K. Bassett, Auckland, Chairman; G. Billson, Wanganui, Hon. Secretary; F. T. Ager, Otago; B. J. Ager, Canterbury; J. Wyn Irwin, Wellington; and W. Johnson, Hawkes Bay.

Included in the correspondence was a letter from Mr. W. Henry, Chief Secretary of the Society in London, answering a question with regard to a person who had been taken out of the water apparently dead, approving of the idea of carrying such a person face downward to a suitable place for resuscitation, also that warmth may be promoted at the same time as breathing, providing the former does not interfere with the latter, both having previously been recommended by Prof. E. A. Schäfer. The relations then existing between the Royal Life Saving Society and the New Zealand A.S.A. with regard to restrictions imposed by the latter on all who were working for the cause were discussed, but we believe that at the time of writing a good many of the differences have been settled, and the New Zealand A.S.A. has asked the Canterbury Branch to take over the Control of the Sir John Hall Life Saving Challenge Shield Competition, and in consequence considerable progress is anticipated among the schools in the future. The chief business of the meeting consisted in reconsidering the conditions of the Wigram Challenge Shield for Life Saving, a proposal that the Society be incorporated, a recommendation that endeavour be made for the affiliation of the head centres to the New Zealand A.S.A., and the consideration of a set of conditions for the Nelson Challenge Shield Surf Competition and surf drill as submitted by the Hawkes Bay Centre, the latter being agreed to. The conditions as well as the drill are, with slight variations, the same as those used by the New South Wales Surf Bathing Association, and published in its Handbook, but in detail those drafted by

Hawkes Bay are very complete, and this Centre fully deserves the hearty vote of thanks accorded to it by the Council.

The Council anticipated considerable progress during the forthcoming year, as orders have been received at headquarters for 1000 handbooks, a gross of ordinary silk badges, and other supplies.

We learn from Mr. George Billson that quite a large number of members have joined the New Zealand forces, and that, therefore, the chief amount of work will be confined among the schools.

At the last meeting of the Central Executive a letter was read from the Ontario Branch in which it was reported that Miss Mary Beaton and Mrs. W. A. Craick had been elected to the executive of the Branch, and also that a gift had been tendered Miss Beaton in recognition of her good work for the Society. Mr. E. A. Chapman, St. Andrew's College, Toronto, the hon. secretary and treasurer of the Branch, also reported that passes in examinations had been as follows: Y.M.C.A. Brantford, 4 Bronze Medallions, 2 Elementary Certificates; Y.M.C.A., Toronto, 1 Diploma, 2 Awards of Merit; Y.M.C.A., Hamilton, 6 Bronze Medallions, 6 Proficiency Certificates, 1 Hon. Instructor's Certificate; Y.M.C.A. West End, Toronto, 11 Bronze Medallions, 11 Proficiency Certificates. Most of those who would in the ordinary way have been candidates are now away on active service. The total Awards granted at the meeting were 101, including two Diplomas, and Mr. Fred Wilkinson, of Nelson, who had instructed 42 candidates for the Bronze Medallion and otherwise promoted the objects of the Society, was elected Hon. Associate. The Branch reports dealt with are printed on another page. A letter was read from Mr. G. H. Williams, Sydney, enclosing a draft on account of supplies and giving particulars of propaganda work among the ladies and the juniors in the hope of obtaining good results before the close of the season. Mrs. Jarvis Dickinson, a Diploma holder and Examiner, was elected to the vacancy on the Executive.

In his official report of the past season's work, Mr. A. G. Scammell, the representative of the Society at Bristol, says that a Bronze Medallion and ten Certificates have been awarded to successful scholars at Bristol Grammar School. Unfortunately the war has rendered economies necessary in Bristol as elsewhere, and the present swimming scheme, which provides for the attendance of a number of paid instructors at the Corporation Baths, is to be suspended, but tickets for the baths are to be supplied to those schools where the teachers on the school staff can be spared to accompany scholars to the baths in the usual school hours.

Joseph Matchett, of the Bootle Swimming Club, who is 55 years of age, has been awarded the medal and certificate of the Royal Humane Society for a meritorious rescue in the Liverpool Docks on December 11 last. He belongs to a club which has been associated with the Royal Life Saving Society since 1897, and a very large number of the members have passed through the classes for the Society's awards. In the police report of the incident it is stated that he followed the instruction provided most carefully, for immediately the drowning man was lifted out of the water, notwithstanding the fact that Mr. Matchett was nude and the air very cold, he proceeded to apply artificial respiration, with results that proved successful. We are sure that Mr. Matchett's able rescue and resuscitation will be a source of much gratification to the members of the Bootle Club, and that those who have not already acquired the knowledge will seek to do so at the earliest opportunity.

We have heard from Staff-Sergt.-Major Leo H. Lyne, who for the past twelve months has been with the Forces at the front. It will be remembered that he was a member of the Worthing S.C., and later resided at Southampton, where he carried out the duties of Hon. Representative of the Royal Life Saving Society. At the moment of writing to us he was thinking of the subject of life saving, as he was anxious to secure details for its encouragement in his immediate neighbourhood. His request has received attention.

The Boys' Life Brigade is making excellent progress in the promotion of life saving. The latest class to be examined is the 27th London Company, which has

been conducted by Mr. Ralph Gulliver, captain, who states that the boys are as keen as mustard on the subject and that many contemplate taking the Award of Merit this coming season. The annual display and presentation of awards is to take place at the Headquarters of the Brigade on March 31.

The Carnegie Baths Life Saving Class, under the direction of Mr. Colin Campbell and instructed by the Misses Robertson and Smith, at the Carnegie Baths, Dunfermline, continues to make good progress. Last month the members were examined and 16 Proficiency Certificates were granted. The examiner was Mr. Peter Philip, who states that the class, consisting of girls, gave a good all round display; the water work was particularly good. Mr. Colin Campbell is the president of the Edinburgh and district branch, and Sergt. J. Grant, of the Edinburgh Police, is conducting the secretarial duties of the Centre in place of Mr. J. H. McCracken, who is serving with the Forces.

Among the many swimmers who have gained honour in the war is Lance-Corporal W. S. Muir, 1/6th (Renfrewshire) Battalion Argyll and Sutherland Highlanders (T.F.), who has been awarded the D.C.M. for conspicuous bravery on October 8 and 9, 1915, at Thiepval. Lance-Corporal Muir is hon. secretary of the Paisley Victoria Club and represented it in the Scottish Branch of the Royal Life Saving Society and the Scottish Western Counties' Swimming Association. He has always taken a very active part in swimming and water polo competitions, and has endeavoured to promote the art in every possible way. When his battalion was training at Bedford he acted as one of the swimming instructors and took part in the regimental sports at the opening of the Bedford Baths, being in the winning team for the Brigade Championship. In commemoration of his gallantry the patrons and members of the Paisley Victoria Club have presented Lance-Corporal Muir with a gold watch, suitably inscribed.

In the year 1901, Mr. J. J. Barnard, who is now serving with His Majesty's Forces, passed for the Proficiency Certificate and Bronze Medallion of the Royal Life Saving Society in connection with a class conducted

by the Hatcham Cygnets S.C., and recently he had his first opportunity of putting his knowledge to a practical test by saving a boy from drowning. We have received a very appreciative letter from Mr. Barnard as to the value of the knowledge he gained, and expressing his gratitude for the advantage he derived from acquiring the easy and simple methods of the Society. We are able to state that Mr. Barnard is not the only one who has benefited by the instruction, and we are delighted to note that after such a lapse of time, he should find the methods so extremely useful as hundreds of others have done when similarly placed. We have had the pleasure of noting these results on many occasions in the various numbers of the SWIMMING MAGAZINE. These facts should encourage all who can swim to learn the subject thoroughly, as one never knows when the knowledge will prove of the greatest value.

CANTERBURY HEAD CENTRE.

From the fifth annual report of the Canterbury Head Centre, Christchurch, New Zealand, it appears that twelve classes were examined during the season, and that eighty-nine awards were made, these being 17 Elementary Certificates, 46 Proficiency Certificates, 23 Bronze Medallions, 2 Hon. Instructor's Certificates and 1 Award of Merit, these making a total of 664 awards since the formation of the Centre.

Much good work was done amongst the Schools, and this is to be pushed on, despite the fact that many good helpers are at the front, notably Mr. F. L. Anderson, examiner and instructor, who has lectured on several occasions for the Society.

