

THE
SWIMMING
MAGAZINE.



NE, 1916.

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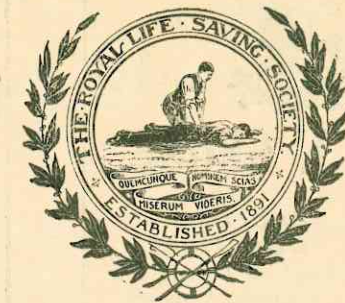
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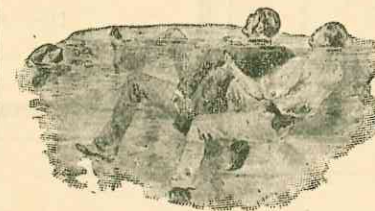
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The Swimming Magazine

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

No. 1. VOL. III.

JUNE, 1916.

Our Future Assured A WORLD'S RECORD.

DEAR FRIENDS,

The response made by you to the appeal issued in April last for co-operation in the continuance of the SWIMMING MAGAZINE has been particularly pleasing to me, and I assure you that it gives me renewed energy in carrying on what I believe to be the most valuable medium of inter-communication between those interested in swimming and life saving, the world over.

The war has of course greatly affected the progress of swimming and life saving, but yet it has unearthed undreamt-of talents in our swimmers and has given them opportunity of displaying wonderful qualities of self sacrifice in the cause of suffering humanity.

It has been my aim whenever possible to make record of noble endeavours, and I am therefore most heartily grateful even if it were for that reason alone, that the continuance of the Magazine is assured.

Our circulation is of a wonderful character, embracing the whole of the Over-Seas Dominions, the Allied Countries and the United States of America, as well as far distant regions such as Honolulu, Borneo, the Philippines, and other spots well removed from the great centres of the universe. It would therefore have been a matter of regret had this useful interchange of views been stopped through war economies, and I am thankful that the danger has been overcome for another twelve months.

I would urge upon all subscribers the vital necessity that exists for carrying on the teaching of the young. There must be no neglect about this portion of our work. The ladies have done well during the past two seasons under great disadvantages, and their energies are not relaxing for they are going to hold Red Cross galas which you must support and thus keep the cause of swimming and life saving ever prominently before the public.

Yours faithfully,

WILLIAM HENRY,
Hon. Editor.

After the War. PAN-BRITANNIC GAMES.

IT has been suggested that after the war the first great swimming meeting should be Pan-Britannic, that it should be held in England, Australia or Canada, and that the winners should be selected as a composite British team to meet the best that the United States can put into the water. To many of the old timers and those opposed to the payment of amateurs' expenses to visit far off countries this proposal may seem Utopian, but we must not forget that the war has brought us all into close touch, and that long distance travelling now seems almost a myth, so well has the world been bridged.

As the means of inter-communication are now so easy, no real difficulty should be experienced in carrying out the meeting on an extensive scale. Australia, Canada, New Zealand and South Africa would, no doubt willingly co-operate, and the English Association which would have to take the initiative should give the matter serious consideration. The quality of British swimming must not be allowed to deteriorate. Its present high position is seriously menaced, and it can only be maintained by constant competition of a high order and the personal interchange of views.

Few of us have noticed what wonderfully rapid strides swimming has made in the United States of America since the beginning of the war. By every mail we receive reports of great performances, not by one man, but by several of both sexes. They seem to be gradually eclipsing all our records, but that was only to be expected after the display they made at Stockholm. Moreover, they have had opportunity of continuous training and further study of the variations of the crawl stroke, in which style of progression they seem to have become wonderfully adept. It would, therefore, be of real educational value were the Pan-Britannic Festival to be held, followed by a challenge to the swimmers of America for a meeting, say at San Francisco.

THE ROYAL LIFE SAVING SOCIETY.

CONTINUED PROGRESS IN AUSTRALIA.

REPORTS FROM SOUTH AFRICA AND THE WEST INDIES.

AT the meeting of the Central Executive held on Thursday, May 18, under the chairmanship of Mr. J. R. Leggatt, vice-president of the Royal Life Saving Society, an hon. associateship was conferred upon Mr. J. A. Duffy, upon the recommendation of the Wellington, New Zealand, Head Centre. Mr. Duffy has 39 Elementary Certificates, 50 Proficiency Certificates, 21 Bronze Medallions, 6 Hon. Teacher's Certificates, and 4 Instructor's Certificates to his direct credit. Those whom he has taught keep in constant touch with the work and worthily continue to bring fresh candidates for examination. He is a splendid organiser, and two years ago was appointed Chief Instructor to the Centre, a position he still holds.

Reports were read from several of the branches, all of which were highly satisfactory. This was particularly gratifying as showing the continued interest shown in the work of the Society, notwithstanding the great world crisis.

It was reported that Awards of Merit had been granted to Miss Isa Macdonald, of Hamilton, N.B., Miss Margaret Thain, of Dundee, Miss Elsie Boyack, of Dundee, Miss Lizzie L. Tait, of Dundee, and Miss Annie Walker, of Dundee, and also that Mrs. Maud M. Kirby, Harrogate Ladies' Club, had passed for the Diploma, the examiners being Mr. T. B. Kitson, of Leeds, and Prof. F. Boyd, of Leeds.

The Victorian Head Centre is making rapid headway, thanks to the energy of its hon. secretary, Sergt.-Major Malins, and a hard working executive. One of its successful efforts has been the obtaining of permission for the Victorian Police who gain the Society's awards to wear the badge on their uniform.

Another piece of work which calls for high commendation is the formation of the Melbourne Citizens' Class as the result of an appeal made through the press by the hon. secretary, and the result was the holding of the largest and most successful class ever formed in Victoria, no fewer than 26 Elementary Certificates, 26 Proficiency

Certificates and 24 Bronze Medallions have already been obtained.

From Jamaica we learn that Mr. W. K. Goldsworthy, who holds office at the Government Technical and Continuation School at Kingston, has started four very representative life saving classes, largely composed of Scoutmasters and Church Lads' Brigade officers. The Royal Jamaica Yacht Club, the Baden Powell Boy Scouts' Association and the Jamaica Regiment of the Church Lads' Brigade have affiliated with the Royal Life Saving Society, and hopes are expressed of the formation of a British West Indies Centre in the near future, especially as the Education Department is giving active co-operation in the work.

The Western Province Head Centre is making good headway among the schools and juniors, and Mr. P. O. Wathes, the hon. secretary, informs us that many candidates are now qualifying for the various awards. Exhibitions have been given at various places, and much good propaganda work has been done. The Simon's Town Garrison has put through a class under the instruction of Sec.-Lt. Beale, R.G.A., and thus extra valuable knowledge has been gained by the soldiers. One of the important sections of the work has been that of the Cape Town Ladies. The honour of being the first ladies' club to present a class for examination falls to the Leander Ladies' A.S.C., the Misses Joyce, Parsons, Korelstein, and Horle, gaining the Proficiency Certificates and Bronze Medallion.

During his career Mr. H. Tommis, superintendent of the Kidderminster Baths, has been instrumental in instructing candidates for 171 Elementary Certificates, 94 Proficiency Certificates, 57 Bronze Medallions, 14 Hon. Instructor's Certificates, 3 Awards of Merit and one Diploma, a proud record. His first class was started in 1894 at the Bradford (Yorks) Baths, but Mr. Tommis left Bradford before the class was examined, but all the members passed afterwards. Several

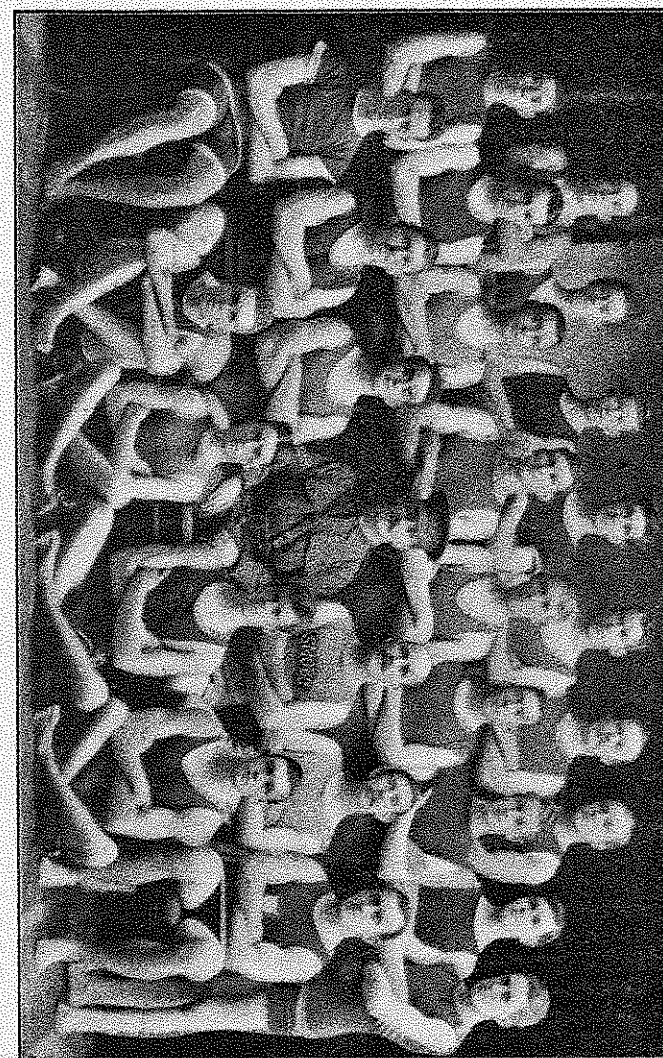


Photo by Sorony.]

