

# THE SWIMMING MAGAZINE.



APRIL, 1916.

SEE ANNUAL REPORT PAGES 201, 202, 203 and 204.



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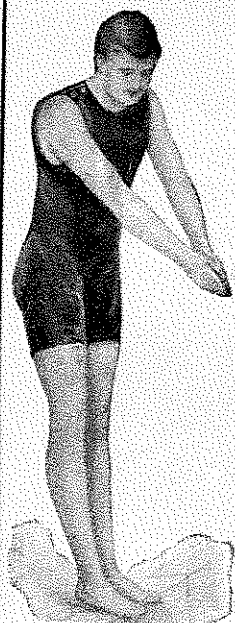
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DIARRHOEA

and other

complaints of

the bowels.

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Magazine***(The Official  
Organ of The  
Royal Life  
Saving Society)*

No. 11. VOL. II.

APRIL, 1916.

**THE ROYAL LIFE SAVING SOCIETY.  
Annual Report and Balance Sheet.****NOTABLE RECORDS UNDER DIFFICULT CONDITIONS.**

**A**T the monthly meeting of the Central Executive held at the Head Offices in London, on March 16, the report and balance-sheet for the past year was presented and passed, after due consideration. The Executive were extremely gratified at the progress made under unexampled difficulties, and expressed their sincere thanks to the organisers of the branches and classes who had so ably carried out honorary duties in a spirit which is highly to be commended.

Various reports and letters from branches at home and in the Overseas Dominions were considered. Some of these are referred to in the present issue of the Magazine.

It was resolved that special efforts be made to interest the young people in the subject of life saving during the coming season in order that they should become as expert as their brethren, most of whom are now serving their country.

A letter was read from Lord Desborough, K.C.V.O., president of the Society, conveying his thanks to all the Branches and to the members for their sympathetic messages to Lady Desborough and himself on the loss sustained by them.

**ANNUAL REPORT, 1915.**

Last year, owing to a very large proportion of the members being on service in connection with His Majesty's Forces, or otherwise engaged in National work, therefore unable to attend meetings, the Annual General Meeting was indefinitely postponed, but a report of the year's work and the balance sheet duly audited was published and circulated to all on the books of the Society, whilst the work of instruction and examination for the Awards granted by the Society was continued as usual. The circumstances which necessitated a departure from the established practice of the Society not having altered at present, the same course will be pursued

during 1916 as in 1915, and as soon as an opportunity offers a general meeting will be summoned, when the policy adopted, as well as the reports and balance sheets for the past two years, will be submitted for approval. The Central Executive earnestly hope that the members will kindly accept the present report as an addendum to their previous report, and as no fresh nominations or resolutions have been received for the present year, also acquiesce to their resolve to continue in office, and as far as circumstances allow, carry on the instruction and the general work of the Society until more normal times ensue.

Before dealing with the general work of the year the Central Executive desire to place on record the deep sense of regret and sympathy felt by all the members of the Society, at home and in the Overseas Dominions of the British Empire, with their President, the Rt. Hon. Lord Desborough, K.C.V.O., and Lady Desborough at the great bereavement which has befallen them in the loss of their two eldest sons, who died nobly fighting for their country.

That the interest in the aims and objects of the Society has been continued in a most satisfactory manner is proved by the fact that the classes of instruction were nearly as numerous as in each of the two preceding years, but owing to well-known causes the attendance was smaller, with the result that there has been a corresponding decrease in the number of successful candidates, especially for the Proficiency Certificates and Bronze Medallions, almost all over the British Empire, with two gratifying exceptions, viz. those in connection with the work of the Victoria (Australia) and Ontario (Canada) Branches, where record seasons were experienced. In connection with the higher Awards it gives the Executive much satisfaction to be able to state that there has been a substantial increase in the number of

candidates who have passed the tests for the Diploma. This Award as well as the Award of Merit can be obtained by individual effort and training without the aid of organised classes.

It is gratifying to record that many recipients of these Awards have proved the value of the knowledge by being instrumental in saving life. In one particular case the knowledge was of special benefit in the trenches in France, where a holder of the Award of Merit made use of the fourth method of rescue in order to assist a wounded comrade out of the firing line to a place of safety. Many instances of the value of the practice of life saving will be found in the pages of the SWIMMING MAGAZINE, which is the official organ of the Society, and in the reports of clubs and branches all over the British Empire. Several such cases have already been reported, and at the present it is opportune to refer to the fine achievements of the members of the Queensland and Hawkes Bay Branches, which are referred to elsewhere. These reports should convince every one that by practice life saving can be made easy, and it is therefore hoped that the subject will receive special attention in all schools.

Since the last report was issued the total of Awards granted is as follows:—

1. Elementary Certificates	...	3,073
2. Proficiency Certificates	...	5,478
3. Bronze Medallions	...	3,120
4. Teachers' Certificates	...	143
5. Hon. Instructors' Certificates	...	324
6. Awards of Merit	...	467
7. Diplomas	...	27

Total 12,632

The number of candidates entered for the Diploma, the highest award granted by the Society, showed a substantial increase on last year, and the ability displayed in the examinations was particularly good, evincing the fact that special care had been taken in the preparations for the test. In this respect distinctive credit must be accorded to Miss Christina Mackay, Miss Charlotte H. Scott and Mr. Harry Witty, all three having received an average of over 80 per cent. of the total marks for each part of the test, with the highest possible in several instances, and therefore were granted the Award "with Honours," which is particularly interesting, inasmuch as this is the first year in which three candidates have proved

so successful. Following is a complete list of recipients of the Diploma during the year: Miss Lucy Cockbill (Birmingham), Miss Letitia Woods Rowan (Birmingham), Mrs. L. E. Pascoe (London), Harry Witty, "with Honours" (Victoria, Australia), Albert Flint (Sheffield), Mrs. Maud A. Hazeldene (Sheffield), Miss Edith K. Fullwood (Handsworth), Miss Margaret M. Griffin (Victoria, British Columbia), Prof. F. Boyd (Leeds), Francis J. Wilson (Wellington, New Zealand), Miss Isabel M. Nicholson (London), Miss Mabel U. L. King (Anstey College), Miss Irene F. Kendrick (Anstey College), Miss Olive Prosser (Cardiff), John Batchelor (Birmingham), Fred Butler (Bolton), Joseph Seed (Bolton), Miss Ann N. Bearpark (Selly Oak), Miss Ethel Copeland Mayer (Hanley), Miss Emmie E. Miller (Burslem), John M. Paterson (Dunedin, New Zealand), Philip T. Ruston (Dunedin, New Zealand), Miss Christina H. Mackay, "with Honours" (St. Andrew's University, Scotland), Miss Charlotte H. Scott "with Honours" (Alloa, Scotland), Henry R. Jones (Wallsend-on-Tyne), Mrs. Sarah Dennett (Dumbarton), Miss Margaret A. Pickard (Toronto, Canada).

The test for the Diploma was instituted in 1896, and since that year 191 candidates have successfully passed, whilst ten of these have secured the Award "with Honours." A feature of these examinations is the number of ladies who have taken the tests and been successful, also the widespread distribution of the Award, thus emphasising the increasing interest which is being taken in the higher forms of swimming and life saving wherever the Society's work is established.

The Award of Merit, with which a silver medal is presented, again proved very popular all over the British Empire. No less than 467 candidates passed the test during the year, making a grand total of 2,863 since its institution in 1908. This Award is regarded as a step between the Bronze Medallion and the Diploma. It is intended to encourage individual effort in the attainment of greater proficiency in all branches of the art of Swimming, and in that respect it has proved highly successful.

In order to encourage holders of the Awards of the Society to devote their energy and ability to the promotion of its aims and objects and the establishment of classes of instruction wherever opportunity offers, the Central Executive are empowered to confer the distinction of Hon. Associateship of the

Society upon all who have done good work in spreading the knowledge and have taught at least twenty candidates for the Bronze Medallion. During the past year the Executive have had the pleasure of adding to the list of those who hold this distinctive Award as follows:—(88) Mrs. E. J. Tonks (Handsworth); (89) Mrs. Isabel L. Davis (London); (90) Charles E. Crawshaw (Dewsbury); (91) John G. N. Lamont (Alloa, Scotland); (92) William Smith (Bournville, Birmingham); (93) E. A. Chapman, Hon. Sec., Ontario Branch (Toronto, Canada); (94) Mrs. Jarvis Dickinson (London); (95) Herbert Allen (Bacup); (96) Frank Binney (Sheffield); (97) William Winterburn (Central Y.M.C.A., Toronto); (98) Mrs. Ada Daniels (Hyde, Cheshire); (99) John Logan (Dumbarton, Scotland), and (100) Fred Wilkinson (Nelson, Lancs.).

For services rendered in the promotion of the work and welfare of the Society, as well as the art of swimming, over a period of many years, it was unanimously resolved to recognise the honorary labours of Messrs. J. B. Pringle, of Glasgow, and Thomas Corke, of Leytonstone, and award them the Distinguished Service Medal of the Society.