Demonstrations of how to resuscitate persons suffering from electric shock have been given, and charts are now posted at all electric sub-stations for the general information of those engaged in handling high tension electric wires.

The Dominion Executive Council, having received a Government grant, allocated £27 18s. of the amount to this centre.

As a large number of the holders of awards and members are now fighting for the Empire, a Roll of Honour has been unveiled. At the close of the season the Centre had a balance of £91 14s. 11d.

Thanks are due to the Hon. Instructors and Examiners, Mrs. Bambery, Mr. F. L. Anderson, Mr. G. H. Keat, Mr. Sarelius and

Mr. G. E. Billson, particularly to the last-mentioned, who is acting as Hon. Secretary, and has considerably assisted in the rapid progress the Centre has made. Mr. Billson is well-known in the old country, and has the best wishes of us all.

To the Centre is attached the Sumner Branch, whose members patrolled the foreshore on public holidays and Sundays to such good purpose that not a single drowning fatality resulted. Demonstrations by the surf team of reel drill were given every Sunday morning.

The new Brighton Surf Bathing and Life Saving Club did similar work, and competitions were held from time to time, one being at a Red Cross River Carnival. The club have several beach inspectors, whose functions are recognised by the public to be very important and necessary.

SHEFFIELD BRANCH.

In presenting the eleventh report at the annual meeting, held at the Glossop Road Baths, on January 18, Mr. William Watts, the hon. secretary, regretted a falling off in the number of awards granted during the past year. These numbered only 542, as against 821 in 1914. The total for the year included 272 Elementary Certificate, 194 Proficiency Certificates, 68 Bronze Medallions, 1 Hon. Instructor, 1 Hon. Associate, 5 Awards of Merit and 2 Diplomas. He also referred to the fact that most of the affiliated clubs had not been able to hold their usual galas owing to many members having joined the colours or being engaged on munition work, and that with the exception of the Longbottom Shield and the Biggin Shield none of the Branch trophies had been competed for. The former had been won by Miss E. Turton, of the Water Lily S.C., and the latter, which had not been won by a boys' team for eight years, was secured by the Walkley schoolboys.

Reference was made to the loss which the Society had sustained by the death of Mr. A. S. Price, a vice-president and chairman of the executive. The statement of accounts submitted by the hon. treasurer, Councillor H. Bolton, showed an income of £67 6s. 11d. The balance in hand at the beginning of the year was £23 3s. 11d., and although it had been reduced to £19 5s. 6d., was regarded as most satisfactory. Mr. Bolton remarked that it was most essential that the work of the Society should go on.

PROVINCE OF QUEBEC BRANCH.

One of the greatest swimming enthusiasts in Montreal is Alderman Louis Rubenstein, who is president of the Province of Quebec Branch. He has worked hard for the establishment of a bath in the Ward he represents, and one has recently been opened, the municipality paying him the compliment of calling it the Rubenstein Municipal Public Bath. In handing it over to the citizens his Worship Mayor Martin congratulated our esteemed fellow worker, who at the close of a short speech told the citizens of the ward that he wanted them to feel that they owned the bath and to use it as if it were each one's personal property. There was a programme of racing and displays, one of the events being an exhibition of diving by Miss Lyons, who made such an impression upon the Mayor by her aquatic skill that he immediately signed on for lessons, which Miss Lyons promised to give him and said quite seriously that she would not be satisfied until she had made Mayor Martin an accomplished swimmer.

Miss Joan Beaton, a member of the famous Portobello family that has made Canada its home and has incidentally done much in the way of instruction in swimming and life saving to the ladies of Canada, gave a finished display of scientific swimming, and the Misses E. Grief, Grace Grant, Mabel McNamee and Edith McNamee a fine demonstration of life saving methods, the explanatory discourse being given by Mr. A. E. Ross. Our comrade, Mr. Leonard G. Norris, hon. sec. of the Quebec Branch, is quite elated at having an extra bath in Montreal, and it has made him quite an optimist as to the future with regard to the promotion of the work of the Society.

With regard to elections Mr. John Gorrill, who presided, announced that there were no new nominations of officers and he therefore declared all those who had acted during the past year re-elected, and hearty votes of thanks were accorded to all of them for their valuable services in the interest of the objects of the Society. It must be a source of gratification to Mr. William Watts, who has laboured hard for years, that the Branch has done so well under most trying conditions, in which not only he, but also the hon. treasurer, are heartily congratulated.

BRITISH COLUMBIA.

Owing to the absence of a large number of members on active service the British Columbia Chief Centre has not been able to carry through many examinations during the past year, but the propaganda work of the Society has been carried on with energy and zeal by the lady members of the Centre.

In connection with the year's awards the executive express gratification in their fourth annual report that a young lady should be the first Diploma Holder in British Columbia, this being Miss Margaret Griffin, who is only eighteen years of age.

The Centre has been well represented in the public agitation for Municipal Swimming Baths, and strong appeals have been made to the School Board authorities, urging the recognition of swimming and life saving as important subjects of modern education.

The Awards for the year number 22, these being:—1 Diploma, 2 Awards of Merit, 2 Hon. Instructors' Certificates, 8 Bronze Medallions, 8 Proficiency Certificates and 1 Teachers' Certificate.

John Hedley and Gordon Marwich, Victoria Y.M.C.A.S.C., won the Lord Desborough Cup for life saving; Mrs. Van Donge and Miss Helena Newton, Victoria Ladies Swimming Club, being second, while the Benwell Cup went to E. W. Hollingum, Vancouver, B.C. C. C. Ferrie, of the same Club, was second and T. Heyland, Victoria B.C., third.

Mr. P. R. Pomfret, who was formerly hon. secretary, but is now in South Africa, has been elected hon. Life Governor. The report is signed by the Hon. T. W. Paterson, who is president of the Centre and takes great interest in its work. Mr. William Meed, who has taken over the duties of hon. secretary and treasurer, has spared neither time nor energy in carrying on the good work inaugurated upon the occasion of the visit of Lord Desborough in 1911.

Subscribers to the SWIMMING MAGAZINE, who have done so much to keep this journal going, are respectfully reminded that the third volume commences on the 1st June, 1916. They will greatly assist the future of this journal, which is the only one of its kind in the world, by kindly posting their renewal subscriptions in time to reach the Editor on or before May 1. A special appeal is made to friends in the Overseas Dominions and abroad.

THE LADIES' SECTION.

PLEASING NEWS FROM HONOLULU.

WHY NOT DECIDE OUR CHAMPIONSHIPS?

THERE is widespread discontent among lady swimmers over the apathy of the governing body of swimming in regard to the holding of ladies' championships and the promotion of galas. For some reason, for which no satisfactory explanation is yet forthcoming, the senior championships were not decided last year, and there seems little hope of their being carried through this season unless we organise and make urgent representation to our men folk. If they are unwilling or unable to do it, the running of these championship meetings can surely be left safely to us.

The adoption of a sleeping policy is decidedly unwise and is tending to alienate support from the cause of swimming. It is difficult to understand the position which the governing body has taken up with regard to our championships. We are forced to stay at home while our brothers and kinsmen are doing the world's work of humanity, and surely help and assistance should be given us to carry on the work of teaching and the instruction of the young. The holding of the championships would materially aid us, because we could point out in a more effective manner to our younger, and possibly more ambitious members, the high standard of excellence which they should seek to attain.

We quite understand that the governing bodies of swimming races are handicapped by the absence of members, and fully realise that the holding of the men's senior championships are quite out of the question, but when we find the Australian and the Scottish Association's ladies' championships being held, we feel that what is possible for them should be possible for us. The Scottish Association ran its junior and ladies' championships last month for the benefit of the Scottish branch of the Red Cross Society. Cannot we hold a meeting for similar objects?

Many of my friends are also very annoyed at the *cavalier* way in which they have been

treated by clubs of which they are members, and which has only a ladies' section. Because the men who are left have not the spirit or the inclination to carry on, the ladies' sections have in many cases been neglected. So far as London is concerned there will soon be a remedy for this, as a new ladies' club of high class character is in course of formation.

While we have been practically idle so far as active racing is concerned, our sisters in Australia have been particularly busy. At the time of writing I have not received the results of the Australian ladies' championships which were to be decided in New South Wales last month, but I am told that reports of some record swimming may be expected.