VICTORIA HEAD CENTRE OF THE ROYAL LIFE SAVING SOCIETY.

Melbourne Citizens Life Saving Class.

SERG.-MAJOR MALINS, Hon. Sec. and Hon. Instructor, in uniform, in centre.

[Melbourne, Victoria.

of the candidates prepared by him have been successful in saving life, the latest being Lance-Corporal Neale, Shropshire Regiment, who saved a woman from drowning at Shrewsbury this year. Lance-Corporal Neale, who is one of the hon. instructors of the Society, had only recently left hospital at the time. His sister, who was only sixteen at the time, has also been successful in artificial respiration. This young lady took the Elementary Certificate in 1912.

The good work continues among the ladies in Tasmania, the Misses Barnard and Pocock having been busy with their classes and also undertaking tuition at the Sandy Bay Baths three times a week.

The younger boys are also doing well. One youth, Neil Gibson, has undertaken teaching, and Arthur Hodgkinson has also rendered great assistance.

Classes have been started at various schools and all round progress is reported.

One of the lady pupils, Miss Jessie Bowtell, has already effected a rescue, this being the third by members of the class under the tuition of the Misses Pocock and Barnard, who are continually giving instruction and work very hard in the good cause.

Pte. E. Collett, Middlesex Regiment, the nephew of Sub.-Lt. J. J. Barnard, has effected a brave rescue of a comrade in Egypt, and in a letter to his uncle says that but for receiving instruction in life saving while at school at Hanwell he would never have been able to bring about success, as the drowning soldier was much stronger than him and struggled desperately.

Messrs. Fred J. Smith and Fred G. Mara, who have shown great interest in the work of the Society in Canada and have served on the executive of the Ontario Branch, are in England. They are both old campers at Lake Timagami, where we ourselves have spent many pleasant hours. Mr. Smith, who is physical director of the Central Y.M.C.A., Toronto, has been appointed to direct sports for the Canadian troops in England, and has been made hon. captain in the Canadian Expeditionary Force.

Mr. Charles Owen Tonkinson, of Jamalpur, India, is among those who have recently passed for the Award of Merit. The teaching at Jamalpur is done under the auspices of the Young Men's Christian Association.

The life saving classes started at Salisbury, Rhodesia, through the energy of Mr. A. Bater, have been highly successful, and of the three classes affiliated to the Royal Life Saving Society the following have passed for the Elementary Certificate:—Pirates' Club, Messrs. R. Wynne, A. Hodgson, E. B. Shepherd, A. Pocket and C. Brown; Police Club, S. M. H. Harnell, Sergt. P. Kealy, Constable W. H. Babb, Constable C. Craxton; Boys' High School, fifteen out of twenty-five boys, as did also Mr. Williams, the school janitor, who is 55 years of age. The members of the adult classes are very grateful to Mr. A. Bater, the instructor, who voluntarily took the training in hand, and also to Mr. B. B. Bowley, a holder of the R.L.S.S. Bronze Medallion, for his advice and assistance and for acting as one of the examiners, also to Dr. Appleyard for his valuable lectures.

The number of passes has been particularly gratifying in view of the fact that there are only two classes of swimmers, viz., the middle-aged and schoolboy classes, all the young men being away with the Forces.

Mr. B. B. Bowley, who has been examining the life saving classes, joined the Suburban Amateur Swimming Club in Cape Town when the club was first formed about 1895, and was a member until he left for Johannesburg in 1902. Three years later he joined the Johannesburg Amateur Swimming Club, and was a member until 1907, in which year he gained the Proficiency Certificate and Bronze Medallion of the Society. Later he went to Orange River Colony, then to the Northern Transvaal in Government service, and now is in Rhodesia. Being now stationed permanently at Salisbury, he is able to give valuable assistance in our work. One of the great difficulties they have to contend with is that the majority of the school boys have never been taught swimming, but have learned what is known as the Dutch stroke, which is the dog paddle.

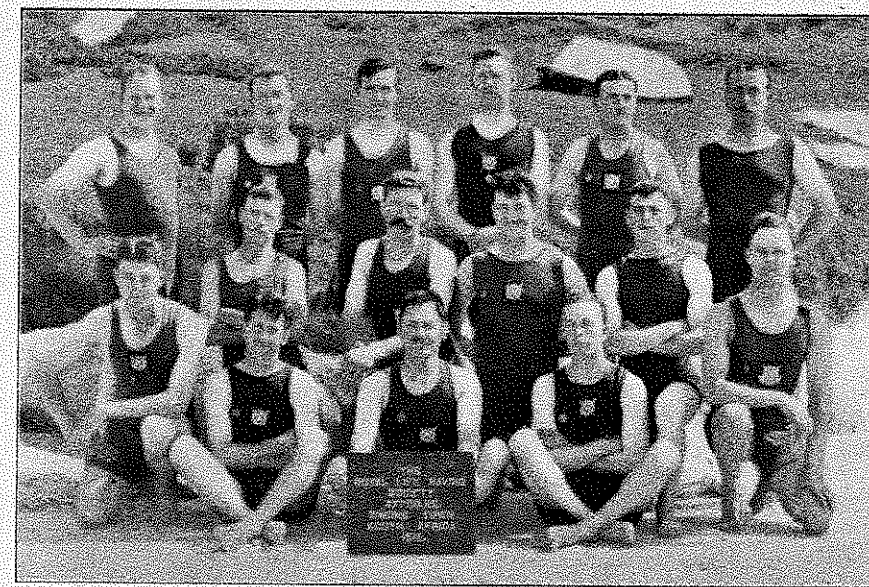
That enthusiastic teacher and worker in the cause of life saving, Miss Mary Beaton, of Toronto, has given instruction to Miss Edith Hartley for her Diploma. The Society is deeply indebted to Miss Beaton for her unwearied efforts in the good cause, for she has been the means of bringing its aims and objects before numerous ladies' classes, and her example has been extensively followed in other parts of Canada.

The closing down of baths is affecting teaching in this country, but we would urge upon instructors the advisability of encouraging continued practice in land drill and securing the use of open-air baths whenever possible. The new Daylight Saving regulations should be of material assistance, and be taken proper advantage of.

Excellent work is being carried on in the different schools in and round Perth, Western Australia. At a recent examination at the Methodist College, Claremont, by Mr. Millett, the hon. secretary of the West Australian Branch, the land drill for release and rescue was carried out by Mr. J. E. Wells in the school gymnasium, after which resuscitation drill and the water tests were

The Methodist Ladies' College was the first ladies' college in Western Australia to organise classes for training in life saving, Miss Phyllis Bardwell (now Mrs. McDaniells) being the first honorary instructor. The college was successful in recent life saving competitions for girls' secondary schools in winning the Barron Trophy from a large field of teams, a trophy which is much valued and exhibited with great pride at the college.

The college is situated in one of the most ideal spots on the Swan River, where the girls have the benefit of living in a most comfortable and spacious building with charmingly picturesque outlooks and the river running at the foot of the cliff on which the college is built, affording them the de-



Royal Engineers, Simons Town, Garrison Life Saving Class.

directed by Miss Myra Hurman (the college swimming mistress) at the college swimming jetty. Too much cannot be said in praise of the way Mr. Wells conducts his instruction class, and the excellent results attained, which reflect so creditably alike upon the instructor and pupils, while the really surprising feats accomplished by the girls under Miss Hurman's tuition must be more than gratifying to an accomplished and enthusiastic young swimmer. The excellence of the drill and the proficiency shown in the water were a revelation and justify the hope of the Society that all schools should include life saving land drill in the regular drill curriculum.

light of bathing under the pleasantest conditions imaginable, and the opportunity of becoming really accomplished swimmers and truly wonderfully skilled in the art of life saving. From a health point of view one would gather that the girls' aquatic pastimes were particularly beneficial, for a more robust, healthful, and happy bevy of girls could not be found. That qualifying for practical usefulness in rescuing and resuscitating victims of difficulties in the water was a true joy to these girls there could be no doubt. They are as full of enthusiasm and vim about it all as it is possible for vigorous, healthy-minded and healthy-bodied girls to be.

The Late Mr. R. P. WATSON. The Man who Brought Out Webb.

THE well-known sporting journalist, Mr. Robert Patrick Watson, died at St. Thomas' Hospital, London, on Thursday, May 11, aged sixty-eight. Mr. Watson, who was born at Manchester, mentions in his "Memoirs," published some years back, that his grandfather came of rebel stock, and that his people not only fought in the Irish Rebellion of '98, but were killed in action at Vinegar Hill during that fearful campaign. For nearly half a century Mr. Watson was one of the leading sporting officials in England, and during a long period was most eagerly sought after as a boxing referee. In his early days he was a good swimmer. This devoted him to the art, and his writings did much to advance it in popular favour.