Notwithstanding the splendid response in aid of the Empire Forces from swimmers associated with the work of the Society and its kindred institutions, the results of work done among the branches at home and in the Overseas Dominions of the British Empire must be regarded as extremely satisfactory. Excellent reports have again been received showing that although the work has been carried on under difficulties fine results have been achieved, on which all the branches are heartily congratulated, and the Executive tender their sincere thanks to all the officers for the service they have rendered in keeping the work going.

The "Darnell" Excellence Trophy, which is awarded one year to a club and the following year to a school or college showing the best results in the promotion of swimming and life saving was this year secured by the City of Leeds Training College, whose record of work was exceptionally fine, and showed that swimming and life saving held a high place in the estimation of the masters and the pupils. The other competing schools were, North-Eastern County School, Durham, Berkhamsted School, Ackworth School, near Pontefract (who won this trophy in 1913), Bootham School, York, Beckenham County School and St. Paul's School, Kensington.

The Executive acknowledge with gratitude the services rendered by Mr. Harry J. Barclay as Hon. Treasurer; they also return their sincere thanks to Messrs. Elles, Salaman, Coates & Co. for so kindly continuing to act as Honorary Auditors, and to Messrs. Bull & Bull as Hon. Solicitors.

Owing to the War none of the usual competitions have been or will be held. All the trophies are deposited with the Society's bankers in order that these Competitions may be resumed at the proper time. Although no competitions are being held it is earnestly hoped that every effort will be put forth, particularly in schools and colleges, to carry on the classes of instruction in life saving and promote the knowledge of swimming in general, and thus encourage the practice of an exercise which is known to be the best for the production of national physical fitness and be of service when rendering first-aid, not only in the water, but also on land.

It is with regret that the Executive have to record for the first time a deficit on the year's working. This result is due to the fact that the subscriptions have decreased, chiefly because a large majority of the clubs have not found it possible to carry on as usual, also because of the depreciation of the securities held by the Society, which have been written down to a value taken on December 31 last. The Executive, however, hope that with the assistance of friends and due economy the present season will prove more satisfactory.

In conclusion, the Central Executive have much pleasure in drawing the attention of the members to the continued unselfish zeal and energy displayed by all those who have furthered the objects of the Society all over the British Empire. These generous and devoted services are worthy of the highest commendation, and are noted with the deepest sense of appreciation and gratitude.

For the Central Executive,

WILLIAM HENRY,

Chief Secretary.

During the year it was reported that there was a legacy accruing to the Society in the interest of its work. No mention of this is made in the report, as up to the present the estate has not been realised, and it is impossible to say what the result will be, having regard to the prevailing conditions.



# **INCOME and EXPENDITURE ACCOUNT for the Year ending 31st December, 1915.**

Dr.

Cr.

EXPENDITURE.		INCOME.	
	£ s. d.		£ s. d.
To CLASSES—		By CLASSES—	
Stock at 1st January, 1915 ...	10 0 0	Receipts ...	551 2 5
Expenditure ...	275 16 1	Stock at 31st December, 1915 ...	9 17 0
" PUBLIC DEMONSTRATIONS—		" PUBLIC DEMONSTRATIONS ...	
" PUBLISHING ACCOUNT—		" PUBLISHING ACCOUNT—	
Handbook:		Handbook:	
Stock at 1st January, 1915 ...	156 2 0	Sales ...	144 0 11
Expenditure ...	5 0 7	Stock at 31st December, 1915 ...	103 9 6
" CHARTS—		" CHARTS—	
Stock at 1st January, 1915 ...	9 5 0	Sales ...	14 18 0
Expenditure ...	1 8 9	Stock at 31st December, 1915 ...	4 14 0
" BADGES—		" BADGES—	
Stock at 1st January, 1915 ...	3 16 0	Sales ...	92 10 1
Expenditure ...	45 5 7	Stock at 31st December, 1915 ...	5 1 4
" AWARDS AND FEES—		" AWARDS AND FEES ...	
" GENERAL EXPENSES—		" SUBSCRIPTIONS ...	
Salaries ...	438 10 2	" DONATIONS ...	
Office Expenses ...	221 1 5	" INTEREST AND DIVIDENDS ...	
Postage ...	59 18 9		
Printing and Stationery ...	37 17 11		
Advertising ...	30 18 8		
Amount written off furniture ...	7 14 4		
Balance being excess of Income over	796 1 3		
Expenditure for year carried down	72 8 4		
	£1,525 1 1		£1,525 1 1
To amount written off Investments ...	84 10 7	By Balance brought down ...	72 8 4
	£84 10 7	" ditto carried to Balance Sheet ...	12 2 3
			£84 10 7

## **BALANCE SHEET, 31st December, 1915.**

LIABILITIES.		ASSETS.	
	£ s. d.		£ s. d.
To Sundry Creditors (Subscriptions paid in advance) ...	4 1 0	By CASH—	
INCOME AND EXPENDITURE—		At Bank on Deposit ...	100 0 0
Surplus at 1st January, 1915 ...	2258 7 1	At Bank on Current Account ...	191 18 11
Less Balance for year ending 31st December, 1915 ...	12 2 3	In hand ...	1 9 0
	2246 4 10	" SUNDRY DEBTORS ...	293 7 11
		" PAYMENTS IN ADVANCE ...	234 0 2
		" Loan (fully secured) ...	19 16 0
		" INVESTMENTS (at market price)—	550 0 0
		£600 Metropolitan Water Board	
		" B" stock ...	447 0 0
		£300 Canadian Northern Pacific	
		4½% 1st Mortgage Stock ...	257 5 0
		£207 14s. 9d. Western Australian	
		3½% stock ...	172 13 8
		£100 War Loan 4½% ...	97 3 9
			974 2 5
		" OFFICE FURNITURE as at 1st January, 1915 ...	31 18 10
		Additions during year ...	6 13 0
			38 11 10
		Less amount written off ...	7 14 4
			30 17 6
		" STOCKS AND MATERIALS ON HAND AT COST—	
		Handbooks ...	103 9 6
		Classes ...	9 17 0
		Badges ...	5 1 4
		Charts ...	4 14 0
		Stationery ...	5 0 0
			128 1 10
	£2250 5 10		£2250 5 10

HARRY J. BARCLAY, A.C.A.,  
Hon. Treasurer.

ELLES, SALAMAN, COATES & CO.,  
Chartered Accountants.

We have examined the above Balance Sheet, together with the accompanying Income and Expenditure Account, with the Books and Vouchers. In our opinion the Balance Sheet correctly exhibits the state of the Society's affairs, as shown by the books.

1 & 2, Bucklersbury, E.C.  
29th February, 1916.

## **THE ROYAL LIFE SAVING LODGE.**

This Lodge of Freemasons was established in 1909 for the association of members of The Royal Life Saving Society and the promotion of a bond of friendship between those interested in the art of swimming. The founders and members include the President of the Society, The Rt. Hon. Lord Desborough, K.C.V.O., three Vice-Presidents, the Hon. Treasurer, the Chief Secretary, two Ex-Chairmen of the Central Executive, two Life Governors, three Life Members, the Hon. Secretary of the Southern Counties Swimming Association, and those connected with swimming clubs associated with the Society; therefore its aims and objects are well represented.

The Past Masters are such well-known workers for the cause as H. J. Grimwade, 1909, Hon. Secretary and Founder of the Highgate Lifebuoys; Guy M. Campbell, 1910, Principal of the Royal Normal College for the Blind, Vice-President of the Society, and for ten years Chairman of its Executive; Digby L. Cropper, 1911, Life Governor of the Society; Harry J. Barclay, 1912, Hon. Treasurer, and Hon. Secretary of the A.A.A.; D. F. Cooke, 1913, Vice-President of the Amateur Diving Association, etc.; Francis A. Wynn, 1914, and Warren Faraday, L.R., 1915, both known in swimming, cricket, and other circles of physical exercise. In the present year the Lodge has the honour of having at its head a musician of high fame in the person of W. Bro. H. L. Balfour, P.M., P.D.G.O.

The other officers for the year are:—W. Bro. Warren Faraday, I.P.M.; Bro. William Henry, S.W.; Bro. J. Wilson Taylor (Secretary of the Bath Club), J.W.; W. Bro. Shirley W. Cropper, P.M., Treasurer; W. Bro. J. Wm. Stevens, P.M., Secretary; W. Bro. H. J. Grimwade, P.M., D.C.; Bro. F. W. J. Smith, S.D.; Bro. A. C. Ames, J.D.; Bro. D. W. Allan (Member of the Central Executive), I.G.; Bro. J. H. Broadhead and Bro. G. P. Grose, Stewards; W. Bro. G. J. Bailey, P.M., Tyler.