From Brisbane has arrived the story of the three miles ladies' championship of Queensland, which was swam in the Bremer River between Booval and Ipswich. This was won by Miss Elsie Venning, a young lady of only fourteen years of age, and daughter of Mr. F. O. Venning, whom we used to know as one of the Neptune divers. Mr. Venning, who is now located in Brisbane, is the hon. secretary of the Queensland Head Centre of the Royal Life Saving Society. Miss Venning swam the three miles in 1.19.13, over a course where there was very little assistance from the tide, and during the last mile of which there was a head wind. Elsie Venning intends to be a school teacher, and glories in her lessons as her work, and revels in her swimming as a recreation.

The Vennings are a family of swimmers, and Elsie learnt to swim six years ago—soon after the arrival of the family in Queensland. The water sprite of the lot is a tiny tot of two. When racing Miss Venning uses the overarm stroke. She is, of course, a member of the Royal Life Saving Society. For some reason the Queensland swimming

authorities have decided that in future juniors will not be permitted to compete in the senior championships, except the 220 yards and 100 yards breast stroke, they reckoning it *infra dig.* for juniors to win senior events.

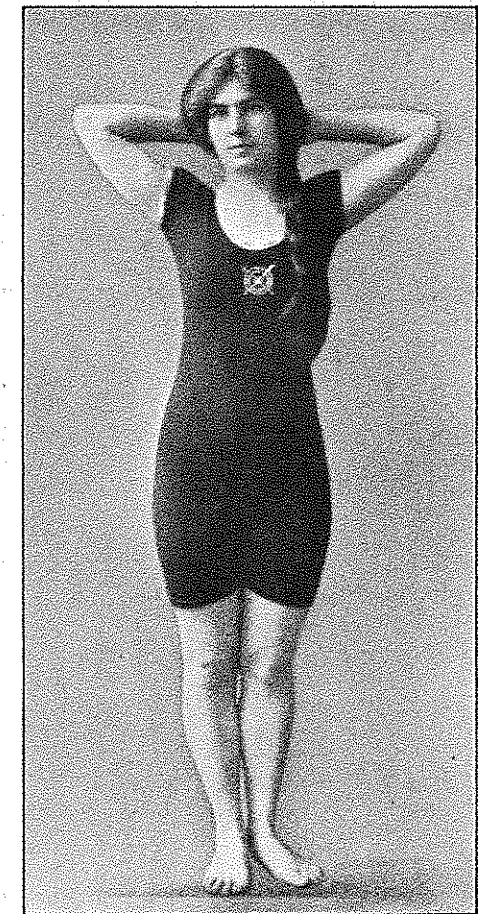
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Our Editor has handed over to me a charming letter from Mrs. Fullard-Leo, whose good work for swimming in British Columbia is well known to me. This lady is now resident in Honolulu, but still keeps in touch with the girls of the Victoria (B.C.) Ladies' Swimming Club, of which she was president. Her experiences in Hawaii have been most interesting. She informs us that nearly everybody who wishes to swim has to go to the Waikiki Beach, about three miles from Honolulu. There the principal place is the Outrigger's Canoe Club, a very old, wealthy and select institution with a membership of a thousand. Surfboard riding and canoeing are the main sports. The club has a "Women's Auxiliary" of five hundred members (limited), and with hundreds waiting. Both sections of the club are very generous and do a great deal to entertain tourists and visitors to the Island. Mrs. Fullard-Leo greatly appreciates the dignity of honorary membership which has been conferred upon her. I am glad to learn that Mr. Fullard-Leo hopes to work up a life saving class in Hawaii, and I think there is a very fine opportunity for similar classes among the many lady members of the distinguished club referred to.

* * * *

One of the most valued members of the Royal Life Saving Society is Miss Mary Beaton, who is associated with the Educational Department of the Y.W.C.A. of Toronto. Miss Margaret Pickard, one of her young lady pupils, has passed for the Award of Merit and the Diploma of the Royal Life Saving Society, and others of her pupils are expected to pass this spring. Meanwhile they are doing good work by giving exhibitions in aid of various war funds. I have been afforded opportunity of perusing the essay submitted by Miss Pickard as part of her examination for the Diploma, and am entirely in accord with the judges' opinion, as from my point of view I consider the essay an excellent one, and as she swims as well as she writes she

will be an ornament among the select list of our sex who have the privilege of holding the Diploma of the Royal Life Saving Society. In the practical part of her test Miss Pickard was judged by Mr. A. L. Cochrane, who passed for his Diploma with Honours in 1909, and Mr. Arnold Morphy, president of the Ontario Branch, both of whom are known as being



Miss Margaret A. Pickard, Toronto.

very strict and good judges. It therefore speaks volumes for Miss Pickard's ability when we find her gaining an average of just on eight points for the seventeen items of the test. Miss Pickard has been giving instruction in swimming at the Y.W.C.A., Toronto, during the past season, and the use she is putting her expert knowledge to should prove highly beneficial to the young ladies of Ontario.

Another lady whose test for the Diploma was considered at the last meeting of the Executive of the Royal Life Saving Society was Mrs. Sarah Dennett. She resides at Dumbarton, Scotland, and was judged by Messrs. James Orr and W. L. Wishart. She has also passed a most creditable test, and just missed receiving the Award "with Honours" in two or three items only, but her average for each test equals over eight and a half points. These two cases clearly prove that the ladies are taking a very high place in the work of the Society, and I have much pleasure in congratulating Mrs. Dennett upon her achievement, for to gain such high marks is by no means easy. Her essay, in particular, is especially good; the judges' marks for this are the highest possible in four out of the five subjects. She also has the highest possible marks for motionless floating and undressing on the surface; she missed taking the Award "with Honours" in the plunge, as her effort amounted to 42ft., whilst Miss Pickard did 47ft. in the first and 52ft. 3in. in the second attempt. It may be stated that Mrs. Dennett has been visiting the Brock Baths, where special interest is being taken in this particular Award, and I have an idea that the encouragement to practice must be attributed to the persuasive methods employed by Mr. John Logan, the superintendent, who takes a special interest in those who try to do their best and achieve honours in high ability, by giving them the best advice possible.

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It is a matter of regret, but not of insurmountable difficulty, that club progress will probably have to be restricted, for ladies have little choice of baths now. That is the great drawback, but they have shown themselves so diligent during the past year that the difficulties will be surmounted whenever possible. If this cannot be done at certain places during the next few months, owing to the closing of baths, then active steps should be taken for the fixing up of an open-water campaign; facilities for which can be gained almost anywhere if only properly sought after and arranged. It is to our ladies' clubs that we look for the continued furtherance of swimming and life saving at the present time, coupled with the noble work done by our scholastic institutions, confident in the fact that though

under the present adverse circumstances we may not be able to produce many world's record speed breakers for a few years, we shall yet maintain that high standard of excellence for which the Empire's swimmers of both sexes are noted, and a race of young swimmers quite capable of equalling their laurels in the years to come.

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Miss Christina H. Mackay, who has gained the Diploma of the Royal Life Saving Society "with honours," is a native of Aberdeen, and while at St. Andrew's University graduated for the degree of L.L.A. She is now a teacher in College Street School, Dumbarton, and it was in Brock Baths, Dumbarton, that she received life saving instruction from Mr. John Logan, the esteemed superintendent of the baths. Miss Mackay progressed rapidly in her study of the art, for it was only a year ago that she gained the Proficiency Medallion and Certificate of the Society, and this she followed up four months later by qualifying for the Award of Merit.

* * * *

There has been a large increase in the number of lady members of the Chippenham Swimming Clubs, and extra facilities are about to be provided for their benefit. Mrs. Birkwood, of Swindon, has been engaged as lady instructor, and the number of ladies and girls who have learned to swim during the past season is gratifying. Nearly two hundred of the members are under sixteen years of age. This shows the large number who are able to acquire the useful art of swimming in their early days, an acquisition which will always prove valuable. The club performs a worthy duty in providing such a number with healthy recreation, and there is every reason to expect that during the coming season its energies will in no way be lessened. The life-saving classes teach the more experienced swimmer the correct method of procedure when effecting the rescue of a drowning person. The usefulness of this knowledge is daily shown by reports from all over the country of people who through their swimming ability have been instrumental in saving life. Much of the success of the Chippenham Club is due to the energetic work of the hon. secretary, Mr. S. Rowe, who has now been called up for military service.