In 1873 Mr. Watson started a little production called "The Swimming Record," which had a short career, but it was while editing this that he came into contact with "Captain" Webb. The paper was published in Falcon Court, Fleet Street, and it was there Matthew Webb, a sailor in the Mercantile Service, consulted Mr. Watson on the subject of a long swim in the Thames, greater than had ever been accomplished. Webb at the time, had just received the Stanhope Medal of the Royal Humane Society for plunging from the "Russia" during a storm in the Atlantic, in the attempt to rescue a drowning sailor. Mr. Watson confessed that he thought Webb "a man mad upon a theme of no use to himself and little use to me," and lost sight of him for a time. But in 1874 Webb called again, and at last Mr. Watson, in conjunction with Professor Beckworth, gave him a trial from Westminster Bridge to the Regent's Canal Dock. Up to this time Webb was absolutely unknown in the swimming world, and the first acquaintance the public made with him was when he swam from Blackwall to Gravesend on July 7, 1875, in 4.52.10. Mr. Watson did not see the great swim across the Channel on August 24 and 25, 1875, for the promise Webb made to him and Beckwith was not fulfilled, and they read of the great swim instead of being eye-witnesses. In detailing his last interview with Webb, Mr. Watson said: "We discussed Niagara. 'Don't go,' I said, 'from what I hear you will never come out alive.' 'Don't care,' was the reply,

'I want money, and I must have it.' As we stood face to face I compared the fine, handsome sailor who first spoke to me about swimming in Falcon Court with the broken spirited and terribly altered appearance of the man who courted death in the whirlpool rapids of Niagara. I never saw him again. It was a pathetic, a sorrowful, a lamentable end, a lesson to those who trifle with the best of all God's blessings, good health, and the fickleness of fickle fortune. The man of daring and great deeds was killed with mistaken kindness."

Among leading swimmers whose careers Mr. Watson followed were Horace Davenport, William Henry, E. B. Mather, J. and B. Johnson, J. Finney, R. H. W. Dunlop, J. J. Collier, J. H. Derbyshire, J. H. Tyers and Joseph Nuttall, while he also first reported Trudgen and knew Harry Gurr, Harry Gardner and others whose names figure in the history of swimming. Throughout the wide space of amateurism the man above all others he most admired was Horace Davenport, while the swimmer whose style he admired most was Joseph Nuttall. It was always a pleasure to talk to "Bob," as he was familiarly termed, for his reminiscences of swimming were wide and varied, for through his connection with the *Sporting Life* he had come into contact with every leading swimmer of his time.

Mr. Watson was for years connected with the old Swimming Association of Great Britain as one of its handicappers, and also with its forerunner, the Metropolitan Swimming Association, founded as far back as 1869. In those days amateurs raced with professionals, and abuses were frequent. Mr. Watson was fearless in exposing them, for he detested the pro-amateur. As the years went by he gradually drifted out of Association work, and the last big amateur race we can recall that he officiated at was the old Ulph Cup race in Yarmouth, and the last professional race of any importance that between Joseph Nuttall and Ernest Cavill at Doncaster on St. Leger night of 1897. Cavill, who had been made much of in the newspapers, performed so badly in his trial that had it not been for the late Mr. Robert Topping, a very warm supporter of swimming, the match would not have come off at all. As it was, Nuttall had the easiest swim of his life. In fact the match was a fiasco, Cavill not having the slightest pretensions to meet such a man as Nuttall.

ARTIFICIAL RESPIRATION. Comparison of Old and New Methods.

By Lance-Corporal A. P. C. HANDOVER, R.A.M.C.

THE author of this article is a well-known member of the Central Executive, hon. instructor and examiner for the Royal Life Saving Society, who has devoted much attention and study to the work. His experiences in conducting examinations should prove useful to teachers and those studying for the Diploma of the Society.—Editor, SWIMMING MAGAZINE.

Breathing is the natural act by which oxygen is given to the blood and carbon dioxide is removed from it. The action is controlled by the respiratory centre on the floor of the fourth ventricle of the brain, subconscious, deep or shallow breathing being caused reflexly by the excess of carbon dioxide or of oxygen in the blood reaching that nerve-centre. Should the percentage of carbon dioxide in the air sacs reach above five the blood leaving the lungs would contain enough of this gas to paralyse the respiratory centre and breathing would cease. In the apparently dead from drowning, suffocation, or narcotic poisoning, breathing thus ceases, but it can be imitated sufficiently well to sustain the gaseous exchange till breathing is naturally recommenced. Such imitation of breathing is termed artificial respiration.

As the methods of artificial respiration are more usually associated with resuscitation of the apparently drowned they will be discussed as regard their utility in such circumstances. Five minutes is the probable limit of submersion if life is to be restored. The contact with water causes the air passages to increase their secretion of mucus. Convulsive breathing churns up this mixture of mucus and water into a froth, which tends to block the smaller air passages and to render more difficult of success attempts at artificial respiration. The water in the lungs is absorbed by the blood almost as fast as it is taken in. Thus to hold an inanimate person rescued from under water, upside down to drain is a waste of valuable energy and of very valuable time—every second is of vital value—since the water so soon reaches the blood circulation and the froth cannot be moved from the air passages because of its consistency.

The toneless condition of the muscular walls of the throat in an apparently lifeless person causes the bore of the throat to be less than it is in full vigour. If inspiration and expiration are hurried during artificial respiration the air does not have time to flow through the narrow throat in maximum quantities and the efforts of the operator are largely wasted; because it is gas exchange in the air sacs and not that in the upper air passages which is of especial value, for the deeper the breathing the quicker the alveolar air will be changed. Twelve to fifteen complete movements per minute (one in four or five seconds) is fast enough to obtain the best results.

Attempts at resuscitation with the body face upward causes the mucus to accumulate in the throat and upper air passages, from which it not only cannot drain away, but also decreases the available space for the passage of air into and out of the lungs. With the body in this position the tongue falls back into the throat; this is overcome to some extent by pulling the tip of the tongue forward, but the large muscular root of the limp and swollen tongue sags (in the unconscious state) into the throat, restricting still further the passage of air.

The capacity of the thorax (and therefore of the lungs) can be increased (a) from front to back by the forward and upward movement of the sternum and attached ribs; (b) from side to side by the rotation of the ribs upwards about an axis passing through the head of each rib in contact with the spine and the point of its attachment to the sternum; and (c) vertically by the descent of the diaphragm: expiration is accompanied by the reverse of these movements.

The best known of the older methods of artificial respiration are the Silvester, Howard, and Marshall-Hall. The Silvester method is to alternate traction of the arms with lateral pressure on the chest, the subject being on his back. The method, theoretically, imitates the action of the ribs, but the limp muscles of the half-dead subject have very little effect in pulling the ribs upwards and outwards so that inspiration is not deep. The falling back of the tongue

and the accumulating of mucus, incidental to the posture of the body, also act against efficiency. In the Howard method pressure is applied intermittently over the lower ribs, with the patient's face upwards. It has the disadvantages, already enumerated, inseparable from the face upward position. The pressure must be carefully applied, as ribs have been broken by excessive or too sudden pressure. Dr. Howard himself broke some of his subject's ribs at an exhibition in Dublin—and the liver (which is greatly swollen in asphyxia) may be ruptured by careless handling. The Marshall-Hall method consists of rolling the patient over from the lateral to the prone position and then applying pressure to the back. By adopting the face downward position the method allows the tongue to fall forward and the mucus to escape. It is complicated and requires three operators.

From experience of these methods at classes and demonstrations great difficulty has been found by the subject in remaining passive during continuous movements. The subject begins to feel suffocated, and at last has to breathe on his own account. This need shows that the exchange of air effected is not sufficient for the vital processes of the living body; it is felt soonest with the Silvester, almost as soon with the Marshall-Hall and scarcely at all with the Howard. This gives empirically their ascending order of value.

In 1903, as the result of the findings of a Committee of the Royal Medical and Chirurgical Society, a new method—the "prone pressure," or Schäfer method—was formulated. Particulars of the movements are given in the Handbook of the Royal Life Saving Society. In this method pressure is equally distributed over the front of the body so that the danger of excessive localised pressure on the ribs or liver is avoided with the dangers attached thereto; it also brings the diaphragm as well as the ribs to work. The tongue falls forwards and the mucus drains easily away.

Judging from the way I have found this method carried out when instructing or examining classes in this subject the following points should be noticed:—

(1) The upper arm should not be more than a right angle from the side of the body, otherwise the pectoral muscles are pulled taut and the chest walls rendered less elastic.

(2) Pressure should be applied on the floating ribs; the usual fault is to place the hands too high up the body.

(3) The palm of the hand should rest flat on the back; pressure should NOT be applied via the thumb and fingers, the palm being arched. As large an area as possible should be covered so that pressure is evenly distributed.

(4) The arms are to be kept fully extended all the time. If the elbows are bent the force is not being properly applied, and should it be necessary to continue the movements for any length of time the bent elbow is usually the first part to give out under the strain.

In comparison with the three methods quoted above one may note, firstly, that the muscular exertion is much less, being only that required to swing the body backwards and forwards. Secondly, it is so simple it hardly requires to be taught. I have found people use it successfully in an emergency after having seen it at a public demonstration. Thirdly, it can be carried out by one person without preliminary preparation. Fourthly, its efficiency in causing air exchange is much greater, as is shown by the fact that the subject finds no need to breathe while being operated upon. Lastly, there is no danger to any organ, since pressure is diffused over the thorax and abdomen. Although the older methods retain much value for use under special circumstances, it is not advisable to present a choice of methods for use by the general public, for Sir E. A. Schäfer's methods possess such advantages for general use as to warrant the teaching of this method only to the exclusion of all others.