The Installation meeting, which was held in the Temple at Frascati Restaurant, London, was a big success. The members had the pleasure of receiving Bro. F. P. Kindell, an officer home on leave from the front, and it was reported that he had just been honoured with the Military Cross; the same evening he was raised to the Third Degree. Among others who were present, in addition

to the officers named above were Bros. E. Young, W. N. Blair, H. Rees (Hon. Secretary of the City of London S.A.), and the visitors included W. Bro. the Rev. H. W. Turner, P.G.M. Surrey; W. Bro. W. J. Songhurst; Secretary Q.C. Lodge, P.A.G.D.C.; W. Bro. Hilton Carter, Royal Albert Hall Lodge, P.A.G.D.C.; A. W. J. Russell, W.M. Royal Albert Hall Lodge; W. E. Coleman, W.M. Penge Lodge; F. Fertel, W.M. Musicians' Lodge; J. Pomeroy, W.M. Mendelssohn Lodge; H. Leslie Smith, P.M. Whitgift Lodge; J. A. Ritchie, Muswell Hill Lodge, and E. R. Smith, Duke of Connaught Lodge. The musical programme was a particularly good one. Among those who took part under the direction of W. Bro. H. Leslie-Smith, P.P.G. Treasurer, Surrey, were Miss Elsie Short, soprano, Miss Edith Pendille, flute, Mr. G. Barton-Smith, tenor, and the humours of the evening were ably rendered by Bro. Walter Montague. The next meeting, owing to the Easter Holidays, was postponed to April 28.

Lord Knutsford, who was seriously injured by a motor wagon, and had to be taken to Putney Hospital, is better known to swimmers as the Hon. Sydney Holland. His Lordship was for several years acting president of the Royal Life Saving Society, and has always taken a keen interest in its progress. He has also been closely identified with the St. John Ambulance Association and all hospital work, his principal energies being devoted to the welfare of the London Hospital, whose vast and deserved claims on the charitable public he has made known far and wide. Every swimmer prays for his speedy recovery.

Subscribers to the SWIMMING MAGAZINE, who have done so much to keep this journal going, are respectfully reminded that the third volume commences on June 1, 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. See special appeal to friends on page 210.

## A QUEENSLAND EPISODE.

## MAGNIFICENT RESULT OF PRACTICE.

Thrilling indeed was the experience of the Brisbane members of the Queensland Head Centre of the Royal Life Saving Society when they installed a reel at Maroochydore, away up on the coast, in January last.

The team had been up for some days giving displays of life saving and reel drill, and on Sunday, January 2, had arranged to be photographed prior to their return to Brisbane. They were actually lined up for the purpose when an alarm was raised, and had not the team been there several fatalities would undoubtedly have occurred.

The first call was for the rescue of Miss Mackenzie, of New South Wales, who was caught by J. W. Thompson and safely brought in. The second case was that of Miss Maskrey, of Brisbane, to whose rescue Mr. Asher went out, but both the rescuer and the drowning person were in danger until F. W. Springfield went out and supported them until the life-belt man, Oscar Anderson, of Bli Bli, took them from him and the reel squad brought them safely in on the line. The excitement had hardly died down before another alarm was raised, when it was found that three persons were being rapidly carried away. Mr. F. O. Venning, the hon. secretary of the Queensland Head Centre, went to the rescue of T. W. Thiedeke, of Maroochy River. He had secured him by the fifth method of rescue when the drowning man took it into his head to struggle for the line, and began to get unmanageable. Mr. Venning then used the third method, and as the man got quieter, the second. When shallow water was reached and the bottom touched, the under tow carried the pair out again, and at the same time one of the linesmen was carried away. The latter swam towards the other pair, and all three reached shore in safety.

Almost at the same time the line went out to F. W. Springfield, who was supporting F. Johnson, of Brisbane, but only just in time, as there were over five hundred yards of line out, and not much more on the reel. However, after securing Springfield and his man three others picked up the line, making six in all, one of these being A. V. Best, of Palmwoods, who had been rescued by J. W. Thompson.

All the swimmers forming the team are efficient rescuers, having passed the test of

the Society for its Awards. By the aid of this knowledge, coupled with exceptional ability in the water, the team has rendered a great service to the cause of life saving as well as a fine object-lesson as to the value of the reel as ready and practical help to those who risk their lives for others.

We extend our heartiest congratulations to these gallant young men, whose example cannot fail to stimulate increased interest in the teaching of life saving not only in Australia, but in all other parts of the Empire. It will materially help us in our campaign for the appointment of qualified life savers as beach attendants and the installation of reel apparatus at all dangerous spots on the coasts of the British Isles.

One result of their good work has been the formation of the Maroochydore Branch of the Queensland Head Centre, and the team members ought to be justly proud of the big success of their endeavours. One and all of them deserve the highest commendation for their humane efforts, which we doubt not will have lasting effect in the State of Queensland.

Some idea of the difficulties they experienced in their rescues may be gleaned by imagining that when the tide is going out the action of the waves causes a kind of outgoing mill race at irregular intervals at the same time as other waves are rolling in. They come in about thirty yards apart, but not at the same strength all along the front, and every now and then a sort of fast running river out to sea is formed, the water rushing back in these gulleys at the rate of six or seven miles an hour. Consequently it is extremely dangerous for a bather to get into one of these gulleys, and that is why the life saving reel is so valuable in rescue work.

## HAWKES BAY HEAD CENTRE.

The fifth annual report of the Hawkes Bay Head Centre, which has just been received from Napier, New Zealand, states that 53 Awards were made last year, 7 being Awards of Merit, 21 Bronze Medallions, and 25 Proficiency Certificates. Several ladies were among the successful candidates for the higher awards; indeed, the ladies are very enthusiastic, and quite a large number of them have become capable exponents of the art of swimming and life saving.

Of course the Centre has lost the assist-

## SHEFFIELD BRANCH.

We are pleased to learn that the Executive of the Sheffield Branch have unanimously elected Mr. R. J. L. James as their chairman; the position became vacated through the unfortunate death of Mr. A. S. Price. The Sheffield Branch has had the support of Mr. James since its formation in 1904; he is a Vice-President, and has filled the vice-chair for five years and passed his tests for the Proficiency Certificate and Bronze Medallion of the Society several years before the Branch was founded. His interest, therefore, has been continued over a long period of time during which he has been a most energetic worker for the cause, always ready and willing to assist in the formation of classes, conduct examinations and competitions. Coupled with his genial manner and thorough knowledge of the work, he has successfully stimulated considerable interest among all who have come into touch with him, and it may be stated that it was mainly through his instrumentality that the work of this Branch was favoured with the presentation by Mr. J. H. Potter of trophies known as the "Potter Cups," valued at fifty guineas each, one to be competed for by ladies and the other by gentlemen. Mr. James is a tried promoter of life saving work, and we wish him every possible success in his new office. Another interesting point is contained in the election to the vice-chair of a lady in the person of Mrs. M. A. Hazeldine, who is so interested and such an expert in the water that she holds all the Awards of the Society from the Elementary Certificate to the Diploma. With such representatives of knowledge of the subject, ability and interest in the work at the head of affairs, we anticipate a very bright future for this Branch.

## SCOTTISH HEAD CENTRE.

Although the executive of the Scottish Centre have been hampered in their work during the past season, for the same reasons as the other Centres and Branches of the Society, they have nevertheless been able to make progress which bears favourable comparison with that of previous years.

The Awards granted were 789 as compared with 906 in the previous season, the total being made up as follows:—Diploma, 1; Award of Merit, 24; Hon. Instructor's Certificates, 12; Teacher's Certificates, 19; Bronze Medallions, 221; Proficiency Certificates, 306; Elementary Certificates, 206.

ance of many of its members through the war, but it is nevertheless making steady progress, and is doing excellent work among the school children.

At the New Zealand championships held in Napier in February of last year the team from the Centre was successful in gaining first honours in the New Zealand Surf Reel Championship, and the Napier team also gained second place in the Wigram Shield Competition. The winning team for the championship consisted of Messrs. Russell (captain), Young, Edser, Amner, Berry, Hannay and Bridges. The Arcadians won the R.D.D. McLean Surf Reel Competition, the Technical College the Vigor Brown Shield, Miss T. Burrows, N.T.C., the Gold Medal for best girl, and Master C. Mason that for best boy.

Several of the members were awarded the Medal and Certificate of the Royal Humane Society of Australasia for rescues or gallant attempts at rescue, Andrew Robertson gaining the Bronze Medal for going out in an exceptionally treacherous and heavy sea at Napier to attempt the rescue of Florence Miller. He was, however, so buffeted by the waves that he was tossed on the beach in a dazed condition. John Dighton was awarded the Gold Medal of the Society for attempting to rescue a man named John Westlake, who committed suicide by walking into the sea. Dighton had a great struggle with the man, and was forced to relinquish his hold, but H. Evett, a member of the Executive, was at hand with the life-belt, and brought Westlake ashore. Artificial means of respiration were resorted to, but unfortunately without success. Mr. H. Evett received the framed Certificate of the R.H.S. of Australasia. It is gratifying to learn that one of our Overseas officials has done such splendid work. The Napier and Queensland rescues, the latter dealt with elsewhere, are valuable examples of the practical value of the Society's teaching.

During the year Mr. Night McCartney resigned his position as Chairman of the Executive on his leaving for Wanganui, and Mr. B. Wood was elected to fill the vacancy. The following members of the Executive relinquished their duties on joining the Expeditionary Forces, viz., Messrs. Chisholm (Hon. Secretary), Young, Wood, Tyne and Bowen.

The Hon. Secretary is Mr. Edgar Berry. The balance sheet shows a balance of assets over liabilities of £34 10s. 9d.