The fourteenth annual report of the ladies' section of the Beckenham Swimming Club is pleasant reading. Although the men's section is practically non-existent, the ladies, who have Mrs. A. M. Austin as hon. secretary, have been able to make great progress, and have done good work, in the teaching of juniors. Among winners of principal events during the season was Miss P. L. Tett, who captured the Club Challenge Bowl and also the Diving Bowl. Miss S. Sherlock became the junior champion, and Miss D. Guymer won both the junior diving and the junior one-length race. Miss F. Obee was also a prominent performer, taking second place in the senior diving and winning the Lea Wilson Cup. At a gala which was held in September the sum of £15 was raised for the local Red Cross Fund and the Cottage Hospital. All the members have been encouraged to practise life saving, and over fifty hold awards of the Royal Life Saving Society, five of them having gained the Award of Merit. Mrs. Austin is of opinion that the new S.C.A.S.A. breast-stroke championship for ladies will greatly help to encourage life saving work, and with this I quite agree. Congratulations to the Beckenham ladies upon the excellence of their report.

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The two hundred yards ladies' amateur championship of Scotland, decided at the Victoria Baths, Glasgow, on February 8, was won by Miss Minnie Johnston, of the Western Club, very easily in 2.52.2. Miss Jessie Mackay, of the same club, was second, and Miss Lizzie Rorison, also Western Club, third.

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The Harrogate Ladies' Swimming Club, which has a membership roll of two hundred, started a life saving class at the commencement of last season, it being organised by Mrs. Lee, the instructress to the club. So enthusiastic were the members that Misses E. Milnes, D. Milnes, and I. Lee gained the Award of Merit, ten members the Bronze Medallion, and seventeen the Proficiency Certificate. Miss Lee also obtained the Hon. Instructor's Certificate. A large number of members earned club certificates for swimming a quarter, half-mile and mile.

The Kettering Co-operative Clothing Society's Swimming Club has just cause to be proud of the success of its 46 lady members last season.

A number of successful competitions were held and bronze, silver, and gold medals were awarded to those who could swim the quarter, half, and one mile distances, the mile having to be swum in fifty-five minutes. The times for the mile were Miss M. Pickford, 44min. 25sec.; Miss M. Ashley, 45min. 19sec.; Miss L. Hitchcock, 47min. 47sec.; and Miss N. Collier, 53min. 47½sec. The Ladies' Shield competition took place in the new baths, the distance being 150 yards, two lengths to be done on the breast, two on the back, and two free swimming. The winner again was Miss M. Pickford, who thus holds the shield for twelve months. The following have also been successful in gaining the Bronze Medallion and Proficiency Certificate, awarded by the Royal Life Saving Society for efficiency in saving life from drowning:—Misses Doris Miller, Mabel Ashby, Mabel Pickford, Hilda Farren, Nellie Collier, and Lily Hitchcock. This speaks well for the tuition given by Mr. E. Wilson, the hon. instructor to the Society. The members of the Society are quite proud of their club and its fair members, and trust that they will continue to practise and become still more expert. It may be mentioned that Miss Pickford swam three miles during last summer in the Kettering Baths and was not in the least exhausted. The men's section, of which only seventeen remain, the rest having enlisted, was dormant.

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The annual meeting of the Ladies' Diving Association, which was well attended and presided over by Miss Amy Daly, was held on February 19, when it was decided that during the present year the members should "carry on" as usual, and conduct not only the weekly competitions, with occasional handicaps, but also the championships. In this respect the lady divers have anticipated my opening remarks. The balance-sheet, as is only usual amongst ladies' organisations at the present time, must be described as particularly healthy. All the prizes due were presented by the lady in the chair, and Mrs. S. G. Lewis, who has devoted herself wholeheartedly to the cause of the Association, was accorded the thanks of the members for her unwearying work.

NOTES ON NEWS.

INFORMATION FROM THE FOUR QUARTERS OF THE GLOBE.

REMARKABLE SWIMS IN AMERICA AND HOLLAND.

THE Liverpool Baths Committee has given a very helping hand to the Amateur Swimming Association's scheme for the encouragement of swimming by granting the free use of all but one of the Liverpool Baths during the month of April for the purpose of educational displays. Mr. Alderman Roberts and his colleagues are to be heartily congratulated upon their progressive action. But, there, we expected it from Liverpool. Their Corporation has always been ever willing to promote public health, and it is to their credit that public baths were first erected in this country, these being at St. George's Pier Head, which were opened in 1828. The Corporation has further done national service during the present war by granting free baths to all soldiers presenting themselves in uniform. In 1914 over 41,000 such baths were indulged in, and last year the figures increased to nearly 71,000.

At a meeting of the Sussex Local Centre of the Southern Counties' Amateur Swimming Association, held at Brighton under the chairmanship of the president, Mr. A. C. Fricker, Lewes Swimming Club, it was notified that there was a satisfactory balance notwithstanding the fact that the work of the Centre was carried on last year without subscriptions. Mr. Fricker was re-elected president; Mr. J. Ashby, Hastings Swimming Club, hon. secretary, and Mr. E. J. McCormick, Hastings Swimming Club, hon. treasurer. It was decided that until after the war the only championships to be decided should be the 100 yards ladies' and the elementary schools.

Private Sam Finney, Coldstream Guards, killed by a sniper, was one of the most promising of the younger members of the Wigan Swimming Club.

The 60 yards junior championship of Queensland was won by T. Linton in 0.36.1, A. Rainey being second in 0.38. This is particularly good swimming for youths under sixteen years of age.

Sid Beck, the young Sydney swimmer, has shown further improvement this season. In the Premier Club's 440 yards race, held on December 11 at Sydney, he won the first heat in 5.58.1, and as at present the number of men in that city who can beat 6min. for the quarter are few, the performance has as much significance as beating the minute for 100 yards. No swimmer has shown more consistent improvement, and there seems a great future before this boy. Following on some fine swims last year, he has this season joined the minute-breakers, covered the 100 metres very close to record time, gained three firsts and two seconds in six starts, and now swims a quarter-mile under 6min. He seems as much at home in breast stroke and back stroke as in free style.

By the death of Mr. George Harris the New Zealand A.S.A. has lost a supporter who had been president for many years. At the annual meeting Mr. F. H. Bowler was elected to the vacant chair and Mr. P. N. Rundle was appointed hon. secretary. In the report it is stated that 93 clubs are affiliated, and that the balance of assets over liabilities amounts to £214 11s. 11d.

Second-Lieutenant C. C. Fisher-Brown, Wiltshire Regiment, who has been missing in Gallipoli since August 10 last, was a keen member of the Otter and Richmond Clubs, and was hon. secretary of the Richmond in 1913. He was mentioned in Sir Ian Hamilton's recent despatch.

The Birmingham Leander and Leander Ladies' Swimming Clubs, of which Mr. and Mrs. George Russell are the respective hon. secretaries, are to be amalgamated. The Birmingham Leander was founded as far back as 1877, and was one of the old water polo clubs. Leander Ladies, founded in 1912, is very proud of its youngest member, Ida Harris, who although only ten years of age is a fearless high diver and frequently gives exhibitions. She joined in 1913, and since then has had the advantage of friendly tuition from Mrs. Russell.

We have had a long letter from our old friend Cecil Healy, who is now a Quartermaster-Sergeant-Major with the Australian Forces in Egypt, where he has been since the first week in January. On the way over he had charge of the games on board, and for about a fortnight acted as referee in a boxing tournament. Since landing and whilst awaiting orders he and Boardman have been filling in spare time by visits to places of interest and taking part in a Swimming carnival given by the Sultan, open to all the troops. The Australian swimmers won the majority of the events, including a team race of seven aside, in which ten teams started. Linsley and Boardman, of Sydney, were in the winning team.

Congratulations to P.-C. William Brown, who has held the championship of the Glasgow Police Force, upon a gallant rescue from the Clyde at the end of January last. He heard that a woman had jumped from the Suspension Bridge into the water and immediately throwing off his overcoat and tunic, went in after her. He experienced some difficulty in rescuing her, but was successful in his effort.

Ted Heaton, the Liverpool swimmer, who made several attempts to swim the Channel, and who joined the Sportsmen's Battalion at the time of its formation, is now sergeant instructor training recruits of the Royal Fusiliers.

The annual meeting of the Amateur Swimming Club was held at the Club house on Friday, January 28, Mr. F. G. Clifford in the chair. With the exception of the incoming president, Mr. E. G. Tyler, who was proposed by Mr. Clifford, all the officers were re-elected. The balance sheet submitted by the Hon. Treasurer, Mr. William Henry, gave every satisfaction, as the statement of assets over liabilities showed a balance of £32 14s. 8d. The hon. secretary, Mr. H. G. Sandberg, reported upon the year's work of the Club and stated that quite forty per cent. of the members were now serving with His Majesty's forces. With regard to the forthcoming season it was resolved to continue the fixtures as usual, but that the prizes were to be discontinued, and in lieu thereof each winner is to be presented with a small souvenir medal.