The laboured breathing of a person being asphyxiated encourages the venous flow to the heart. The heart is meanwhile failing owing to the paralytic action of blood surcharged with carbon dioxide upon the rhythmic action of heart-muscle, and the right side is unable by force and the left side by suction to overcome the resistance of blood passage through the lungs. The re-establishment of the normal working of the lungs by artificial respiration will remove the excess of carbon dioxide from the blood and so remove the cause of the paralysis of the respiratory centre, which is one cause of the stoppage of the heart.

THE LADIES' SECTION.

DAYLIGHT SAVING AND SWIMMING GALAS.

BRITISH SPORTSWOMEN'S HOSPITAL FUND.

THE advance of all clocks by an hour will be highly beneficial to all swimmers, and should give us plenty of opportunity for promoting galas in aid of our wounded friends and for the benefit of the various war benevolent funds. It should materially alter the action of various bath authorities and lead to the holding of our principal club meetings in the summer instead of the usually dreary month of October. The only drawback that may happen is the possible refusal of baths committees to let for galas in the summer. I know that some do object to permission being given, but I hope the difficulty may be overcome.

Even if there be opposition we can still fall back upon open-air swimming, for which there will be ample time every day, and I doubt not that some of our more enterprising clubs will arrange some very pleasant outings. Several have already made arrangements for big galas, notably the Bedford Ladies, which is a London organisation whose name is derived from the fact that its earlier meetings were held in Bedford Street, Strand, and that the Civil Service Supply Association's premises, from which the club originated about 1884, are situated in the same street.

The ladies' clubs of the South of England are arranging a series of war galas for the purpose of benefiting the British Women's Hospital Fund in connection with the "Star and Garter" Home for Disabled Sailors and Soldiers at Richmond, Surrey. At these galas there will be competitions with prizes for members of His Majesty's Forces. The Ladies' Committee will render all assistance in their power to clubs proposing to hold these galas, and will see that the clubs' funds do not suffer any unexpected loss, as well as organising the gala, if necessary, and finding leading swimmers to give exhibitions. In the case of small clubs it is suggested that two or three combine together for the holding of a gala. All the profits of these galas will be pooled so as to make the gift a combined

one from the lady swimmers of the South of England. Communications respecting these galas should be made to Mrs. Edith Lyon, 31, Tower Road, Dartford, Kent.

Inter-club handicap team competitions will be held at the war galas if possible. Points will be given to each team competing, and additional points to the winning teams, and these will be totalled at the end of the season, the team with the highest number of points to be declared the winners and receive suitable souvenirs.

Under the auspices of the Norwood Ladies' Swimming Club a very interesting and instructive lecture on "Life Saving, Swimming, and Diving" was delivered in Alloa Public Baths on Easter Monday by Miss M. M. Dow, physical instructress under Alloa Burgh School Board, and honorary instructor of the Royal Life Saving Society. There was a large attendance, over which Dr. J. Paul Low presided. In introducing the proceedings, the chairman remarked that the object of bringing this lecture to Alloa was to encourage school children and others to take an active interest in swimming and life saving, and to keep up the enthusiasm which had been evinced in these subjects during last season. He also referred to the fact that 121 awards had been won in Alloa within the last year under the able tuition of Mr. John Lamont, jun., swimming instructor. The lecture was then proceeded with, and was illustrated by a series of slides supplied by the Royal Life Saving Society. Practical demonstrations of life saving and ornamental swimming were given during the evening by members of the club. Mr. Lamont gave an example of his method of teaching swimming to beginners.

A valued correspondent complains that Chelsea, Hampstead, Holborn and Westminster are about the only baths in the London Boroughs where mixed bathing is not permitted.

An amusing protest was recently made to the Yorkshire Amateur Swimming Association by a lady who considered that a girl of ten years old who had been photographed in swimming costume at a professional gala should be debarred from competing in amateur races. It was admitted that the girl did not swim, and the protest was therefore naturally shelved.

Gloucester Ladies' Swimming Club and Life Saving Society has maintained a high standard of proficiency during the past year, which was the most successful in the history of the club from the point of view of numbers, enthusiasm, and also financially. The polo team under the able tuition of Miss Flo Smith has made rapid strides

The Midland Counties' two hundred yards ladies' championship will be decided at Kettering on July 3, the entries closing on June 25. Time standard is 4.15. The hundred yards ladies and the hundred yards juniors of the same district take place on September 7 at a gala of the Wolverhampton St. Peter's Club, entries closing on August 31. The standard for the ladies' hundred is 1.35 and the junior 1.25. Note that entries should be made to Mr. G. Newton, 45, Sykefield Avenue, Leicester, hon. secretary of the Midland Counties' Association.

Hawick Ladies' Swimming Club held a highly successful gala at Hawick in April in aid of the local Soldiers' Fund. Included in the fixtures was a military scratch race, won by Pte. Graham, of the Lowland Field Artillery. Miss Peggy Wilson won the fifty yards ladies' championship in 0.47, and the Lowland Field Ambulance a military team race, another team of the same force being second and the Gordon Highlanders third.

A Southern Counties' Junior Ladies' breast stroke championship will be held this year for the first time. Competitors must be between the ages of twelve and sixteen years at date of competition. The distance is to be one hundred yards and the standard time 1.50.

Miss Galligan, of New Rochelle, has swam 300 yards in 4.43.3, quarter-mile in 7.6.3, and 500 yards in 8.5.1. The English record for 500 yards is 7.52 by Miss Vera Neave.

Miss Mary Beaton, assisted by her lady pupils has been giving delightful exhibitions in aid of the Wounded and Convalescent Soldiers' Home in Toronto. She is highly successful in her methods of training, and has several pupils studying for the Diploma of the Royal Life Saving Society.

The following ladies have been elected as the committee of the Windsor Ladies' Club:—Misses E. Wareham, E. Mead, L. Wood, N. Luft, M. Parsons, and Mrs. Roe. The Misses I. Strange and E. C. Hobbs have undertaken the duties of joint hon. secretaries in succession to Miss M. Parsons, who has resigned. It has been decided to start another life saving class with Miss Wareham as instructor, and also to hold a gala on Saturday, July 22.

The ladies' section of the Alnwick Swimming Club is making excellent progress, and there is every hope of a highly successful season. Miss Kate Douglas has been elected president, Miss D. Clow captain, and Miss A. Davison hon. secretary for the year.

The North Berwick Town Council has appointed Miss Alison Wilkie, of Edinburgh, as swimming mistress at the open-air swimming pond, North Berwick. The appointment had previously been held by a male instructor now on military service.

Mrs. Emily H. Curwen has started a ladies' club at the Young Women's Christian Association, Philadelphia, and already over seventy ladies have signed the roll.

At a meeting of the executive of the Northern Counties of England Association, held on the first Saturday in May, a resumed enquiry into the conduct of the Margaret Ashton Challenge Competition, an annual race for ladies in the Manchester District, was the chief business. The point at issue was one involving an interpretation of the laws of the Amateur Swimming Association, and upon this the Ladies' Committee claimed sole jurisdiction. This claim being refused the whole of the ladies' committee tendered their resignation, which was accepted. At the same meeting the northern 100 yards, 100 yards breast stroke and ladies' squadron (final tie) championships were allocated to the Manchester Victoria Ladies' Club, and the 75 yards junior ladies to the Chester Ladies' Club.

The 100 yards national championship promoted by the Amateur Athletic Union of America will take place at the Sutro Baths, San Francisco, on July 4. Miss Olga Dorfner, the lady champion of America, who is a pupil of Mr. W. A. Curwen, will compete, and there is very little doubt that Miss Claire Galligan, of New York City, and a member of the National Women's Life Saving League, will also be sent, because she performs so excellently in competition. While not such a consistent record breaker as Miss Dorfner, she nevertheless has won most of her home championships, besides being the present 500 yards national champion.

At a meeting held at Melbourne City Baths on Saturday, March 11 last, Miss Lily de Beaupaire, sister of the famous Frank, now serving as a lieutenant with the Australian Force, won the 100 yards ladies' championship of Victoria in 1.18.2, the Albert Park Ladies' Club championship in 1.18, the 66 yards gentlemen's nomination race and the diving handicap.

Some of the regulations as to mixed bathing are particularly curious. Why what should be deemed quite right and proper at Islington should be considered inadvisable at Westminster passes comprehension, but such is the case, and no amount of argument will make bath committees see the fallacy of it. At the present moment the Westminster first class bath is closed, while St. George's in Buckingham Palace Road has been given over to the Anzac troops, so there is no use labouring the matter.

Chiswick Council are, I am glad to note, more up to date in the matter of mixed bathing than the majority of other controlling bodies. By a rearrangement of the time table the baths will be open for mixed bathing three hours on three days of the week, and for the whole of the afternoon and evening of Tuesdays, Thursdays and Fridays. In addition family bathing is allowed two mornings each week.