It was found impossible to conduct any competitions, and nothing in this direction will be arranged at present. It was thought that the ladies and junior events could be carried through, but as so many instructors, examiners, and judges are on service, it was not possible to evolve a practical working scheme. Therefore the energies of the Executive were directed to teaching, and with successful results.

The work done by the Edinburgh and District Branch was highly satisfactory, and they gained 325 awards, this being the largest obtained by any district. The Edinburgh and Alloa School Boards displayed great interest in the teaching and good progress was made by the scholars at Perth Academy and St. Helen's School, Bridge of Allan; also by members of the Boys' Brigade at Hawick and Leith. The work of the Society continues to progress in newer districts taken up, these including Alloa, Hawick and Queensferry, and good results are still coming from Dunfermline, notwithstanding that the baths are at times utilised by the military.

Excellent work has also been done by the Glasgow and District Branch, by which the number of awards gained was 310. Particular mention has to be made of the work done at Dumbarton, and Mr. Logan is to be congratulated upon the success he has achieved at the Brock Baths, where eighty awards were secured, including a Diploma "with Honours" and four Awards of Merit. This is the largest number ever gained in one season by any single club or organisation in Scotland. Many awards have also been granted to Boy Scouts, members of the Boys' Brigade, and the Glasgow Schools Association.

To the Aberdeen and District Branch 115 awards were granted, an advance of 57 on the previous season. The Executive of the Branch and particularly Mr. Allan T. Brown, swimming instructor at the Middle School under the Aberdeen School Board, who is a member, are to be heartily congratulated upon the result of their efforts in a good cause. During the season eighty-two boys and girls gained the Elementary Certificate simply through the work of Mr. Brown alone. Miss Agnes E. J. Bruce gained the Award of Merit, a highly meritorious performance, considering that the Fraserburgh Club, to which she belongs, has no bath, and that the examination had to be carried out in the harbour. The appointment of Mr. James

Walker, as Superintendent of the Aberdeen Baths, should have good results, as he is exceptionally keen on the teaching of life saving, and rendered valuable service to the Society while at Hamilton.

The Dundee and District Branch obtained thirty-nine awards, an increase of five on last year's total. Prominent among the hard workers is Miss Jeannie Barrie, the teacher to the Belmont Ladies Club, who is training the members for higher awards, and is displaying keen interest in the work.

For these excellent results under trying circumstances thanks are especially due to the Branch secretaries, Messrs. Grant (Edinburgh), Galbraith (Glasgow), Gray (Aberdeen), and Craig (Dundee); also to Mr. W. A. Lawson, Head Centre hon. secretary, and Mr. Robert Park, hon. treasurer.

#### ULSTER BRANCH.

In making their eighth annual report the executive of the Ulster Branch regret that there has been a considerable falling off in the number of candidates for the various awards, but that is, of course, solely due to the calling up of the younger men and the absence of many instructors on service.

Yet there have been many gratifying instances of rescue by those who have gained awards, and the executive feel that though their work has been restricted during the past year, that of previous years is bearing good fruit.

Among the institutions that have held classes are the Royal Academical Institute, The Victoria S.C., The Victoria Ladies' S.C., Belfast Amateurs, Donegal S.C., etc.

The annual contest for the Abernethy Cup for ladies ended in a win for the Victoria A, Miss L. Louch and Miss M. Robinson, 90½ pts. Victoria B, Miss L. Leslie and Miss J. Hamilton, 89 pts., were second.

Victoria Club, represented by A. Bell and E. Whitters, won the Workman Shield, Belfast Amateurs being second, Donegal third and East End fourth, whilst J. Steele, of the Belfast Amateurs, gained a second victory in the annual contest for the Kelly Cup.

The Executive regret the loss of the honorary services of Mr. S. S. Charles, who had to resign his position as Secretary, owing to removal to Dublin, but they are gratified to learn that the Distinguished Service Medal of the Royal Life Saving Society has been conferred upon him.

#### MANCHESTER BRANCH.

This Branch has now attained its majority, for on June 14, 1915, it completed its twenty-one years of useful work in the promotion of the knowledge of life saving, with such successful results that during that period it was able to interest so many that over 12,000 Awards were granted. A great point was achieved in the promotion of the subject, chiefly owing to the kindly interest taken in the work of the Society by Mr. J. Derbyshire, the Superintendent-in-Chief of all the Manchester Corporation Baths, who evolved and successfully carried through a scheme of free classes of instruction open to any citizen who chose to apply. These classes were such a success that the idea has been largely copied practically all over the British Empire as one of benefit, not only to the individual, but also to the cause of swimming, and it will always be remembered with gratitude by all interested.

Owing to the war and the splendid response of the officials who regularly organised classes joining H.M. Forces, the work of the Branch last year was naturally greatly restricted, consequently a considerable fall was experienced in the number of successful candidates. The Awards granted were 67 Elementary Certificates, 118 Proficiency Certificates, 69 Bronze Medallions, 9 Awards of Merit, 4 Hon. Instructor's Certificates and 2 Diplomas, making a total of 269 as against 861 in 1914 and 1,117 in 1913.

In consequence of so many being away no competitions were held, but the Executive are alive to their sense of duty to have these resumed as soon as opportunity arises.

At the Annual Meeting, which was held at Manchester on March 27, the accounts presented were considered particularly satisfactory, the liabilities were nil and the assets amounted to £11 8s. 8d., including a cash balance of £7 2s. 3d. on the year.

The officials were heartily thanked for the services they had rendered, and Mr. W. H. Broom, the hard-working hon. secretary, was highly complimented upon the results achieved, notwithstanding the very discouraging conditions experienced, and it is pleasing to learn that all these are most optimistic as regards the future, particularly because so many who are serving with the Forces and hold the Society's Awards have in various ways proved the value of the knowledge imparted.

Captain Adam Rankine, R.A.M.C., attached to the 7/4th Royal Scots Fusiliers, who is the latest member of the Western District Branch of the Scottish Centre of the Royal Life Saving Society to gain the Diploma, and the last member of the Society up to the present, is the son of the Rev. W. A. Rankine, chaplain to the Lowland Division, and well known to swimmers in Scotland. Captain Rankine has been associated with the Victoria Baths Club, Glasgow, since his boyhood, and also had long connection with the Boys' Brigade. He won the Glasgow Battalion championship, was also captain of the 137th Glasgow Company winners of the Battalion team championship of several occasions, and also the life saving championship of the Battalion. On several occasions he has equalled the Scotch record of 25.2 for 50 yards, and in 1912 and 1913 won the Gow Cup, which is virtually the fifty yards championship of Scotland. At the suggestion of Mr. William L. Wishart, the popular bath superintendent, he took up life saving practice, with the result that he has gained the highest award the Society can offer.

The promotion of expert ability at the Nelson Baths, under the direction of the Manager, Mr. Fred. Wilkinson, Hon. Associate of the Royal Life Saving Society, is making fine progress. Last month six candidates were submitted for the Award of Merit; quite a large crowd was in attendance to witness the tests, and the following were successful:—Miss Clara M. Bridge, Miss Alice Hoyle, Miss Kathie Nutter, Fred Hammett, W. C. Watson, and H. Robinson.

We have had a very long and interesting letter from the Ex-Hon. Treasurer of the Wellington Branch of The Royal Life Saving Society, Private W. H. Ellis, who is with the New Zealand Otago Battalion, at present somewhere in Egypt. When he left home for active service he took part in the landing at Gallipoli, was invalided home, and we had the pleasure of entertaining him in London, also at our Camp on the River Thames. On recovery he rejoined his Battalion in Gallipoli, and was in the firing line again. Later he left with his comrades for Egypt, where we hope he is enjoying a well-earned rest after his manifold experiences in and out of the trenches. Whilst in England he made many friends, and in particular he sends kind regards to Messrs. E. J. Plumbridge and J. Edwardes-Stevens.



# A SPECIAL APPEAL

To Members of "The Royal Life Saving Society"

AND

Subscribers to the "Swimming Magazine."

Ladies and Gentlemen,

The first number of the SWIMMING MAGAZINE was issued on June 1, 1914. The outlook for its future success was then particularly cheerful, but with the outbreak of War two months later this aspect became changed. Many thought it was impossible to carry on, and although the difficulties were many, yet by aid of the support received it has appeared regularly each month ever since, and I believe has provided not only instruction and information, but has also afforded much pleasure to all friends interested in the cause of Swimming who eagerly desire to know what progress is being made, and thus benefit by the experiences of organisers and teachers in other lands.

The Magazine holds a unique position, inasmuch as there is not another of its kind in the world. It is an invaluable means of intercommunication chiefly because of the interest taken in it by friends at home, in Canada, Australia, South Africa, New Zealand, India and several neutral countries, who have regularly corresponded and supplied news which could not be obtained in any other manner. Thus by taking the Magazine for twelve months we get the history of swimming for the year in every clime. Its future depends upon the support received.

Owing to the war and the difficulties arising therefrom, as well as shortage of paper, it is necessary for me to know how many copies will be required, in order that the contracts may be entered into for another

twelve months. For that reason I ask all friends who desire the continuance of this Magazine to send their subscriptions of five shillings per year to me on or before the 1st of May, and thus ensure the production of the number that will be due on the 1st June next.