All the amateur swimming championships of New Zealand have been abandoned.

Some remarkable performances by H. E. Vollmer, of the New York Athletic Club, were reported from New York in January. In the final heat of the hundred yards Metropolitan Championship, decided on January 12, Vollmer swam the distance in 55.1, which is a fifth of a second better than the English record made by C. M. Daniels, also of the New York Athletic Club, at Manchester in September, 1907. The world's record is 53.4 by Kahanamoku, at Sydney, on January 2, 1915. In the preliminary heat of the hundred yards Championship Vollmer covered the distance in 56, but by arrangement went on to cover 150 yards, and this he did in 1.29.4, which is record for the distance. Prior to this the international record was 1.32.2 by C. N. Daniels, New York A.C., at Manchester, on July 8, 1908. It should be noted that H. J. Hebner, of Chicago, making seven turns, was credited with swimming the distance in February, 1914, in 1.31.1. In his 150 yards swim Vollmer made five turns.

While on a recent visit to this country, Mr. E. Meijer, the famous Dutch long-distance swimmer, who, but for the war, would have attempted last year to swim the Channel, told us wonderful stories of the prowess of a new Dutch swimmer. This was T. J. Korsten, who is only twenty-one years of age. By mail from R. L. Boissevain, who is serving in the Dutch Navy, we now learn that Korsten has swum 40 metres = 43.745 yards in 23.3; 80 metres = 87.490 yards in 51.1, and 120 metres = 131.235 yards in 1.31.1. Some good Dutch judges of swimming feel that he will greatly improve, as up to the present he has not had much time to devote to the practice of swimming.

Determined effort is to be made in Leicester for the training of boys and girls in swimming and life-saving. Under the encouragement scheme for local swimming thirty-six free scholarships have been gained by boys and they have been allocated as free members of the Knighton Fields and Leicester Swimming Clubs. Mr. Harry Thomsett, who has done much for the cause of swimming in the Midland district, is working with enthusiasm on the scheme and has associated with him many well known ladies and gentlemen.

For the sake of saving a few pounds the Maidstone Town Council has rejected the recommendation of the Baths Committee that mixed bathing should be allowed, forgetting or else not knowing that at other places where mixed bathing has come into vogue the baths have showed greater profits and thereby benefited the taxpayers.

The annual meeting of the London Schools Swimming Association was held at the County Hall, Spring Gardens, on February 25. The business transacted was purely formal. There was no contest for the executive as the actual number required were nominated. Cyril S. Cobb, Esq., M.V.O., who is a very keen supporter of the Association, was elected president. The statement of accounts showed a balance in favour of the Association of £140 14s. 5d., the cash credit included in this total being £110 11s. 10d.

The following paragraph appears in Mr. Chas. L. Newman's report relating to instruction in swimming at Richmond. "Taking all circumstances into consideration there is no reason to suppose that there is any serious lack of enthusiasm in swimming; but I feel justified in submitting that the claims of this branch of education demand even more attention than has yet been vouchsafed. . . protection of life, cleanliness and physical fitness are all factors in favour of a whole-hearted support of the advancement of a knowledge of swimming and their importance is emphasised by the exigencies of the present war."

Councillor Briggs has been presented with the gold medal and certificate of the Scarborough Club for the feat of swimming round Scarborough Castle fort.

The Scottish hundred yards junior championship was decided at Glasgow on February 8, and was won by J. McEwan, of the Eastern Club, by a touch from A. C. McDonald, Kinning Park, in 1.10.4. J. Scott, Victoria Baths, was third.

The twenty-third annual report of the Scarborough Amateur Swimming Club states that notwithstanding the abnormal difficulties during the past season the club has, by the aid of its willing workers, been able to maintain its growing popularity. The membership shows a slight decrease, due to many joining his Majesty's Forces, including seven

committee men. The members of the ladies' section have also responded to the call, for, in addition to a number who are serving as nurses, a large proportion has been busy in the various schemes connected with the war. The outstanding feature of the season was the opening of the bathing pool in the South Bay. So successful was the opening by the club that the members assisted the Corporation in running two other galas, which were equally as successful as the first. In fact, the only thing that was successful in Scarborough last season was the new bathing pool, and those who predicted its failure now praise the idea. The financial statement is an encouraging one, a substantial balance being brought forward for future use. The new Potter Cup was won by Mr. A. Shaw, the Bright Dale-Smith Cup by Messrs. E. Abrams and A. Shaw, and the A. E. Fullerton Cup by Messrs. S. Knockles and A. Shaw, the Gambert Baines Cup by Mr. W. Gibson, who also won the club championship for the third time, as well as the Drew Cup.

At the annual meeting of the Royal Humane Society held on February 8, the Stanhope Gold Medal and £5 were awarded to Cecil Hetherington, of Allendale Town, Northumberland, for the bravest deed of last year. At 11.35 p.m., on August 12, the steamer Jacona was crossing the Moray Firth when she was either torpedoed or struck a mine, and sank in two minutes. All hands went down with the ship, but the captain and several others came to the surface clinging to some wreckage. Ten minutes after a boat was seen floating some distance away. The men were in an exhausted state, but Hetherington swam to the boat, brought her back, and so saved thirteen lives and at the same time furnished a fine object lesson of the value of the art of swimming.

By means of handicap meetings Mr. Vance Veith, swimming instructor of the Los Angeles Athletic Club, hopes to produce many swimming champions for South California. His programme includes 440 yards and 100 yards crawl and 200 yards breast stroke for seniors, whilst the juniors are to be tried in a 100 yards crawl, and for the ladies 150 yards back stroke and 220 yards crawl stroke handicaps have been selected. It is said that at present the Club has two or three swimmers who are able to whistle as they splash along and still win level races.

The annual meeting of the Worthing Swimming Club took place on February 7. The annual report showed that there was a falling off in the number of members, but this was fully accounted for by war conditions. The championship races were not held, but the fortnightly handicaps were decided as usual and three "friendly" water polo matches were played, two being won and one lost. Two entertainments were held, and as a result the sum of £3 1s. 7d. was given to the Soldiers' Tobacco Fund, and £5 11s. 5d. to the Belgian Relief Fund. The elementary schools branch has had a successful season. During the year 272 certificates were awarded compared with 245 the previous year, 134 being gained by new swimmers and 40 by swimmers for a quarter mile. The club's roll of honour contains over 50 names on active service, and several more have enlisted under the group system. The general management account for the season revealed a balance in hand of £12 6s. 9d., as compared with £3 11s. 4d. at end of the previous season. As swimming is a very essential thing to teach the young that branch of the Club will be actively continued and the ladies' branch also go on as usual. If military are stationed in the town again, no doubt the committee will do as they did last year, and arrange entertainments for them. The report and balance-sheet were adopted, the officers and committee re-elected without alteration and it was decided not to hold the men's championships or handicaps while the war lasts.

We have received from Mr. John A. Jackson, of the Lurline Baths, San Francisco, a number of photographs of swimming baths on the Pacific Coast of America, and they certainly prove that these are up to date, and that a great point is made of the purity of the water, which gives one the impression that what most people drink in those parts, they bathe in. Mr. Jackson has had a holiday, and has travelled over 600 miles down South, in order to meet with people we know, such as Prof. Wilkinson and T. W. Sheffield, with whom he took part in life-saving exhibitions. Mr. Jackson is very keen on the idea of forming a big Swimming Teachers' Association of America.

An interesting examination was held at the Automobile Club last month, when the

Chief Secretary had the pleasure of testing for the Bronze Medallion and the Proficiency Certificate of the Society Lieut. J. P. Muller, the famous physical culture expert, and his two sons, Ib Palle Muller and Per Muller. All three candidates are expert swimmers, and did their work well. Ib Palle Muller was on leave from the front in France for four days when he elected to take his examination; he thus occupies the unique position of being the first to come direct from the trenches and take his examination for the Proficiency Certificate in Life-Saving.

Lectures on and demonstrations of swimming are to be given at nearly every bath in Liverpool during the month of April, the Baths Committee having expressed a desire to popularise the subject, thus setting another excellent example for the United Kingdom to follow. The energetic workers of this port are arranging for the instruction, and many experienced veterans have offered their services in order to successfully carry out the idea.