Among regulations complained of in this matter of mixed bathing is that preventing the attendance of a spectator which prevails at certain baths. One would have thought that bath authorities would seize upon the chance of additional revenue, but they ignore it at Croydon, Shepherd's Bush and Acton,

where galleries are closed and no spectators admitted. Mr. G. Vernon-Bird, the president of the old Tadpole Club, who takes great interest in the provision of facilities for mixed bathing, thinks that strong opposition should be raised in the districts mentioned to the drastic regulations laid down.

Mr. Vernon-Bird may be said to be the pioneer of mixed bathing in baths, for as far back as 1902 he wrote a special letter to the *Daily Graphic* on the subject. It was, of course, severely attacked in much the same manner as I am told the first proposals to institute ladies' championships were attacked by the old councils of the Amateur Swimming Association, but there were some free and enlightened delegates on that body who agitated persistently, until at last their ideas were realised to be right and reasonable.

In winning the furlong championship of New South Wales at Sydney on February 14 last in 2.53, Miss Fanny Durack, the accomplished lady swimmer, who beat the world at Stockholm, created a record, the previous best for a lady being 2.56 by Miss Durack in the furlong championship last year. Both times are far in advance of anything ever accomplished by English lady swimmers.

We are likely to hear of several long distance swims in the Thames this year, as many ladies are already in training. The reaches between Shepperton and Sunbury and between Teddington and Richmond should provide good racing water, or the trials might be extended as far as Putney. But beyond that the water is so filthy at times that swimming loses its pleasure and becomes hard work under very unpleasant conditions.

There are many ladies who now go in for plunging, and some of them are quite adept at the art, notably Mrs. Jarvis Dickinson. In the forthcoming galas I hope that ladies' plunging contests will be included, or else that the Ladies' Committee of the South may see fit to institute a plunging competition, so that ability may be properly recognised, even if it only be by the presentation of a standard certificate. Competitions have been so few and far between that exceptional performances have not been properly recognised or precautions taken for the official recording of them.

Encouragement of Swimming.

Sustained Virility of Effort.

ALTHOUGH the official instructors and others who do honorary work have joined the Navy or Army, the Encouragement of Swimming Scheme, which was inaugurated at the time of the last Olympic Games, is not being neglected, and fresh enthusiasm is being worked up, especially in the Northern Counties. The various Teachers' Associations are the bodies to which we must look for proficiency to be encouraged, for to them is left the preparation of the younger swimmers of the day.

In the statistics which Mr. F. Baxter, an energetic worker for the provision of free bathing and club membership for boys and girls following on the tuition which until the war had been generally available for school children, recently presented to a meeting of the Blackpool Teachers' Association, it was stated that clubs were prepared to help forward the scheme and bath authorities were granting free bathing facilities which would make swimmers and also improve the number of customers for the baths in subsequent years. It was stated that last year free tickets were granted at numerous places in England, and that the idea was to bridge over the time children left school and the time they are able to pay for themselves and join swimming clubs.

It is to be regretted that this question of swimming scholarships is not more generally known and appreciated, for it is highly beneficial for the scholars and a very economical way of bringing about the extension of teaching to all children no matter to what class they belong.

We must not forget that swimming is essentially an educational subject and that a knowledge of it should be common to every man, woman and child in this country. Its hygienic value is immeasurable, and its power for the saving of human life an inestimable blessing.

By raising up a competent race of swimmers we shall therefore more quickly realise what a "sound mind in a healthy body" really means, and we shall be giving to the children an opportunity of indulging in the pleasure that only the swimmer knows.

Our encouragement should, however, always tend towards general knowledge of the art and not to mere specialising in one or

two strokes. There is a call for advancement in the higher strokes for those who desire racing and international speed honours, but careful education should also be given in back and breast stroke swimming, as well as in diving, water polo, and life saving.

The idea of admitting scholars just leaving school to free membership of clubs is a good one, worthy of every support, for by practice with the older members they will get many hints of value not ordinarily known until one has come in touch with older and more experienced swimmers.

It is unfortunate that at the present time many County Councils and Education Committees have temporarily withdrawn their support from the teaching of swimming, but it is a short-sighted policy and one which cannot appeal to the public at large, as the advantage of the continuance of this teaching is so obvious, which has been brought most prominently to our notice in the accounts of lives saved from ships that have been torpedoed without warning. In nearly every instance we read of men being in the water for long periods before being picked up. Had these men not learnt to swim in their youth, their lives would have been lost. In our opinion the Councils who neglect the teaching of swimming in schools are helping the enemy.

A correspondent complains that when at Gravesend the other day he found the Corporation Bath closed from 12.30 to 2.0 p.m., just the time he had available for a swim. We could hardly believe that a bath would be closed at a time most suited for workers to bathe, but on reference to the time table we find that such official arrangement is made. To our mind such a restriction is unreasonable.

Subscribers to the SWIMMING MAGAZINE, who have done so much to keep this journal going, are respectfully reminded that the third volume commences with this issue. 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 to the Editor without delay.

(See notice facing page 20.)

NOTES ON NEWS.

Interesting Items from Home and Abroad.

AT the time of going to press last month our esteemed honorary editor, Mr. William Henry, was very seriously ill, and at one time his condition caused grave anxiety to his family, the Central Executive of the Royal Life Saving Society, as well as immediate friends who were cognisant of his condition. Mr. Henry is now fortunately on the high road to recovery, but in order that the cure may be complete and lasting, he will be absent from the office of the Society until such time as he is thoroughly fit to again undertake the responsible duties he has for many years so ably discharged. Before leaving London for Bath, where he is being well looked after by Mr. G. P. Beamish, of the Central Executive, Mr. Henry desired us through the SWIMMING MAGAZINE to tender his sincere thanks to the many members of the Royal Life Saving Society, subscribers to the Magazine, and the numerous friends who have made personal and written enquiries as to his welfare. Mr. Henry has been particularly gratified at the response to the appeal made by him in April last for assistance in the continuation of this Magazine, and a communication from him on the subject will be found on the first page of this issue.

All that the Port of Plymouth Swimming Association did last year was a combined bathe in July when 120 ladies and 90 men made the biggest splash ever seen under Plymouth Hoe. Eighty to eighty-five per cent. of the members are either with the forces, in the Dockyard or on munition work, and it will therefore be necessary to abandon the sports this season. But the work among the juniors is to go on, and matches will be arranged to take place next month, for boys and girls together with some for the boys from the Impregnable and Mount Edgcumbe training ships. There will also be a school-boy team swimming championship. Captain Edmund Spender, ex-chairman of the Association, has been elected president of the Newspaper Society.

Now that many military galas are being held it behoves amateurs to study the regulations under which they can compete without fear of endangering their amateur

status. There has already been trouble among amateur athletes over competition against professionals, and it is best to point out that the strict rules of the Amateur Swimming Association have not been relaxed in consequence of the war.

Sailors and soldiers of His Majesty's Forces, who do not individually accept money prizes, are exempt from the loss of their amateur status by reason of competing in naval and military competitions confined to sailors and soldiers, but such competitions must be promoted by organisations connected with the Services. The acceptance of money prizes by sailors and marines for purely naval competitions consisting of firing, boat sailing, and boat pulling, and which are essential to naval training, does not necessitate the loss of amateur status.

In the American National Relay Championship, decided at the Illinois Club Bath, Chicago, on April 27, the home team, consisting of A. C. Raithel, W. R. Vosburgh, H. J. Hebner, and Perry McGillivray, swam the distance, 30 yards, in 3.42.2, which is equal to 55.3, for a hundred yards per man. What a team! H. J. Hebner afterwards won the 150 yards National Championship, Max Ritter, New York A.C. being second. Ritter was a member of the Zephyr Swimming Club when residing in England some years back.

Pte. Machin, Lancashire Fusiliers, effected a gallant rescue from the Ribble at Preston on Easter Saturday. The rescue was all the more meritorious as Machin had been wounded, and after recovery had been invalided home through frostbite and other troubles.

We have received an interesting letter from Cecil Healy, who is Regimental Quarter-Master-Sergeant in one of the battalions of the Australian Expeditionary Force. The famous swimmer is longing for another trip to these shores, and a dip in old Father Thames. He sends kind regards to the Thames campers at Walton and his numerous friends in England. Healy, we should say, would be one of the first to back up our suggestion about Pan-Britannic Games after the war.

Despite the difficulties attendant on the war, the Notting Hill Jewish Lads' Club was able to record a year's useful work. At the recent annual general meeting over which Mr. Charles Sebag-Montefiore presided, Mr. Percy H. Schwarzschild, the hon. secretary, reported that the membership had increased by thirty, to 119 during the year, that the indoor work had been regularly carried on, and that the club had taken part in the various inter-club competitions organised by the Federation of Boys' Clubs. Swimming had shown improvement, and the spirit of economy had been inculcated in the members. Miss Moses distributed the prizes, which, on the present occasion, took the form of cash additions to the saving-bank accounts of the recipients.

As many of the baths will be closed or partly closed this season there should be a boom in open water swimming, most delightful of pastimes in the summer months. Time was when the chances of open air bathing were very few and far between, but the difficulties are gradually being overcome by enlightened borough and town councils, and new open air baths are continually being constructed. Progress, as regards several near important cities and townships, has been retarded through the war, but nevertheless a goodly number are now open and will prove a great boon.