For further particulars regarding the nature of the Magazine and the method of publication please see "Notice to Subscribers" facing page 220 of this issue.

Trusting that I may have the support of everyone interested in the cause in carrying on what is to me purely a labour of love, because I firmly believe that such a journal is most necessary for the furtherance of Swimming and Life Saving. By unity of purpose we may achieve much, and in joining together for the well-being of the cause of swimming and life saving we shall undoubtedly be doing beneficial work for the future.

I am, Ladies and Gentlemen,

Yours sincerely,

WILLIAM HENRY,  
Hon. Editor.

8, Bayley Street,  
Bedford Square,  
London, W.C.

P.S.—Should the subscriptions received not warrant the continuance of the Magazine all monies will be returned. On the other hand the receipt of a copy of the June number should be deemed an acknowledgment for the money and that the appeal has been successful. No further notice will be given.

## THE LADIES' SECTION.

GALAS AND THE LIGHTING REGULATIONS.

MIXED BATHING AND FAMILY RACES.

THE stirring appeal made by Mr. John Hodgson, of Liverpool, to the ladies' clubs should command our immediate attention. For some months past I have been urging upon the ladies' clubs the necessity of at once taking matters in hand and arranging for important galas in the near future, especially open air galas, but I am unable to discover any indication of energy. There is no lack of it, but it is latent, and, as Mr. Hodgson suggest, it wants a leader who will direct it for the future wellbeing of swimming. At the present time there is no organisation of ladies' clubs, but the various associations have many lady members and surely ladies' committees could easily be formed in each district. There are plenty who would assist were they only approached and knew what duties to undertake. Cannot the ladies' committee of the Southern Association make a start by arranging a big Red Cross Gala in London on the lines suggested by Mr. Hodgson, and with the help and co-operation of such ladies as Miss Jeans of Nottingham, and Miss Curwen, of Liverpool? By this means they would start a regular system of meetings, provide sport for our soldiers in training, and incidentally substantial funds for the benefit of the wounded.

One of the items which could be included in a programme with advantage would be a family race on the American system. Take, for instance, the Jeans family. That pitted against several other well-known families of swimmers would provoke the highest enthusiasm and interest. Red tape might, however, step in to stop it were the males also to compete, but it would be rare fun to have a family championship, and would cause high excitement. We used to have these contests at the seaside, not for prizes, but in friendly rivalry, and they were useful, for we improved in our swimming and diving by reason of our desire to outdo the feats of the brothers of our friends. What joy when we found we were able to outdistance them. This spirit brought into a compe-

tion would do much to foster swimming and would cause the baths to be crowded at a gala where it took place.

The new lighting regulations will affect the holding of bath galas in the evening, but there is no reason why the ladies' clubs should not hold theirs in the afternoon, on the early closing days in each district. There has been too much neglect of these days in the past, very little thought having been given to the possibilities of holding successful galas provided good programmes were offered the public. We now have to work hard for all war funds, and particularly for the Red Cross Society and disabled soldiers and sailors. A stirring appeal for these, backed up with an attractive programme, would result in great financial success and deserving benefit to the wounded boys.

\* \* \* \*

In commenting on my suggestion that there should be a ladies' race over the long distance championship course in the Thames, or even one over a greater distance, such as from Molesey to Richmond, a writer in the *Leicester Mail* says: "Personally I am sure nothing would give greater pleasure to the ladies' clubs in the Midlands than to see such a race arranged. In 1913 Mrs. Jarvis made a proposal that a mile ladies' championship be instituted and practically gained the full support of the Midland ladies' clubs, the motion being passed at the annual general meeting, but on the motion going forward to the parent body, the English Amateur Swimming Association, it was rejected as not necessary. All I have to say is that we have at the present moment in Leicester several ladies (some of whom have already made a name in long distance swimming), and others who are capable of putting up good times and performances, were an opportunity given them to meet others in friendly races, preferably over a distance, and I hope that the project will be taken up and carried out and I think that many of the ladies' clubs would, were they approached, subscribe to a fund to provide the trophy and medals."



Wherever mixed bathing has been tried it has been found a great success. When first mooted for baths there was a big outcry, but "Mrs. Grundy" was at last outvoted, and it is rarely that we find objection to it. It is really a valuable asset in the teaching of swimming, because whole families can go at one time, and what more beneficial to a novice, more particularly a nervous one, than to have some relation or friend to undertake the duties of teaching. It is largely by mixed bathing that whole families have learnt to swim and that improvement has been made, for the spirit of family emulation is kept up just the same as in lawn tennis, golf and other sports which are open to our sex.

\* \* \* \*

From this practice of mixed bathing has evidently come the desire of certain of the best swimming families of America to meet each other in competition. I should dearly like to see the race, but failing that, hope one can be included in a special Red Cross gala. The Amateur Swimming Association, however, has a rule that no such competition may be held at meetings when the public are admitted, but surely this is out of date. One would like to know the reason of this regulation, which appears to be a slur on us.

\* \* \* \*

The Nottingham Ladies' Club has been asked to provide the programme for the opening of the new Meadow Baths in April next. This club, of which Miss Connie Jeans is a prominent member, has a membership of 156, of which 113 are seniors. During last year 26 new members were taught to swim, 33 long distance medals were won as compared with 18 in the previous year, 11 Members gained the Proficiency Certificate of the Royal Life Saving Society, 6 the Bronze Medallion and 3 the Award of Merit. The club has a good waterpolo section.

\* \* \* \*

I have been favoured with an interesting letter from the Misses Clara L. Ward and Marguerite A. Millier, principals of the School of Swimming and Life Saving of Des Moines, Iowa, U.S.A. They write as follows:—

"We were glad to note in the January number of the SWIMMING MAGAZINE that distance swimming at an easy pace is to be encouraged by the National Women's Life Saving League of the U.S.A. rather than sprinting. We have been teaching with

that object in view ever since we took up the work here. The following are our reasons: First: A scientifically correct stroke can only be obtained by the concentration of the mind of the beginner as to detail, at the same time relaxing and allowing the water to support the body as much as it will, while practising the stroke at a slow and easy pace. Second: A proper understanding of the right method of breathing is very important in the beginning, and cannot be properly practised when swimming hurriedly. Third: A rest on the headway attained by each stroke carries one as far as possible with the least amount of energy expended. In this way one should travel from eight to ten feet at each stroke on the back, side, and trudgen, and from four to six feet on the breast stroke. It naturally follows that the breast stroke is the least speedy of all strokes, as the head is held up above the water with the exception of the chin, which is submerged. This adds a dead weight to the body, which is thrown at a very awkward angle, and only with long practice will a more horizontal position be assumed with ease. The modern four-count breast stroke is a vast improvement on the old three-count stroke for grace, endurance and speed. Fourth: Form and grace of movement should follow next in importance, and can only be attained by making slow and careful strokes. One should aim to be as graceful in swimming as in dancing. Endurance and speed will naturally follow if these four points are worked out at the start. For real comfort in starting distance swimming the simplest of the strokes should be used, in which the head rests on the water; they are the under-arm side stroke on both sides, and the ordinary back strokes. Sprinting in all the strokes should be encouraged after the endurance tests have proved satisfactory, especially in those strokes used in life saving, the back, side and breast strokes. Instead of so much emphasis being laid on one racing stroke, why should not races on each of the above-mentioned styles be held with a view to encouraging correctness of stroke at the same time? In our classes and our High School work we disqualify our pupils if they swim incorrectly during a test in swimming or life saving, and the results have been highly satisfactory." Both ladies, during a visit to England in 1914, not only joined the R.L.S.S., but also successfully passed the tests for the Proficiency Certificate, Bronze Medallion and the Award of Merit.

The Editor has sent on to me the following letter from Mr. H. E. Fern, the honorary secretary of the Southern Counties' Association:—

"In your March issue the writer of the notes under the heading of 'Ladies' Section' makes the statement that '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.' Before making such a sweeping assertion the writer should have made herself acquainted with the facts. The suspension of the Senior Ladies' Championships for 1916, so far as the Southern District is concerned, was expressly made at the wish of the delegates of the ladies' clubs. At the meeting of the Council in December last it was agreed to let the delegates of the ladies' clubs decide the matter for themselves, the men refraining from voting, and it was their unanimous decision that the Senior Championships should be suspended. Personally, in view of the number of leading lady swimmers who are engaged in war work and who, therefore, could not spare the necessary time to properly train for championships, I think it was a proper and sportsmanlike action to take."

My remarks did not refer to the action of the delegates to the Southern Counties' A.S.A., but were based on correspondence received from ladies residing at a distance, as well as some personal interviews with Londoners. What we want to do is to keep up our swimming. We are not all delegates, and therefore do not know what discussion has taken place, but we think that even if the championships be left over, some efforts should be made to further progress. The Nottingham and Liverpool ladies seemed to have managed these matters very well last year on their own account, and established some fine performances, which were noted in the press far and wide.

\* \* \* \*

The hundred yards ladies' championship of Scotland was decided at a gala held at Pollockshields Baths, Glasgow, on March 10, in aid of the funds of the Red Cross Society, and was won by Miss Minnie Johnstone, Western Club, in 1.18. Miss Jessie Mackay, Western, was second, and Miss Ina Simpson, Fairfield, third. Miss Johnstone won the two hundred yards championship in February last, when Miss Mackay was also second.