PLUNGING.

Curious Error in Official Records.

An American expert says that distance plunging is a sport in which consistency does not seem to be known, particularly in championships. It is evident that the expert has omitted to study the English A.S.A. championship records.

There are so few plunging contests nowadays that the modern swimmer hardly realises what the records of 82ft. 7in., G. W. Taylor, of Bootle, at Bootle, on September 8, 1906, for men; and 60ft. by Miss Minnie Harrison, of Liverpool, at Seacombe on November 5, 1913, really mean. In 1864 the record was 55ft. by Soutar, at the Pimlico Bath, but as soon as open plunging handicaps were instituted it began to increase. In 1869 T. Young, of the Ilex Club, plunged 56 feet. Then Green, at an Otter entertainment, took it to 62ft. 8in.

Horace Davenport raised it to 63ft. 10in. in 1882, two years later, in the Amateur Championship, went to 64ft. 8in., and the following year, the third year of the Championship, to 64ft. 11in. Still retaining the championship this wonderful

swimmer of his age went 67ft. 11in. in 1886.

Then came the era of G. A. Blake, of the Lewisham Club, who in 1887 created astonishment by doing 73ft. 10½in., and after this there was a long rest until the record was approached, but in 1896 Major W. Allason, of the Otter Club, won the championship in 73ft. 4in., and two years later W. Taylor, of Bootle, reached the great distance of 78ft. Since then all the plunging championships have been won with long distances, all of which have to be completed in a minute, and not in an indefinite time as was formerly the case. Taylor won on eight occasions, his respective winning plunges being 65ft. 3in.; 78ft. 9 in.; 73ft. 0in.; 75ft. 11in.; 78ft.; 74ft.; 75ft. 7in. and 82ft. 7in., the last being the record plunge made in 1906. Since then Major W. Allason has won with 78ft. 7in. and his brother, Major H. W. Allason, with 75ft. 10½in., 79ft., and 81ft. 5in. There was no championship contest last year, the present holder being H. Davison, who won with a plunge of 73ft. 3in. in the year before the war.

For some unaccountable reason the Amateur Swimming Association has for years past credited Horace Davenport with a win in the championship of 1887, but reference to the Badminton volume on "Swimming" or any other reliable work would have shown them that Horace Davenport did not compete in that year, and that the late G. A. Blake, Lewisham Club, was the winner with 73ft. 10½in. (then best on record). T. H. Clarke, Torpedo S.C., 59ft. 11in. was second. W. Henry, Zephyr S.C., 59ft. 3in. third, and W. Wilson, Everton S.A., 52ft. 3in. last of four competitors. The contest was decided at the Old Lambeth Baths on October 10, 1887.

CORRESPONDENCE.

American Championships.

DEAR SIR,—We read with much interest an article on page 52 of your August edition of the Swimming Magazine, relative to a change in the swimming rules of our Association. You have been misinformed regarding the interpretation of the rules, and no doubt anxious to correct the im-

pression we take pleasure in quoting our rules on junior and senior events.

Our swimming championships are divided into two classes, namely, junior and senior. The senior championship or class is open to all athletes, but the junior class is open only to those who have not won a first prize in the division of events as follows: (1) free style swimming, (2) back stroke, (3) breast stroke, (4) diving, (5) plunging for distance.

The junior events in these divisions consist of—outdoor 50 yards and 100 yards free style, fancy diving, back stroke 100 yards and breast stroke 100 yards. Indoor—100 yards and 500 yards free style, fancy diving, back stroke 100 yards and breast stroke 100 yards.

You may note that a swimmer may compete in both the senior and junior classes until he has won a junior championship; he is then barred from further competition in that division. This permits a swimmer to be a junior champion in one or more divisions and be eligible in other of the five junior divisions. Of course the rules may seem strange, considering that a swimmer may be a senior champion, or, better still, a world's (we have five world's record holders here in Chicago) champion in the free style division and *vice versa* and yet be an eligible for the junior championship in the breast and back stroke or fancy diving.

The following events consist of the senior championship: 50, 100, 220, 440, 880 yards, one mile, long distance swims, 100 yards back stroke, 200 yards breast stroke, fancy diving, high diving, plunge for distance, 400 yards relay and water polo.

Trusting we have made clear explanation of our rules,

We are,

Yours very truly,

THE CENTRAL ASSOCIATION AMATEUR
ATHLETIC UNION OF U.S.,

GEO. B. WATERSTRAAT,
Secretary and Treasurer.

26-1-1916.

* * * We are very pleased indeed to receive the above official letter correcting the impression conveyed by the paragraph in our August issue, wherein we stated that "The Central A.A.U. of America has adopted rules whereby a swimmer must first of all win a junior championship in any particular style before he can enter for the senior."

THE LATE SIR GEORGE PRAGNELL.

VALUABLE WORK IN THE CAUSE OF SWIMMING.

AGITATION FOR A CITY BATH.

THE death of Sir George Pragnell, Deputy-Lieutenant of the City of London, on Monday, February 14, after only a few days' illness, has removed from amongst us one of the most energetic organisers and friends that swimming and life saving has ever had. His energy was unbounded, his honour strict, and his patriotism sincere. Although only fifty-three years of age, Sir George had attained to eminence in the City of London by sheer personality and downright hard work. He was born at Sherborne in 1863, and after a short business career in the country entered at the bottom of the ladder the service of Messrs. Cook, Son & Co., the great wholesale dry goods firm of St. Paul's Churchyard, in which at the time of his death he had risen to be the managing partner. He received the honour of knighthood in June, 1912.

Sir George Pragnell's connection with swimming extended over a long period of years, ten of which, 1893 to 1902, he spent as Honorary Secretary of the Amateur Swimming Association, a position which he so worthily fulfilled that he was unanimously elected President at the termination of his secretarial work, this honour being the highest the Amateur Swimming Association can extend to any of its members.

In the early days of the Royal Life Saving Society, Sir George became identified with its work, and was on its original committee. So was he also on that of the London Water Polo League, and other kindred bodies, while the present position of the City of London Athletic and Swimming Association is almost entirely due to his vigorous advocacy of the policy that the providing by employers of facilities for healthy social and physical recreation is conducive to sound and friendly business relations with employees, tending to more efficient work and consequent benefit for both.

It is over a quarter of a century ago that Sir George, then Mr. George Pragnell, started a great agitation for the provision of a bath in the City of London proper. It was one of

the ambitions of his life to get one erected, and at one time his efforts seemed likely to be crowned with success, but he has passed away without seeing his life's ambition fulfilled. Yet his work is not likely to be forgotten.

Among the signatories to the circular calling the first meeting of the Royal Life Saving Society appears the name of George Pragnell, who was at that meeting nominated for the executive and elected highest on the poll. He gave the Society yeoman assistance, and his club team, that of the Ravensbourne, who won the National Life Saving Competition in 1893, was always ready to assist in demonstrations and displays. Sir George was known to swimmers in all parts of the world, and his death will be deeply deplored.

His activities were not confined entirely to swimming, for he was high in the Masonic circle, was chairman of the National Patriotic Association and at the head of the Employers' Territorial Association and the Wholesale Textile Association, while at the time of his death he was busily engaged in the work of the Red Cross Society, in which he was being assisted by Lady Pragnell and his daughter.

The interment took place at the Cemetery, Sundridge Park, Kent, on Thursday, February 17, and a memorial service was held at St. Andrew-by-the-Wardrobe, Queen Victoria Street, London, the same afternoon, at both of which the art of swimming and life saving was represented. Wreaths were sent by the Royal Life Saving Society, the A.S.A., the S.C.A., S.A., and the London Water Polo League and other kindred bodies. The Association was represented at the funeral by Mr. H. E. Fern, Hon. Secretary of the S.C.A.S.A., and R. W. Jones, Hon. Treasurer, whilst at the memorial service there were present Mr. William Henry, Chief Secretary of the Royal Life Saving Society, Harry J. Barclay, Hon. Treasurer, and E. J. Plumbridge, Past President of the S.C.A.S.A. The church was filled with those who desired to pay a tribute of respect to a worthy worker, whose motto was "Thorough!"

SCIENTIFIC SWIMMING.

NEED FOR ITS ACQUIREMENT.

SUGGESTED COMPETITION RULES.