Cannot the English, American, Australian and New Zealand Associations open up a correspondence meeting on new records. There is not any likelihood of a meeting of the International Federation for some time to come, but meanwhile fresh records are being continually made. In the interest of those who claim them, as well as those who hold the present ones, it is advisable that all doubt should be removed, and that if authentic they should go down in the world's records book.

It is understood that the possibilities of the proposed long distance race for ladies in the Thames this year were not considered at the Conference of Ladies Clubs held at the beginning of April, and perhaps after all it would have been found difficult to carry out such a competition unless the association had given its official sanction, and in fact taken all responsibility for its proper carrying out. It would have been a heavy task for any individual club.

Among our recent visitors has been Lieut. Frank E. Beaurepaire, of Melbourne, who is serving with the Australian Forces. He sends kind regards to all friends.

Mr. Joseph Matchett, Bootle Swimming Club, who is fifty-six years of age, has been presented with the gold centre medal of the Liverpool and District Association for a gallant rescue at Liverpool in December last.

Special effort is being made in Liverpool for a great military gala on Saturday afternoon, June 10. The whole of the proceeds are to be devoted to the Lord Mayor of Liverpool's Roll of Honour scheme for providing assistance to soldiers' and sailors' wives and families. Special contests will be a two hundred yards military championship, an inter-battalion race, a water polo competition, and a life saving contest. It ought to be an educative afternoon's swimming.

Last year the Tynemouth Swimming Club had a total membership of close upon a thousand, it consisted of 66 club and bath seniors, 97 first class juniors, 580 second class juniors, 74 senior ladies, and 175 junior ladies. Yet this vast membership was 203 less than that of 1914, but the decrease is, of course, entirely due to the war. Since the last annual meeting, Sec.-Lieut. E. Rayner, Sergt. J. U. Hogg (a member of the Committee), and Pte. H. E. Cosans have given their lives in the service of the Empire.

It has been decided by the South Shields Club not to hold an annual gala. Attention is to be given to the useful work of teaching children to swim, and the energies of the club officials are to be directed to the task. Incidentally there will be numerous competitions for juveniles, and thus knowledge will be spread in the North-Eastern District.

The Burton-on-Trent Amateur Swimming Club has lost half its membership through the war, but has been able to do useful work and also retain a substantial balance. The vice-captain of the polo team, Corporal Husbands, has been missing for a long while. Private H. Randall and W. Witherow have been killed in action.

Few people are aware that Sir Frank Benson, the new actor knight, is a good water polo player.

The South Shields Swimming Club inaugurated its fifty-fifth season on May 1. One of the club's founders, Mr. Thomas Guest, is still surviving, and although now in his seventy-seventh year he still takes active interest in swimming and rowing. In his younger days he was also an ardent volunteer.

The executive committee of the Carnegie Trust—who have at their disposal the income from invested funds amounting to £2,437,263, and have paid £7,000 as a grant for baths at Arbroath in fulfilment of a promise made by Mr. Carnegie, state in their second annual report that the recommendation to consider the possible provision of public baths which occurs in the trust deed makes it imperative that enquiry into this subject should be made. Accordingly, the committee propose to obtain a comprehensive report on this subject, under the following terms of reference:—"To investigate and report upon the existing provision in the United Kingdom for public baths and washhouses; the legislation that exists for governing the administration and maintenance of public baths and washhouses; the extent to which local authorities have availed themselves of the powers at their command in the matter; and the evidence that exists showing the use made of existing facilities and the results. Further, to suggest whether any, and if so what, steps might be taken by the trustees (a) to encourage the institution of further provision of public bath and wash-house buildings, (b) to make the existing provision more accessible to the poorer classes."

The fierce gale which raged in the Irish Sea on the 11th and 12th November last spent its full fury on "Forty-Foot Hole," as the Sandycove Bathers' Association's bathing-place near Kingstown, Dublin, is familiarly known, and completely demolished all dressing sheds, walls, screens and other comforts which had been erected during the past twenty years or more. The bathing-place is at Sandycove Point, and like the boys' bathing-place (shallow water), which is adjacent, is free and is supported solely by voluntary contributions of bathers and others interested. The upkeep averages £40 a season, the chief items of expenditure being wages to attendant, acid for keeping rocks and steps clear of seaweed, painting of ironwork, and the inevitable constant repairs to handrails, steps and concrete.

We regret to note that the Cheshire County Council is not continuing the encouragement of the teaching of swimming to boys and girls this season. Even if there be lack of teachers to look after the scholars, surely some public-spirited lovers of the art can be found to accompany them to the baths and take charge of their tuition.

Our friend, Mr. H. Crapper, voiced the truth when he explained at an executive meeting of the Yorkshire Amateur Swimming Association that default in payment of subscriptions of clubs was largely due to the fact that the officials of clubs, who were mostly young men, enlisted in great numbers early in the war (all honour to them.—Ed.), leaving practically nobody behind who had an adequate knowledge of the club's affairs. Now may we suggest that the members of the executives of the various local and district associations who are too old for active service should take over the duty of making courteous enquiries at the various clubs' habitats with the view of finding some one who would carry on the clubs' humane work as a labour of love, and in sympathy with the wish of their younger comrades who are in the grips of this great world's struggle.

Kahanamoku has won the fifty yards American National Championship in 0.23.4, this being two-fifths of a second outside his own record. Perry McGillivray, of Illinois A.C., was second, and A. C. Raithel third.

Brigadier-General Charles Gosling, who joined the King's Royal Rifles twenty-eight years ago, and has acted as Deputy-Assistant Adjutant-General in South Africa, is among the wounded. General Gosling was one of the officers awarded the silver medal of the Royal Humane Society for assisting in saving the persons on board the *Warren Hastings*, 1,246 in all, which ran ashore on the island of Reunion while transporting troops from the Cape of Good Hope to the Mauritius in January, 1897. All the passengers, except two, were saved.

Before taking part in any rowing exercises students at Eton have to pass a swimming test over a distance while clothed in full rowing costume, including boots or shoes, also tread water and display ability at back stroke swimming. Among those who have recently passed are the sons of Earl Bathurst and Lord Dudley.

One of our esteemed subscribers is Mr. Geo. E. Goss, the Physical Director of the Young Men's Christian Association of Manila, Philippine Islands. From this far-away place in the Orient Mr. Goss is now taking a year's vacation in Massachusetts. Part of his good work in the cause of swimming and life saving in the Philippines was the formation of a ladies' class.

The annual report of the United States Coast Guard for the fiscal year ending June 30, 1915, which has been presented to the Treasury Department at Washington by the Captain Commandant Ellsworth P. Berthoff, shows that a total of 1,507 persons were saved or rescued from peril, and on all the vessels to which assistance was given there was a total of 10,952 persons, whose lives may or may not have been jeopardised, according to the subsequent circumstances attending each incident. The Coast Guard, which now includes the former Life Saving Service, forms part of the military forces of the Government.

In a description of the scenes at Kut Mr. Edmund Candler, the special correspondent with the Expeditionary Force in Mesopotamia, mentions that some of the Arabs, feeling the pinch of hunger, made attempts to escape by the river from Kut. Two of the men, who were splendid swimmers, reached the camp of the relief force, and one, supported by skin bladders, made the journey by night in eight hours. This statement about skin bladders is particularly interesting to those who are students of the history of swimming. In the Nimroud Gallery at the British Museum there are some interesting bas reliefs depicting fugitives swimming for refuge to a fortress. Three warriors, probably escaping from the enemy, are depicted as swimming across the stream, two of them on inflated skins, and it is therefore evident that this practice by the Arabs inhabiting the banks of the rivers of Assyria and Mesopotamia dates back to the earliest times, for the probable date of the monuments, found at Nineveh, is 880 B.C.

General Sir A. J. Murray records in orders his appreciation of the courage of Lt. W. A. C. Perry, Royal Engineers, who at Belbeis, Egypt, jumped into the lock to the assistance of two soldiers, who were unfortunately drowned. It was dark at the time, and there was a strong undercurrent.

Kidderminster has an Education Authority which is farseeing, for it has decided to go on with the work of teaching swimming and life saving, and not abandon it during the war as is the case with many other towns. Mr. Tommiss, who is the superintendent of the baths, qualified for the Diploma of the Royal Life Saving Society in 1899 at the Fitzroy Baths, Tottenham Court Road, and is professional instructor to the Kidderminster Education Authority for boy and girl scholars, also to King Charles I. Grammar School, and has been an instructor of swimming for a quarter of a century.

Sewell Webster, of the Grenadier Guards, late of the Stoke-on-Trent Police, who has been killed in action, gained the Bronze Medallion of the Royal Life Saving Society two seasons ago.

The number of naval and military bathers at the Birkenhead Baths from August, 1914, to March 31, 1915, was 78,106, and from April, 1915, to March, 1916, it was 125,696, a grand total of 203,802.

The 100 yards junior and 100 yards junior breast stroke championships of the Northern Counties are to be decided at a gala of the Hyde Seal Manchester Club.

At the Coventry Baths last year the attendance of the Coventry Life Saving Society was 3,308 in the men's section and 2,348 in the ladies, and the total attendances of members of gentlemen's clubs close upon 7,000 and that of the ladies' clubs nearly 4,000.

Mr. W. A. Curwen, a well-known English swimmer, has taken charge of the swimming pool at Wheeling, West Virginia, U.S.A.