Since writing my article I have received the welcome news that a meeting of delegates from Ladies' Clubs and Ladies' Sections of Clubs has been called for Monday next, April 3, at St. Bride's Institute, London, E.C., and it is gratifying to me to know that my prolonged efforts to bring this about have met with success. It should be the largest meeting of lady swimmers ever held. The Southern Association is also urging the promotion of races for soldiers and the promotion of galas for the entertainment of wounded sailors and soldiers.

\* \* \* \*

Nottingham Ladies' Club held a gala on the second Saturday in March at the Victoria Baths, Nottingham, in aid of a fund in connection with the Children's Hospital. The 73 yards ladies' championship of Notts was retained by Miss I. Jeans. In a team race Miss Connie Jeans made a great race in the last length with her elder sister, Miss I. Jeans, who had a slight lead to begin with, and the result was a dead heat. A most interesting feature of the programme, and one of much instructional value, was a demonstration of life-saving by Mrs. F. A. Robinson, the Club Captain, and Mrs. Bosworth, both ladies being fully dressed.

\* \* \* \*

The Norwood Ladies' Swimming Club are not holding their senior championships this year, as many of their members are engaged on war work, but they will hold the junior championships, and also a number of competitions. In conjunction with the Croydon Ladies and Beckenham Bath Club (Ladies' Section) the Norwood Ladies carried out a somewhat novel entertainment for wounded soldiers last year, soldiers holding cards with the corresponding numbers to those of the winning competitors, receiving the prizes.

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Subscribers to the SWIMMING MAGAZINE may still obtain at pre-war price the cloth-binding cases made for twelve monthly numbers of the first volume. These are lettered in gold at back and on side, ready for binding, by post at an inclusive charge of 1s. 2d., or they may forward their papers and have them bound in the above cases for a total charge of 2s. 3d. This offer only stands good for the present stock. All communications regarding cases and binding must be addressed to Messrs. Terry, Herbert & Co., Ltd., 19, 21, Fore Street Avenue, London, E.C.

## PROGRESS IN THE UNITED STATES.

By T. W. Sheffield.

**T**HE advancement of swimming throughout the States during the year of 1915 was phenomenal, surpassing the progress of any previous years.

Public enthusiasm swept over the United States from East to West, establishing a record that will have far-reaching results in the history of the swimming world of the States. The most important events were the National Championships held at the Panama Pacific Exposition, San Francisco, many of the leading swimmers coming four thousand miles to wrest the championships from the sturdy swimmers of the Pacific Coast.

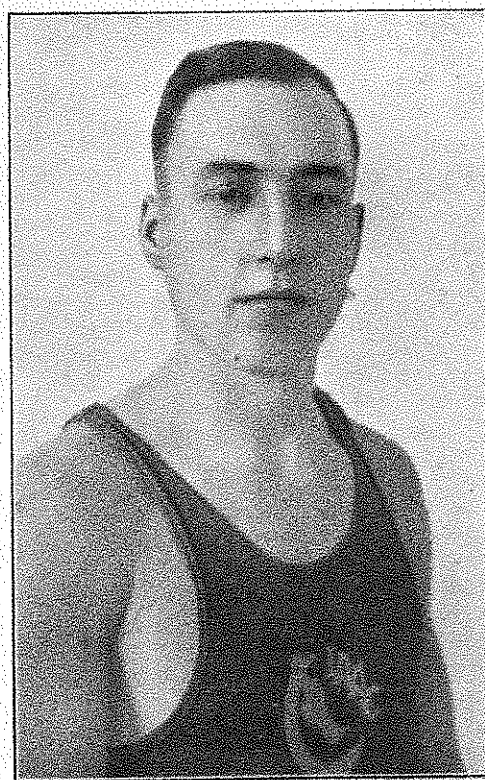
The times established by both sexes practically wiped out every existing world's record; two international times were shattered, and many home standards were completely revised. Bud Goodwin, of the New York A.C., swam the fastest three miles ever negotiated in open water when he won the National Championship in 42.33.2. The record could not be accepted owing to the course not being officially surveyed. Charles Durbrow, of Philadelphia, accomplished a remarkable feat in swimming across Chesapeake Bay. A rough surf prevented him effecting a landing, but he actually covered more than the distance between Capes in ten hours 57 minutes, a remarkable performance as the writer can well testify.

That peerless speed swimmer, Duke Kahanamoku, from Hawaii, once again led in the field of sprinting, five world's records going to his touch. In open water he covered 50 yards in 0.23; 100 yards in 0.53.1; 220 yards in 2.29, and in a 225 feet bath he covered the 100 yards in 0.54.2 and the 220 yards in 2.26.2.

The Los Angeles Athletic Club, California, were fortunate in having Ludy Langer carry their colours in the championship meet in San Francisco; his international marks included 440 yards (110 yards outdoor course) in 5.25.1 and 500 yards (75 yards pool) in 6.13.4.

Hebner, of the Illinois Athletic Club, made a world's record in the back stroke, swimming

150 yards (75 yard bath) in 1.53.3, and Michael McDermott, another star of the same club, demonstrated supremacy at the breast stroke by creating standards of 1.13.2 for 100 yards and 2.38.2 for 200 yards, both in a 60 feet tank.



Mr. Vance Veith,  
Famous Los Angeles Coach.

The Pacific Coast, with enthusiastic centres such as San Francisco, Los Angeles, Ocean Park and Venice, will, no doubt, more than hold their own with the Eastern swimming cracks. The two former places are fortunate in having L. Henry as chairman of the Swimming Committee of the famous Los Angeles Athletic Club, which is turning out some good material for the 1916 season.

Mr. L. Henry has organised the first voluntary life saving corps on the Pacific Coast under the American National Red Cross. The Corps had a fine record in 1915, making several successful rescues.

The scope for the work of such corps throughout the United States will be appreciated from the fact that over six thousand persons were drowned in the waters of the States in 1915. This terrible death rate is taken from the official Journal of the American National Red Cross. The life saving methods of this organization are similar to those of the Royal Life Saving Society of Great Britain, but the tests for the certificates are not quite so exacting.

Great interest is being taken in this vital work of human salvage; many of the members becoming highly efficient, in which connection it is interesting to note Mr. Vance Veith, formerly of Philadelphia, Swimming Instructor of the Los Angeles Athletic Club successfully passed the tests for the Medallion and Proficiency Certificate of the Royal Life Saving Society, and at the time of preparing this brief review Miss Aileen Allen, the famous Pacific Coast Diver, is training for the same tests and there is no doubt others will follow.

Handicaps for the improvement of the members of the Los Angeles Club were suggested by Mr. Veith and found to be extremely useful in encouraging the poorer swimmers in their efforts to excel, and also developing the latent speed powers of many of those who previously only had to splash along to win races, but now have to use their utmost endeavours to reach home first.

With a view to spreading the knowledge of Life Saving school teachers and police officers are taught free at the School of Swimming Culture, Ocean Park Bath House, which is the first institution of its kind to undertake this work in California.

The fair sex made some wonderful times. Miss Dorfner sprinted 50 yards in 0.30.2; 3.15.2, 100 yards in 1.9.3; 220 yards in 3.15.2, all outdoors.

The writer had an opportunity of witnessing the famous swimmer Raithel, of the Illinois Athletic Club. He has a very finished stroke; his time with the crawl stroke in the 40 yards dash being 0.18.4. Raithel is a marvellous swimmer at 50 yards. He has defeated every high-class swimmer, including Duke Kahanamoku and Bob Small, who also conquered the Hawaiian marvel.

The newspapers throughout the States

gives a great deal of publicity to the swimming world, often reproducing the main features of a swimming meet with four or five column cuts. The *Pittsburg Sun*, of Pittsburg, gives a weekly review of the chief events from East to West, making it one of the most authoritative papers on matters aquatic in the United States.

The more advanced authorities of the modern school are unanimous in advocating the crawl stroke, and whilst there are a few adherents of the trudge it may be accepted that the former will hold, as it rightly should do, the premier position by 95 per cent. in the swimming world throughout the States.

Teaching the art in the States is being taken up by the leading Universities; the more recent have provided excellent swimming tanks. The instructors or coaches for these institutions and the large clubs equipped with tanks call for high qualifications and address, many receiving as high as £20 to £40 per month, with certain privileges for teaching. In this connection it may be interesting to note that some of the principals of the famous swimming schools established throughout the States make considerably over £600 a year.

It is not to be expected a brief review of this nature can cover all the advances of the swimming world in 1915, but it will, no doubt, in some measure convey a general idea of the great progress accomplished in the art of natation throughout the States.

Advices received from America, too late for insertion in last month's issue, state that Herbert Vollmer, the nineteen year old Columbia swimmer and member of the New York Athletic Club, swam 220 yards on February 16 at New York in 2.24.4, thus lowering the record by C. M. Daniels of 2.25.2 made at Pittsburg on March 26, 1909. This last time was the accepted world's record up to March 31, 1914, since which date the International Federation has not had an opportunity of holding meetings for the consideration of records or other matters. At the same meeting Arthur McAleenan, of the New York A.C., defended his title to the Metropolitan Fancy Diving Championship. On February 18 Yale beat Columbia by 29 points to 24 in the inter-collegiate meeting, but although the Columbia team did not win young Vollmer created an inter-collegiate record of 0.56.2 for a hundred yards.