SO many swimmers, both ladies and gentlemen, have passed for the Award of Merit of the Royal Life Saving Society, and so many are studying for the Diploma that the time seems opportune for the establishment of Competitions in Scientific Swimming, or, as some folk are pleased to term the movements, Fancy or Ornamental Swimming. There has not been a contest of the kind in this country since 1901, when the shield presented by members of the Bath Club in 1895 was won outright by Mr. William Henry, who also succeeded in winning the world's Life Saving Championship at the Olympic Games in Paris in 1900.

Up to now, however, there have been no general rules laid down for judging, and the tests have been taken in rather a haphazard fashion. But the keen interest taken in Diploma examinations has led to a more searching study of a fascinating subject, one over which all sorts of theories can be expounded, and many conflicting ideas advanced, but this is no reason why rules similar to those in use in international diving events should not also be found beneficial for the promotion of a subject, the practice of which helps so much to make one an expert in the water.

In the Diploma examination of the Society it is stipulated that floating, swimming by means of the propeller stroke and somersaulting are the compulsory feats to be performed, in addition to three voluntary feats. These have, of course, to be performed exceptionally well, but they do not cover the whole ground, though we make no doubt that those who pass would be quite capable of executing in clever style most of the other known methods of maintaining oneself buoyant in the water and at the same time going through movements which to the uninitiated often seem little short of wonderful.

The Diploma examination is, of course, an educational test, and cannot in any way be compared to a competition in scientific swimming pure and simple, because it embraces a variety of subjects connected with the art and for the passing of it one is compelled to study the theory and practice,

not only of swimming, but also that of life-saving. But in the passing of it one learns much about scientific swimming; indeed, one has to learn in order to get through successfully, and an interest is created for further research and experiment.

Every person who has gained the Diploma will admit this to be correct, and will be eager to gain fresh honours, while those who are still training for a pass will be only too willing to enter into a scientific swimming competition in order to gain experience, and mayhap some friendly hint which may alter all preconceived ideas as to a particular movement, and thereby lead to ultimate success in the Diploma examination.

Some ten years ago a scheme was evolved for the institution of a championship such as we have mentioned, but it was not carried out, not through lack of energy on the part of the person from whose fertile brain it was evolved, but from the lack of competitors, for then there were few who could perform satisfactorily the tests which so many went through last year for the "Award of Merit." It is this test that has created a large company of scientific swimmers in our midst, and it is to that company that the present scheme should appeal. Even if it be not carried out for men this year, it could be well done by the ladies, than whom no more graceful in this class of swimming, and could well be made the nucleus of training trials for special awards, since many certificates and prizes are being given by governing bodies all the world over for the development of extra special ability.

In order that the test should be one of general knowledge and not confined to ability to perform only a certain class of feat in the water, the competition should be divided into groups, the feats being classed and points awarded on somewhat the same lines as in diving competitions. The value of a feat depends upon the difficulty necessarily caused to perform it, apart from the grace with which it is done, although that of course is a potent factor when seeking to gain points. Consequently, if one feat is less difficult to do it should have less value

attached to it, and the selection from groups should be voluntary or compulsory, or both, according to how the competition is arranged. The setting up of a standard of points might allow of a competitor picking out from each group the supposed most difficult feat and assiduously practising it. But that is not true training, because the competitor might fail badly at one of the supposed easier tests, for the simple reason that he or she had not practised it, and that test might at the last moment be made compulsory. For instance, who can do the "Propeller" well? Yet that feat would have fewer marks than many of the others, while "Swimming Like a Dog," which all of us can do, would probably count for as much as the "Propeller." For that reason all the well-known movements should be divided into classes somewhat as follows:—

In the first place the reader should note that the figures in brackets following the name of each movement indicate in points the degree of difficulty in which each one is regarded.

Class 1.—Movements performed on the back, each over a distance of at least 30ft.:—Propeller (10), Torpedo (9), Marching (6), Sculling, feet first (5), Sculling, head first (3).

Class 2.—Movements performed on the breast:—Sculling or imitation of a seal, head first, distance 30ft. (5); swimming without use of hands, the arms being folded in front of the chest, distance 60ft. (6); swimming on the breast, feet first, 30ft. (6); imitation of a porpoise, at least six dives (8).

Class 3.—Various somersaults from the surface:—Front somersault, one revolution (4); ditto, with three revolutions in perfect line (7); back somersault, one revolution (3); ditto, with three revolutions (6); back somersault, full length, with one revolution (5); ditto, with three revolutions (8). All these should be started from the surface.

Class 4.—Floating:—Keeping on the surface of the water without movement, but neither in actual vertical or horizontal position for 30 secs. (3); ditto, perfect vertical, with arms outstretched at right angles to the body (5); ditto horizontal, with arms extended beyond the head in line with the body (7); ditto, with arms extended along the sides of the body, palms of the hands touching the thighs (9); floating on the side, with one arm extended beyond the head and the other folded in front of the body, with the back of the hand touching the underside of the face (10); pendulum floating, with arms extended

at right angles to the body and making three complete oscillations (10); revolving on the surface, arms extended beyond the head, and body in straight line, six revolutions (8).

Class 5.—Under water movements:—Breast stroke, head first, 60ft. (3); breast stroke, feet first, 30ft. (7); side stroke, 30ft. (5); walking under water without artificial aid, such as with weighted objects (7); propeller, face upwards along the bottom of the bath, 20ft. (8); ditto, face downwards (9).

Class 6.—Miscellaneous:—Boomerang plunge (4); spinning top, six revolutions (4); waltzing in water, distance about 15 yards (4); waterwheel, six revolutions (5); imitation of steam tug (3); imitation of a dog swimming (2); imitation of a submarine twice sinking and rising (10).

In order to arrange a competition it should first be decided how many items from the above classified list each competitor shall be required to perform, but in no case should the number be less than five. The next point to consider is whether the competition shall be purely a compulsory one, which means that each competitor must perform precisely the same tests in the same rotation; or compulsory and voluntary mixed, or entirely voluntary, and lastly, which is the most difficult of all, whether the contest shall consist of, say, twelve items drawn by lot from the above classified list, say two from each class. The last kind of competition will necessitate the greatest proficiency, especially if the draw is made just prior to the commencement of the competition. In this case every competitor hoping to be rewarded with victory will need to practise every item in the six classes, and be ready to perform his or her test immediately the draw is made.

From what has been stated it will be observed that it is quite possible to fix up a very large variety of competitions, some quite elementary and others extremely difficult; yet all will have the effect of encouraging general practice, and therefore greater expert ability in a subject which provides much of special interest, particularly to those who do not care to devote the whole of their time to the cultivation of speed for the purpose of racing.

As regards judging, no great difficulty should arise on that score, as the movements that have been tabulated are now generally known, and most of them not only illustrated, but also explained in books on swimming. We suggest that for each competition two judges and a referee be appointed, charged with the

duty of each writing down their points for every movement performed, according to a scale of points, as follows:—(a) An unsuccessful attempt in any movement, nil; (b) bad execution, 3 points; (c) good, 6 points; (d) very good, 8 points; (e) excellent, 10 points. The judges also to have the right to mark points and half-points between those mentioned above, but 10 points to be the highest possible that can be awarded by any one judge for any one movement.

In the classified table we have set out figures in brackets after the name of each movement, indicating by points the degree of difficulty. These figures, however, need not be considered in any purely compulsory competitions, because in these every competitor will be expected to perform the same test, in of course the same order, but in contests which embrace voluntary movements, that is, movements selected by the competitor at will from the classified list, or in competitions which are arranged by the test being drawn for by ballot, these figures or degrees of difficulty must be taken into account when the judge's points are finally made up, by being added to the grand total of the two judges, and in this way give due credit to the competitor who has performed more difficult movements. On the contrary the competitor who executed a series of easy movements, his addition would result in a smaller total being added to the judges' grand total. In this way their respective positions would be equalised. This was the method used in connection with the diving events conducted at the Olympic Games of 1908 and 1912, and we see no reason why it should not be applied for the promotion of greater excellence in the water. In connection with diving, two methods are in vogue of equalising easy and difficult movements, or giving credit to those competitors who perform more difficult tests. One is as explained above by the degree of difficulty being added, and the other is by multiplying the points awarded by each judge for each movement by the degree of difficulty. But for this purpose decimals or fractions of points must be employed in the calculations. The method we have suggested to start with is perhaps easier and less involved although we feel that the multiplication method is the best, because the degree of difficulty is more equally apportioned to the points awarded by the judges.