Vollmer, the new world's champion, gives a word of advice to other racing swimmers to perfect their own stroke. He says that some coaches will start one off with the crawl while others will begin with the easier breast stroke, but it is the new champion's opinion that one should be natural and master the stroke that comes easiest. Vollmer declares that swimming takes so much of his time that he doesn't attempt any other sports. To keep himself in racing condition the new title-holder trains all the time. He has to in order that his breathing may not suffer.

Kahanamoku was beaten by Perry McGillivray at Pittsburg on April 8 in the 100 yards championship promoted by the Amateur Athletic Union of America, in 0.56.1. Arthur Reithel, of the Illinois Club, Chicago, was third. Vollmer then beat him in the eliminating trials for the 220 yards championship at New York, and followed this up by beating Perry McGillivray in the final on April 10 in 2.23.2, world's record time. Four men qualified for the final test, Theodore Cann and Joseph Wheatley, of the New York A.C., besides Vollmer and McGillivray. The quartet got off well together, but Vollmer came up from the dive with a slight lead, and proceeded at once to increase it by starting out at a terrific pace. When the 100 yards turn was reached in 0.57 flat Vollmer was two yards ahead of the Chicago man, who led Cann by half a length and Wheatley by a full one. Vollmer continued to gain slightly but steadily after that, while McGillivray and Cann, almost overlapping, drew further away from Wheatley. At 150 yards Vollmer was clocked in 1.32, and at 200 yards he overtook the world's figures, touching in 2.8.4 as against the previous mark of 2.10.2. Then the young Mercury Footer unwound a splendid sprint and thrashed at wonderful speed to the line, crossing more than three yards ahead of McGillivray and about three more ahead of Cann.

Duke Kahanamoku took part in a 100 yards invitation swim against Walter Ramme of New York A.C., and Russell Dean, of Yale. He allowed Ramme to make the pace until 75 yards had been covered; then he came along like a whirlwind, passed the latter as if he were standing still, and beat him home by several yards in 0.54.3, the fastest time ever made in the Mercury Foot pool.

The race between Kahanamoku and Ramme was arranged because of the disappointment caused by the failure of the Duke to reach the final of the furlong championship. He explained that his first defeat was due to the bustle of hurrying around the States, which had proved too much for him.

American swimming returns show that last year nineteen individuals were officially timed to have covered 100 yards inside a minute on forty-one occasions, and that Kahanamoku, Reithel, Vollmer, Hebner and McGillivray each beat 0.55.

Swansea Grammar School, which does much for the cultivation of swimming, held a Red Cross Gala last season, which resulted in a profit of £8 9s. On the occasion of the gala they had the assistance of Miss Daisy Chapman and other Swansea ladies. It is interesting to note that three of the scholars have succeeded in winning the boys' championship of Swansea, these being W. Cuming in 1907, G. Howells in 1909, and G. E. Siedle in 1913.

Tynemouth Swimming Club has dropped the sporting side of their activities as a club entirely for the present, and is now carrying on solely for the purpose of teaching the art of swimming and life saving, particularly amongst the school children of the borough. Last year the club felt the effects of the war in the reduced membership, and this year they will feel it much more severely, as they must expect to lose most of their married members of military age. It, therefore, behoves those who remain to try and get new members, both junior and senior, to enable them to keep the club together and carry on the swimming bath until brighter times come.

At St. Louis, on April 22, T. Cann, of the New York Athletic Club, defeated Duke P. Kahanamoku in the American 500 yards championship in 6.24.2. Kahanamoku, who is said to have turned very badly, taking 6.35. Herman Laubes was third in 6.46. Last year H. J. Hebner, Illinois Athletic Club, won in 6.21.2.

Kapok, which is much used in the manufacture of life saving appliances, is now one of the articles the importation of which is prohibited.

Stowmarket Swimming Club, who spent about £300 upon their bathing-place some three years ago, were not able to make very great headway last year through the war, but nevertheless had a very creditable season's working, thanks to the energy of the hon. secretary, Mr. Herbert W. Turner, and the attention shown to pupils by the club attendant, A. Taylor, who taught twenty-six children to swim. Mr. Moffatt, of Ipswich, gave kindly service as hon. instructor of life saving classes during the season, but they were not so well supported as the Committee could wish. Every effort is to be made to increase interest in this branch of the club's work.

OTTER SWIMMING CLUB. Its Brilliant Roll of Honour.

THERE is no swimming club better known throughout the world than the Otter. Its membership is largely recruited from the Universities and Public Schools, and in the many years which have passed since its institution it has done an immense amount of good for the cause of swimming and life saving. Numbered in its ranks have been many of the best exponents of the art, and its whole record is such as to make anyone proud to be elected to membership. The patriotic spirit of the club has been shown on many occasions by self-sacrifice in the cause of humanity, by numerous contributions to deserving national objects and by willing service to Queen, King and country. When the last Boer War broke out the Otters rushed to join Queen Victoria's forces, and their record was one which we doubt other clubs of similar constitution could surpass. Then, however, but few volunteers were accepted, or else the whole of the Otter band would have been in the ranks. But the call by King George V. in 1914 gave them the opportunity of showing their loyalty, and not a man was backward. Of course some were already serving, such as Major W. Allason, the amateur plunging champion of 1896-7, 1902, 1908-9, upon whom the well merited D.S.O. has been conferred, but the majority were newcomers to active service. Led by their esteemed president, George H. Rope, who is serving as Quarter-Master Sergeant with the Honourable Artillery Company, a regiment which the young Otters always favoured, they made quick response and now have the following brilliant Roll of Honour.

Allason, W., Major, 2nd Bedford, *wounded, awarded D.S.O.*; Allsop, Ben, 2nd Lieut., 2nd London Brigade, A.S.C.; Annison, R. E., Sergt., 5th London Brigade, R.F.A.; Archer, G. V., Captain, A.S.C.

Bamberger, F. O. C., Sergt Major, R.A.M.C.; Barnes, R. S., Lieut., Seaforth Highlanders; Barry, J. V., 2nd Lieut., A.S.C., 23rd Div. Trans.; Bergne, E. à C., Captain, Inns of Court O.T.C.; Betterley, C. E. R., O.T.C.; Bretton, H. K., City of London Yeomanry R.R.; Brown, C. G. C., Fisher, 2nd Lieut., 5th Batt. Wilts Regt., *missing, Dardanelles*; Brown, F. W. G., Fisher, Lieut.-Q.-M., 26th London; Browne,

J. Collis, Captain, 4th Lanes Fusiliers, *wounded in France*; Brunton, F. H., Lieut., Lanes Fusiliers; Buller, W. A. H., Sub-Lieut., R.N.A.S., A.A.C.

Carr, E. N., Lieut., 24th County of London, *awarded Military Cross*; Cattle, A. P., 2nd Lieut., 1st Duke of Cornwall Light Infantry; Chick, J. H., Coy. Q.M.S., H.A.C.; Clifton, H. N., 2nd Lieut., Coldstream Guards, *killed in action, La Basse*; Clilverd, R. E., 2nd Lieut., R.F.A.; Clilverd, G. B., 2nd Lieut., R.F.A.; Collins, W. A., 2nd Lieut., M.T., A.S.C.; Cooke, G. P., Acting Leading Seaman, N.B., *killed in action, Dardanelles*; Craig, Norman, K.C., M.P., Lieut.-Commander, R.N.V.R.; Craston, J. A., 2nd Lieut., Royal West Kent, *died of wounds in France*; Cunningham, J. W., 2nd Lieut., 5th Devons.

Davies, C. J., 2nd Lieut., 8th Manchester; Davis, H. J., Sub-Lieut., R.N.V.R.; Dockrell, Herbert, Sergt., Middlesex Regt.; Dockrell, Morgan, Captain, 116th Mahrattas, I.A.; Dodds, Jackson, Captain, A.O.D.; Dolby, G. N., Rifleman, 16th City of London; Duncan, J. Fergus, Lieut.-Colonel, R.A.; Durrant, Norman, Regt. Q.-M. Sergt., 28th County of London (Artists); Dyer, C. W., 2nd Lieut., 14th Middlesex Regt.

Ellington, N. B., Lieut., 5th Cheshire Regt.; Elliot, R. H., 2nd Lieut., 13th Battn. Royal Scots; Ellison, C. E. M., Lieut., Grenadier Guards; Errington, R., 2nd Lieut., A.S.C., M.T., 71st Coy.; Ewart, V. A., Lieut., R. N.

Forde, T. A. M., Major, R.A.M.C.; Freeman, H., Sergt., H.A.C.; Freeman, R. C., Captain, R.E., Signalling Coy.

Gastrell, W. H., Major, A.S.C., M.T.; Gispert, S. A. J., Private, 10th Battn. Royal Fusiliers; Godson, M. W., Lieut., 7th City of London; Gorst, E. M., 2nd Lieut., A.S.C., M.T.; Griffiths, A. G., Bombdr., H.A.C., "A" Battery; Greaves, A. S., Captain, 5th West African Mounted Rifles.