## Appeal to Ladies' Clubs.

### A Plea for Enterprise.

By John Hodgson.

*(The author of this article is a swimmer-legislator, who is known in the South of England for service rendered to the sport when a member of Polytechnic S.C. a few years ago. He is now engaged in journalism in Liverpool, and besides being a member of the N.C.A.S.A. executive, represented his district at A.S.A. council meetings. He organized the Northern team which was defeated by Mr. A. Hudson's Southern team over 1000 yards at the Amateur S.C. Gala on October 17, 1912. Editor, SWIMMING MAGAZINE.)*

THE outbreak of war in August, 1914, with all the inevitable dislocation of affairs in general, compelled most of the swimming clubs in Great Britain to abandon galas that were in course of organisation. For nearly twelve months the sport stood in a position of suspended animation. By that time most of the eligible male swimmers were either fighting across the seas or preparing themselves for the "wrath to come." Resumption of swimming galas even on a moderate scale seemed "postponed to the Greek Kalends"—to purloin a famous phrase. One or two small clubs more daring than powerful contemporaries essayed minor entertainments and nearly paid a severe penalty for their intrepid spirit. The reason? Because of the insistence upon a stereotyped class of gala, minus the attraction which senior males had hitherto provided. It was whilst spending a war economy holiday at my home overlooking the Lancashire coast near Southport that one morning I witnessed a bathing parade of soldiers from an adjacent battery, and the thought came to me, "What have we done to provide any sport for soldiers in training—our own colleagues who a year previously were playing polo, etc., with us, and who a year hence may be occupying a narrow, desolate grave somewhere in Europe."

I gave the subject careful consideration, and eventually submitted a proposal to the Everton Ladies' S.C. Committee, of which club I am acting chairman. They agreed, and gave *carte-blanc* for the suggestion to be developed. Next I approached the Lord Mayor of Liverpool, receiving not only his enthusiastic approval, but also the offer of

a magnificent silver cup as first prize in a 200 yards scratch race open to His Majesty's Forces only. Duly announced, the effect was marvellous. Applications for gala tickets poured in, and compelled us to double the prices of admission. Twenty-two military entries were received for the scratch race, and building a programme from amongst the local ladies and school children, plus a polo match, His Majesty's Forces *v.* Starred Men, we carried through a gala which has given our club a very high reputation.

This success stimulated other clubs to hold galas, and through a suggestion made in the local press races in which the competitors—male and female—were required to be fully dressed formed the main attraction, and not only did these prove intensely interesting, but the packed audiences drawn together enabled charity to benefit handsomely. Then came a big gala at Seacombe on December 8, arranged specially to enable Miss Daisy Curwen to meet Miss Constance Jeans over 300 yards. Seats were at a premium in less than a week. Every vacant place was occupied, and from gate receipts of £40 we handed to charity just on £30. These results, I contend, prove that our ladies' clubs cannot merely do splendid service for the sport these days, but by the same effort substantial aid can be given to Red Cross and other war funds.

There is a famous saying, "The hour brings the man." May we invert it and ask, "Will the great crisis in national affairs, which has taken almost every swimmer and official of military age, produce the lady or ladies who will endeavour to keep the swimmers' flag flying?" Here is the greatest opportunity ever presented to lady swimmers both to develop the sport amongst their own sex and to do their bit to "keep the home fires burning" in the world of swimming, "till the boys come home."

The public have eagerly shown their willingness to support entertainments where the programme submitted demonstrates the utility of swimming in a practical form, and one ventures the hope that our ladies' clubs will tackle the task in good time, so that every advantage may be taken of the summer days to hold open-air events. Thousands of troops are in training, and little difficulty need be experienced in arranging military events. Ladies' races, diving—what more charming than graceful ladies' diving!—breast and back-stroke exhibitions, life saving and resuscitation dis-

plays, while one of the most popular events of the northern galas has been scratch and inter-town team races for holders of A.S.A. scholarships, giving these champions of to-morrow "live" competitions that necessarily stimulates their activity.

Perhaps ere these lines are in type the A.S.A. Committee may have decided to hold the ladies' championships as usual. Ladies, the scholarship races are worth the trouble for more reasons than one, inasmuch that within my own personal knowledge three gentlemen of middle age, after witnessing these children display their ability, determined to learn the art, one remarking, "It was seeing those youngsters swim so easily that made me sick of my own futility." To-day those novices are proficient swimmers and visit the baths daily.

There is a brilliant future for swimming when the war is over, and, in my opinion, the extent of our development will depend upon its vitality when the full forces of our community are released for active service once more, towards the establishment of swimming as part of every child's education.

## Notes on News.

It has been decided to hold a "Roll of Honour" week at Liverpool from May 6 to 13, when included in a great sports programme will be a bath gala, to be followed later on in the season by a grand open water gala. At these there will be several military events, and also races of championship class for ladies. The moving spirit in the scheme is the Lord Mayor of Liverpool, who has gathered round him as a committee the representatives of all the best sporting institutions in the city, and the week will undoubtedly be a memorable one in the annals of sport in the north—something like a week of Olympic Games. Now the ultimate object of this is the benefit of the widows and orphans of the men of Liverpool who have fallen in action, and it is hoped to raise a sum of over £2,000 through the sports section alone in aid of this most deserving object.

At one time it seemed that the progress of swimming was to have a set back this year in Liverpool, it having been ordained by the City Fathers that the baths should be closed an hour and a half after sunset,

but that indefatigable worker, Mr. John Hodgson, has been able to get an alteration of the regulations, thanks to the courtesy of the Lord Mayor and Alderman W. Roberts, in taking up the question in a public spirited manner, and the Baths Committee have indicated that instead of closing the baths in the evening they will probably introduce a system of light shading which will enable the Clubs to carry on.

Gainsborough Ladies' Swimming Club hope to start their season early in May, and the Captain, Miss Agar, and Hon. Secretary, Miss Rose, are working hard to provide special opportunities for instruction in life-saving drill and resuscitation.

Six of the lady members of the Wolverhampton Swimming Club gained the Bronze Medallion and Proficiency Certificates of the Royal Life Saving Society last year. Most of the senior members of the men's section have joined the Colours, but the ladies' section made fine progress, and intends to work even more energetically this year.

It is reported that at a meeting of the Illinois Athletic Club in Chicago, Perry McGill-vray swam a hundred yards in 0.54, but this was in a twenty yards bath. His time for forty yards was 0.18.1, and for eighty 0.41.4.

Friends of the art of swimming, particularly those in Scotland, will learn with regret of the death through severe heart trouble of Professor D. Beaton, which occurred on February 21 at Montreal. He had a remarkable career, and was regarded as being without a peer in fancy and scientific swimming; he gained great fame in this respect in Scotland, where his services were in great demand. He left for Canada about five years ago, and devoted himself wholly to the promotion of swimming. His wife and three daughters are also exceptional swimmers. Miss Mary Beaton holds the Diploma of the Society, and has done great work at Toronto. One of her sisters is at Hamilton, Ontario, and the other at New York, also engaged in the art. One of the movements which Professor Beaton excelled in was to float on the side, sink some distance down and rise to the surface again without movement.

The growth of family bathing in the United States has led to inter-family races, and we read of one that has been arranged between the Ruddy, McGillivray, Schwartz and Huszagh families, all of whose names are well known in American circles. Perry McGillivray, who leads the McGillivray family team, won the hundred yards championship of England in 1912.

The City of London Corporation is to be asked by the Valentine S.C. to take early steps to remedy the disgraceful state of the lake in Wanstead Park, the bottom of which is rendered dangerous to bathers owing to broken glass being thrown into the water. The water itself is in good condition, but many bathers have cut their feet badly. Some idea of the danger was given at the annual meeting of the Valentine Club, when it was stated that some reformatory boys had dived in and removed a bushel of broken glass. One member suggested that a mine-sweeper was needed for its clearance, so bad are the prevailing conditions.

Private Harry Smith, who is well known as a Teignmouth and Devon County water polo player, has recently been instrumental in saving two lives in the East. Whilst resting in his tent he heard shouts for help. He at once ran and, speedily entering the water, effected a rescue. No sooner had he landed than he heard more cries for assistance, and found they came from an officer, who was struggling to get another man ashore. He entered the water again, and was once more successful.

In an address which he delivered at the annual meeting of the Nottingham Boy Scouts' Council, the Duke of Portland gave a few words of praise to five members of the guard of honour who were wearing life saving medals. These decorations, his Grace pointed out, were awarded the recipients for risking their lives to save the lives of others, and were to a boy as a Distinguished Conduct Medal or even a Victoria Cross was to a soldier.