We earnestly hope that the suggestions put forth in this article will have the effect

of creating added interest to a subject which provides infinite variety in the practice of swimming, and that competitions in this branch of the art will not be so rare as they have been in the past, for it is quite possible to arrange for one of these in the season's programme not only of every club, but also in the many schools which now provide such a large number of candidates for the Award of Merit of the Royal Life Saving Society.

The Value of Swimming.

Opinions of a Lady Physician.

IN our previous issue we referred to the fact that at Los Angeles women over sixty years of age were receiving free lessons in swimming from Prof. Wilkinson, of Bimini Baths.

Interested from a scientific as well as a humanitarian point of view, a lady physician named Althea Brigg took occasion to investigate the results. She found one class of twelve or fifteen persons of that age swimming and rollicking like youthful buds of promise. Three of the number had entered the class that morning for the first time, but before the lesson was over they were floating about like corks and launching sufficient free strokes to swim across the pool. A husband spectator declared that one week of swimming had done more to restore nerves and health as well as to sweeten the disposition of his wife than sermons and doctors had been able to do in two years.

When doctors, surgeons and the whole line of body specialists and inspectors are paid for keeping the public well instead of ill, then our hospitals, sanatoriums, our poor-houses, reform schools, insane asylums and prisons may largely give place to swimming baths. Schools especially should be well equipped with swimming pools or pavilions, for the practice of healthful and wholesome exercise.

Tuberculosis, constipation, rheumatism, paralysis, adhesions, neurotic conditions, senility, old age and insanity are largely the result of poisons which are reabsorbed into the system from waste which should be promptly thrown off.

The skin is full of little sewers which we call pores, through which the blood empties five-sevenths of all its impurities, and any obstruction in the action of the skin must

necessarily result in great destruction of vital power.

The number of pores on the surface of the average human being is estimated at about seven millions. These pores communicate by means of minute convoluted tubes with glands below the skin, and their combined length is estimated at from thirty to forty miles of sewerage. The amount of waste matter and impurities thrown off daily through these tubes should be greater than the amount eliminated through the alimentary canal, or about one to two pounds per day.

The carbonic acid gas that is exhaled by the skin is about one-thirtieth of the amount thrown off by the pulmonary respiration, but the pores not only throw off carbonic acid gas—they also inhale oxygen from the atmosphere.

A sanitary swimming bath is a cleansing agent, powerful in its making for health and mental vigour as well as for pleasure.

If our brilliant and wideawake women turn their attention to the human body they will find in its conditions the key to most of our social problems.

If cross, fretful and high-tempered children were sent immediately for a good swim there would seldom be need of rebuke or punishment. There is no physical agency which so naturally and effectively restores nature's equilibrium for young and old as swimming under suitable conditions.

There is nothing in reach of the masses which so materially preserves youth and beauty or so effectively develops grace and ease of movement as scientific swimming.

There is more good common-sense religion and character building to be gained through wholesome, well-conducted swimming than in hundreds of tons of creeds and moral admonitions. Through this force of nature rightly used there are limitless possibilities for the awakening of dormant capacities and the increase of consciousness in any line of human uplift.

The law of all animal life indicates the average period of longevity to be about five times the period of growth. By this standard we should live in health and vigour about one hundred and fifty years. One of the reasons why we fail to attain this normal birthright is found in our own apathy and neglect of the functions of nature.

The professor with his free class in swimming for elderly women has touched a vein of philanthropy which should awaken wide appreciation.

The Lifebuoy.

Proper Method of Adjustment

EVEN some of our best swimmers have no idea of the correct method of adjusting the lifebuoy when in the water. The illustrations we reproduce clearly indicate what should be done. The swimmer takes hold of the lifebuoy with both hands and depresses it below the surface of the water as in Figure 1. This



Fig 1.

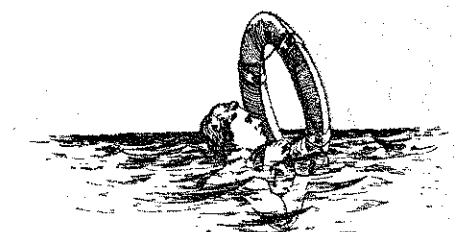


Fig 2.



Fig 3.



Fig 4.

has the effect of causing the lifebuoy to become upright, as in Figure 2, and as it overbalances towards the swimmer, as in Figure 3, he puts his head and arms through the centre, and the buoy then falls over with the top part behind him, as shown in Figure 4.

Old Water Polo Laws.

WE are often asked what were the old rules of water polo. Those issued in 1884 by the Torpedo Club were:—

1.—A team shall consist of not less than five or over eleven, according to space of water, and should be directed by the Captain as to position.

2.—The Captains to toss for choice of ends, which should be reversed after each goal. A goal is obtained by the ball touching or passing the goal lines, which should be from twenty to thirty yards apart.

3.—In commencing the game the men should be drawn up in line at either end, and not be started until the ball be thrown in by the Judge in the centre of the goals. He shall give the word "Go" when placing the ball.

4.—When making for the ball or obstructing an opponent, rough play should be avoided *if possible*. The ball must be struck or pushed and in no case thrown.

5.—Should a ball be thrown it must be returned to the spot where thrown from, the men forming into line either side for scrimmage.

6.—The ball may be carried swimming either on or below the surface to goal; in fact, any means may be used to obtain a goal, with the exception of throwing the ball.

7.—Two goals out of three shall constitute a game. A referee for either side, to watch the game in case of dispute.

There were of course water polo matches long before these rules were framed, for in 1876 there was a game at Bournemouth among members of the Bournemouth Premier Rowing Club in the sea. The goals were marked by four flags, and the field of play was about sixty yards by forty yards. An indiarubber ball was used. In 1877 there was a game in the River Dee under rules drawn up by the late Mr. William Wilson, of Glasgow, who is said to have drawn up some rules for the Aberdeen Club in the previous year, but a copy of these we have unfortunately not been able to obtain. Varying styles of play were indulged in until 1883, when an All England match against Birmingham Leander took place at the Portsmouth Festival, when the conditions of play were:—

1. Duration of game twenty minutes.

2. Captains to agree to toss for choice of goals.

3. At commencement of play, referee to throw ball into centre of course. All players shall enter water immediately, except goalkeeper on either side. Goalkeeper may remain out and defend his goal as he may think best.

4. Ball may be passed from one player to another, and *carried either on or below the surface*.

5. No player to interfere with goalkeeper, either in or out of the water, or hold his opponents in any way, unless such goalkeeper or opponents are in possession of the ball. In case of any player infringing this rule, a free throw to be at once given to his opponents from place where foul occurred.

6. A goal to be obtained by ball being taken up by hand and fairly placed on floating stage, or in boat provided for that purpose.

7. If during play ball goes out of course at side, referee shall immediately throw in same straight from where it goes out; but if it goes out over or upon the floating stage or boat, it shall immediately be taken up and thrown into play by goalkeeper upon stage or boat.

8. Umpires, or one of them, shall blow whistle immediately after a goal has been obtained, and play shall cease from that moment.

9. Teams to change goals at half time.

10. Should any competitor who has been selected to take part in polo match fail to engage in same, *he shall forfeit all prizes* that at time of holding such match he may have already won at this festival, as well as any he may afterwards become entitled to in connection with same.

11. Power given to umpires, or, in case of dispute, to referee, to decide all circumstances not provided for in these rules.

These matches were continued for another couple of years, the opponents in 1885 being the Midland Counties Swimming Association. Some of the Torpedo men played in the All England side, and it was doubtless from them that the Torpedo Club rules, given above, emanated. The Swimming Association of Great Britain, who as far back as 1870, then known as the London Swimming Association, appointed a committee to draw up rules for "football in the water," did nothing until 1888, when a set of rules was agreed upon, and the championship instituted, followed in 1892 by the formation of the International Board, who assimilated all the varying codes.

The Swimming Magazine.

(Third Volume commences 1st June, 1916.)

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William Henry

Editor.

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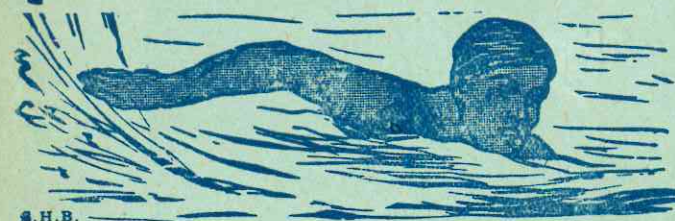
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