Hartley, E., 2nd Lieut., 5th Battn. Lanes Fusiliers; Harvey, G. P. A., 2nd Lieut., 3rd Dragoon Guards and Royal Flying Corps; Haskins, A. W., O.T.C.; Haskins, L. J., 2nd Lieut., R.F.A.; Hayden, W. C., Captain, H.A.C., *killed in action, France*; Head, E. G., Lieut., A.O.D.; Heath, S., Bombdr., H.A.C.; Heinig, W. H., Lieut., 54th Sikhs, I.A., *killed in action,*

France; Hervey, E. S., 2nd Lieut., Surrey Yeomanry; Hood, M., Flight Sub-Lieut., R.N.A.S.; Howell, O. A., Major, 3rd County of London Yeomanry; Hughes, Dr. C., Consulting Anæsthetist, R.N. Hospital, Chatham.

Jack, R. I., 2nd Lieut., 15th Royal Fusiliers; Jacob, H. F., Private, H.A.C.; Jones, H. F. Calvert, Lieut. and A.D.C., 2nd Home Counties Brigade, R.F.A.

Knott, R. L., Lieut., Northumberland Fusiliers, *killed in action, France*.

Lathey, J. T., Gunner, H.A.C., "B" Battery; Legg, S. C., Private, 5th City of London Rifles, *killed in action, France*; Logan, H. Bruce, 2nd Lieut., 3rd Glos. Battery, R.F.A.; Lygon, Hon. Henry, Lieut., Suffolk Yeomanry and Royal Flying Corps.

Marks, H. H., 2nd Lieut., 11th Durham Light Infantry; Martin, E. S., Lieut., A.V.C., 1st Wessex Brigade, R.F.A.; May, N. B., Captain, A.O.D.; Melling, F. R., Royal Engineers, Wireless Division; Mellows, A. H., Captain, 1st Cyclist Battn. Huntingdonshire Regt.; Metcalfe, P. K., Lieut., A.S.C.; Milne, D. W., Major, Highland Light Infantry.

Nicholls, G. L., Flight Sub-Lieut., R.N.; Norris, A. J., Brigade Q.-M.-S., H.A.C., "B" Battery.

Palles, W. F., Sadler Staff-Sergt., H.A.C., "A" Battery; Parker, J. A., 2nd Lieut., 91st Coy. R.E.; Patterson, W. N., Rifleman, 1st London Rifle Brigade, *wounded in France*; Payne, W. H., Junr., Lce-Cpl., 18th Battn. Royal Fusiliers; Pender, J. C. D., Captain, attached to British Red Cross Society; Peters, L. P., Private, R.A.M.C.; Preston, R., Lieut., R.N.V.R.; Preston, R. H. R., Lieut., R.N.V.R., Motor B. Reserve.

Reincke, L. F., 2nd Lieut., 10th Duke of Wellington's; Rice, H. J. G., R.A.M.C.; Ridsdale, A. H., 2nd Lieut., City of London R.R., *killed in action, Dardanelles*; Riley, C., 2nd Lieut., Royal Jersey Militia; Roberts, H. F., Sergt., H.A.C., "B" Battery; Rope, Geo. H., Q.-M.-S., H.A.C., President; Rumball, M., Private, No. 1 Coy., A.S.C.

Scarlett, The Hon. P. G., Lieut., 2nd Batt. The Buffs; Scholefield, E. R., 2nd Lieut., Royal Flying Corps, *reported a prisoner*; Scott, E. J., Sapper, London Electrical Engineers; Smith, H. Warwick, Lieut., 21st Batt. Royal Fusiliers; Smith, T. Stanley, Lon'on Rifle Brigade, 5th City of London; Smythe, W. J. D., Captain, R.A.M.C.; Spooner, A. D., A.S.C., M.T.

Tidd, A. G., C.P.O., R.N.A.S., A.A.C.; Tittley, R. K., 2nd Lieut., 14th Battn. Hampshire Regt.

Vaughan, C. A., 2nd Lieut., 7th Batt. Seaforth Highlanders, *killed in action*; Vernon, F. A., Lieut., 3rd Battn. Royal Berks Regt.; Vigor, A. F., Major, 6th London Brigade, R.F.A.

Ward, C. G., Sub-Lieut., Royal Flying Corps, *killed in action, France*; Watts, R. S., Corporal, 18th County of London (Lon. Irish Rifles); Watson, H. Burgess, Captain and Adjutant, Royal Marines, R.N. Div.; Watson, S. E., Lieut.-Col., 8th Royal Irish Fusiliers; Webb, W. R. V., Captain, 9th Somerset Light Infantry; Webster, C. A., Private, H.A.C., *killed in action, Flanders*; Wickins, S., Captain, 11th Highland Light Infantry; Wilkes, J. H., Sergt., H.A.C., "A" Battery; Winn, L. M., 18th Royal Fusiliers.

Southend Baths.

THE splendid sea water swimming bath at Southend-on-Sea has been reopened for mixed and family bathing between the hours of 6 a.m. and 9 p.m., including Sundays, except on Tuesdays between 10 a.m. and 12 and Fridays 2 p.m. to 5, when it is reserved exclusively for ladies. The bath, which is 300 feet in length and 70 feet wide, has an area of water for swimming of 21,000 square feet, is fitted with diving platforms at various heights, spring boards, chutes, shower baths and a hundred and twenty-eight dressing boxes. It is the largest sea bath in England, and the only one we know of that eclipses it in size is the Domain Bath at Sydney, New South Wales. The Southend Bath would make an ideal place for the decision of the quarter-mile salt water amateur championship.

Southend is easily accessible from London, and consequently the baths should be extensively patronised. Prior to their construction there was a floating bath, but otherwise bathing was unpleasant and at times dangerous. The Corporation by providing the present capacious bathing place have greatly added to the attractions of Southend and the adjacent Westcliff.

The bath is an ideal place for a gala on enterprising lines, and would serve admirably as one of the centres for the war galas which the Southern Ladies' Clubs are organising.

AMATEUR SWIMMING CLUB.

FRIENDLY MATCHES WITH BELGIANS.

THE Amateur Swimming Club, whose history dates back half a century, continues to hold its meetings on Friday evenings at 8 p.m. at the Fitzroy Baths, Tottenham Court Road, and afterwards at the Club House, where swimmers from all parts of the world are to be met.

The club nights have a special interest at the present time, because members from several of the swimming clubs in Belgium have joined together and hold meetings in conjunction with the Amateur Swimming Club.

The Belgian swimmers number amongst

their members many gentlemen who uphold the traditions of the sport in their country, and during their stay they are going through a course of instruction in the methods of life saving under the tuition of Mr. Robert Sandon, Life President of the Amateur Swimming Club.

The Committee of the Amateur Swimming Club decided to allow the competitions for the club trophies to lapse for the present year, and to substitute a special souvenir medal in place of the prizes which usually reward the winners of the various events.

JOINT FIXTURE LIST FOR SUMMER SEASON.

May 12—58 Yards Sealed Handicap. Amateur.	July 21—58 Yards Team Race. Belgian Swimmers v. Amateur.
" 19—Friendly Polo Match. Belgian Swimmers v. Amateur.	" 28—Friendly Polo Match. Belgian Swimmers v. Amateur.
" 26—Friendly Polo Match. Welsh Field Ambulance v. Amateur.	Aug 4—Life Saving Practice. Belgian Swimmers.
" 26—Life Saving Practice. Belgian Swimmers.	" 4—58 Yards. Back Stroke Handicap. Heats. Amateur.
June 2—58 Yards Handicap. Belgian Swimmers.	" 11—58 Yards Handicap. Belgian Swimmers.
" 2—Rugby Polo Match. Belgian Swimmers v. Amateur.	" 18—Life Saving Practice. Belgian Swimmers.
" 9—Life Saving Practice. Belgian Swimmers.	" 18—Final Back Stroke Race. Amateur.
" 9—87 Yards Handicap. Heats. Amateur.	" 25—Friendly Polo Match. Belgian Swimmers v. Amateur.
" 16—American Race. Belgian Swimmers and Amateur.	Sept. 1—Life Saving Practice. Belgian Swimmers.
" 23—Life Saving Practice. Belgian Swimmers.	" 1—116 Yards Handicap. Heats. Amateur.
" 23—Final 87 Yards Handicap. Amateur.	" 8—58 Yards Team Race. Belgian Swimmers v. Amateur.
" 30—58 Yards Handicap. Belgian Swimmers.	" 15—Life Saving Practice. Belgian Swimmers.
" 30—Rugby Polo Match. Belgian Swimmers v. Amateur.	" 15—Final 116 Yards Handicap. Amateur.
July 7—Life Saving Practice. Belgian Swimmers.	" 22—58 Yards. Final Heat. Belgian Swimmers.
" 7—116 Yards Handicap. Heats. Amateur.	" 9—Friendly Polo Match. Belgian Swimmers v. Amateur.
" 14—58 Yards Handicap. Belgian Swimmers.	Oct. 6—87 Yards Breast Stroke. Handicap. Amateur.
" 14—Final 116 Yards Handicap. Amateur.	" 13—116 Yards Combination Race. Belgian Swimmers.
" 21—Life Saving Practice. Belgian Swimmers.	" 20—Final 87 Yards Breast Stroke. Handicap. Amateur.
	" 27—Final 116 Yards Combination Race. Belgian Swimmers.

The Swimming Magazine.

(Third Volume commences 1st June, 1916.)

Notice to Subscribers.

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

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

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

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

William Henry

Hon. Editor.

SPECIAL NOTICE.

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



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