The Midland District Executive Committee of the Amateur Swimming Association, in their annual report, state that the recent operations of clubs have been restricted to work among juniors and ladies. The ladies' championships have been remarkably success-

ful, first on account of the fine performances of Miss Jeans, of Nottingham, and secondly as proving the value of the Martin crawl stroke, which was successfully used by the Coventry lady members. Miss Jeans set up a new English amateur record for 300 yards of 3.23. The 100 yards junior, the 100 yards ladies', and the 220 yards ladies' championships would again be offered for competition. The association expenses of the year had only reduced the balance by £21. The number of swimmers who had been killed in action had largely increased. Owing to their patriotic service the work of swimming clubs was dormant.

In the days of peace water polo matches between Havre and the Southampton Clubs were frequent, and therefore at their annual general meeting the members subscribed for gifts to be sent to members of the Havre Club who are now prisoners of war. It was reported that many of the old friends of Southampton who used to come over from France to play had been killed or wounded.

The Baths Committee of the Oldham Town Council, instead of giving up the teaching of swimming during the war, has decided that bath attendants, each of whom is able to swim, shall supervise generally the swimming lessons of the children, who will be accompanied by an elder scholar. No children younger than eleven years of age are to be sent to the baths. This will, of course, restrict teaching to somewhat narrow limits.

During the past year there were 2,545 scholars in the boys' and girls' schools of Barnes and Mortlake, and the Barnes and Mortlake Public Elementary Schools' Sports Association states that there were 5,304 admissions to Richmond Baths, the nearest bathing place available. The Leicester, Penrhyn Challenge Shields for boys and girls were both won by Mortlake Council School. Challenge Cups, one for boys and one for girls, for back stroke swimming have been presented by Mr. and Mrs. C. A. Sherring.

Captain Smart Cullimore, South Wales Borderers, killed in action, was one of the best swimmers in the Newport Police Force, and was captain of its water polo team. He held the Royal Humane Society's Medal for saving life in the River Usk.

A strong appeal is made by the executives of all the District Associations in England, as well as the Associations of Scotland, Ireland and Wales, to club officials to send in the names of their members who are serving with the forces, together with particulars of their respective ranks and regiments. The idea is to publish an official Roll of Honour at the end of the war, but difficulty has been experienced in obtaining particulars, as in some instances all the officials and about 95 per cent. of the members of clubs are on active service. But there must be some one left who could gather up the details as a labour of love for his old club.

At a meeting of the executive of the North-Eastern Counties' A.S.A., it was decided to hold the schools' championship this year, and also to urge upon the various education authorities in the counties of Northumberland, Durham, and Yorkshire the need for encouraging interest in swimming among the young. A vote of condolence was passed to Lady Pragnell and family on their bereavement. Alderman H. M. Trotter was re-elected president, Mr. H. Crapper, of Sheffield, hon. secretary, and Mr. G. E. Watson, of Sunderland, hon. treasurer. The executive learned with pleasure that S. Thorndyke, of Hull, had been awarded the V.C., and Tom Best, of Wakefield, a former Yorkshire champion, the D.C.M.

There has been an outcry in *The Times* as to the lack of a swimming bath at Osborne, and that this improvement is necessary is unquestionable. But as "Another Mother of a Cadet" points out, "the Admiralty is not nearly as much to blame for the loss of young lives through the lack of efficiency in swimming as are those parents who allow their sons destined for the Navy to reach the age when they enter Osborne without having had them taught to swim well." In the February number of the SWIMMING MAGAZINE we gave details of the swimming career of St. Guy D'Oyley Hughes, R.N., D.S.O., one of the heroes of the Dardanelles. That gallant officer learnt to swim in Utah when seven years old, and when he entered Osborne was an accomplished swimmer and won the swimming prize in the River Medina in his second term. The parents in the class from which our cadets are usually taken cannot experience the slightest difficulty in obtaining tuition for their children, and they are to

blame for not affording their offspring the opportunity of learning to swim before sending them to Osborne or to a public school.

In their annual report the Committee of the Halifax Club record that, by strict economy and perseverance, they have been able to turn an adverse into a credit balance. The members who have joined the Forces are nearly 40 out of about 150, which include G. Garforth and E. Garforth, the well-known poloists, and L. N. Hudson, the handicapper. The vice-captain and late secretary have fallen in France. During the season the Committee have devoted energy to the improvement and teaching of the young. Three galas were held in addition to the annual gala, all with a view to stimulating interest with the young; they were self-supporting, and quite a success. At the request of the Halifax Education Committee members again conducted the examinations at the various school baths, and the great number of scholars that were successful showed great credit to the teachers. In connection with this important branch of work, two members had the Award of Merit and several the Certificate and Medallion.

Duke Kahanamoku and Ludy Langer, captain of the University of California swimming team, met at the annual Mid-Pacific Carnival at Honolulu on February 22. Kahanamoku beat Langer in the quarter mile in 5.31.3, thereby lowering Langer's American outdoor record of 5.32.1, made last July in the Yacht Harbour at the Panama Pacific Exposition at San Francisco. Langer, however, beat Kahanamoku in the half mile, but only after a gruelling race, in 12.1.1, which is well in advance of his 12.6 at San Francisco in July. Miss Frances Cowells, who went from San Francisco to compete, was beaten in the fifty yards ladies' race by Miss Bernicia Lane, of Honolulu, in 34.3. Miss Cowell's American record is 33.2.

Rodger Bird, weighing 16st. 6lb., of Brookline High School, in a contest against Harvard Freshmen plunged 78 feet, thus the "boy" easily beat the previous American scholastic record of 71 feet 4 ins. by Arthur Wales, also of Brookline High School, at the Princeton University inter-scholastic meeting last year. The American record is 80 feet by F. B. Willis, of Pennsylvania University, in 1912.



Effort is being made to get Kahanamoku to make a tour of the United States, the places to be visited being Chicago, Pittsburg, New York, Boston, Detroit and St. Louis.

The Royal Life Saving Society has had the pleasure of receiving the unqualified support of the South Shields A.S.C., no doubt because of the work it is doing, which has the approval of the members of this famous club, and they have therefore sent three years' subscription in aid of the funds for the promotion of swimming and life saving.

The question as to whether it is warmer to swim in clothes than without them has recently been given much attention in the papers of the day. According to Professor J. Joly, who wrote to *The Times* about experiments he had made in conjunction with Professor H. H. Dixon, the maximum downward drag of the ordinary sailor's clothes in sea water is only four ounces; this after all the air had been expelled from the clothes, and he also says that in practice the drag for a considerable time would be less. At first there would even be a sustaining force from the clothes. Of course, for a short and sharp burst of swimming clothes would obviously be a great impediment. The most important result of the experiments, however, was to show that a clothed person in the sea loses warmth very much less rapidly than an unclothed person. The explanation is said to be that fabrics placed against the skin stop the circulation, and prevent the body warmth from being carried off by the water. Briefly, the conclusions of the two professors are that an undressed swimmer immersed in water at about 46 deg. F. loses heat from the surface of his body very nearly three times as fast as the dressed swimmer, and they argue that the dressed swimmer might be in water 17 deg. colder than that in which the undressed was immersed and yet experience only the same loss of heat in a given time. The "dress" used was a single layer of flannel such as sailors wear, covered by a single layer of the usual serge. These statements are very well in their way, but we should like to test the two professors themselves in the water, trying to swim in clothes without previous practice. There is much more resistance than the savants imagine, and that is why the Royal Life Saving Society makes ability to swim in clothes one of its compulsory subjects for the Award of Merit.

## London Schools S.A. Splendid Pioneer Work.

THE twenty-fourth annual report of the London Schools Swimming Association, submitted by Mr. G. H. Neal, the hard-working Hon. Secretary, contained some interesting information. Like other swimming organisations the work of the L.S.S.A. has been much dislocated by the war. Though there are still children to be taught, many of the most active of the teachers are with the Colours, whilst some of the Baths have been wholly or partially closed.

For the first time for a long period of years the Executive were unable to record an increase in the number of 1st Class Swimming Certificates earned. To have issued, however, the large total of 10,800 of these to boys for 100 yards and girls to 50 yards must be considered an excellent result in such abnormal times.

Life Saving, which always receives every encouragement and is regarded by the Executive as the natural corollary of swimming, has been taught in a large number of schools, and 2,479 children have been rewarded for proficiency in it. The Life Saving Competition by teams of four for which the R.L.S.S. provides silver and bronze medals was productive of very keen contests. Gopsall St., Hoxton, were pronounced the winners of the Boys' competition, and Munster Road, Fulham, were the first Girls' team. The addition of 19 names this year to the Roll of Honour, bringing the total number to 231, all of whom have received Awards from the Royal Humane Society, is sufficient testimony, if any were needed, to the value and utility of teaching Life Saving. Mr. Cyril Cobb, the President of the Association, has given a Shield for the race for girls between 14 and 15.

It is stated that at the Demonstrations provided by the A.S.A. for L.S.S.A. children last year about seven or eight thousand boys and girls had been able to witness the methods adopted by our most expert professional teachers. The Association is still without the services of Messrs. A. J. Perring, Competition Secretary, and A. L. Kent, Minute Secretary, both of whom enlisted at the beginning of the war. Their places are being temporarily filled by Messrs. J. F. Wood and A. Sinclair.

# The Swimming Magazine.

(Third Volume commences 1st June, 1916.)

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*William Henry*

Hon. Editor.

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