

THE  
**SWIMMING**  
MAGAZINE.



JANUARY, 1916.



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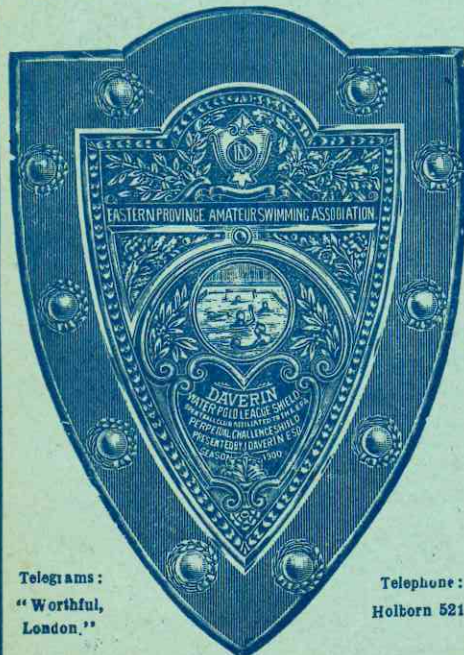
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# The Swimming Magazine

(The Official  
Organ of The  
Royal Life  
Saving Society)

No. 8. VOL. II.

JANUARY, 1916.

## THE INSTRUCTION OF THE YOUNG. OUR PLAIN DUTY. THOUGHTS FOR THE NEW YEAR.

THE past year has been one of great stress to all of us, yet swimming has progressed not so much perhaps in the old country and the Overseas Dominions as in America, where many remarkable performances have been achieved.

So far as Great Britain is concerned the most pleasing factors of the year were the great increase in the number of children taught the art of swimming and the wonderful progress made by the ladies' clubs. A year ago the improvement was not so noticeable, but the record of Awards of Merit and Diplomas gained in the last twelve months is remarkable, and the Royal Life Saving Society should be highly gratified at the brilliant and successful work of the many honorary teachers.

It has been the same in the Overseas Dominions of the British Empire. The ladies there have taken up the work of the male teachers, the majority of whom are serving with the Colours, and pursuing it in the most enthusiastic fashion. They seem never tired or weary of well-doing, and it has been a source of pleasure to work with them. They have so inspired their pupils that the latter have become almost as enthusiastic as themselves, and in many instances have undertaken the duties in no half-hearted manner. We are, therefore, getting a band of willing workers whose influence will be of great benefit in the future. At the present time they are handicapped through lack of baths, but this winter many are taking charge of classes in land drill.

Now as regards land drill, it should be easy to secure the use of suitable mission or schoolrooms where the preliminary principles of swimming and life saving could be taught. We commend this scheme to the

energetic teachers, whose aid will be most helpful in this training. As regards non-swimmers, the land drills will be found very helpful. These should be started with a description of the movements of the arms and legs and practical demonstrations by the teacher. After a few lessons the children will be able to do it themselves on the "word of command," and will in its practice get fine physical training during the winter months. The classes should not be closed down because no baths are available, for the land drill practice is undoubtedly good, inculcating into the child's mind a very good idea of what is actually required when in the water. Besides it is good breathing practice, and efficient breathing is essential to any swimming success.

Moreover, after these swimming land drills the pupils can go on with the life saving land drills of the Royal Life Saving Society and also learn the principles of resuscitation as well as a good deal about the physiology of the body, thus enabling them when they have learnt to swim to very quickly qualify for the certificate of that Society.

Teachers who will take this matter up in earnest will be doing good service to the coming generation and also derive a pleasure in the work themselves. They will also have the satisfaction of knowing that although working under great difficulties they are doing their best to maintain the high record of proficiency which has been obtained during the past twelve months, even though our best men are away.

Of course we do not expect any special racing in Great Britain, Australia, New Zealand or Canada for some months to come, but the junior championships will doubtless be held and also the school championships.

It is, therefore, our bounden duty to push forward the training of the young as much as possible. Although results have been enormous in the past, there is yet much to be done, as last year's records show, and it would seem that we have all of us devoted too much attention to racing as such instead of considering swimming from a health-giving, physical exercise and life saving point of view. The experience gained during the past year, owing to the demonstrations provided by the A.S.A. in many parts of the country, conducted by experts, will prove of great benefit, and we trust that it will be found possible to continue them, as these object lessons will no doubt have the effect of raising and maintaining a high standard of ability, so that when matters become normal again the prestige of the art of swimming in the British Empire may be kept at the height of excellence experienced before the war. To attain these ideals we must see that the youngsters are given every opportunity to become expert in all branches of the art.

## SWIMMING IN AUSTRALIA.

### Championships Abandoned.

THE operations of the New South Wales Amateur Swimming Association are to be greatly curtailed during the 1915-16 season, which should have started on December 1, that being "Natation Day" in Australia. It was so decreed at the annual general meeting of that body, at which there were not more than thirty people. This was not due to any sudden lack of interest in swimming. The fact responsible was that of a roll of 1,304 affiliated swimmers something in excess of 500 had donned khaki. The Swimming Association and all clubs under its wing are desirous that as many more as possible should go and do likewise. This is why there will be no big competitions. Last year the Australasian championships were cut out. This year the State events as well will be dropped. A special committee set up to consider what might best meet the wishes of the general body of swimmers recommended:—(1) "That arrangements should be made with the other States to cancel all Australasian championships for 1915-16. (2) That the State championships be suspended. (3) That no President's Cup, no Harris Cup, or any important competition be held. (4) That no inter-club polo or

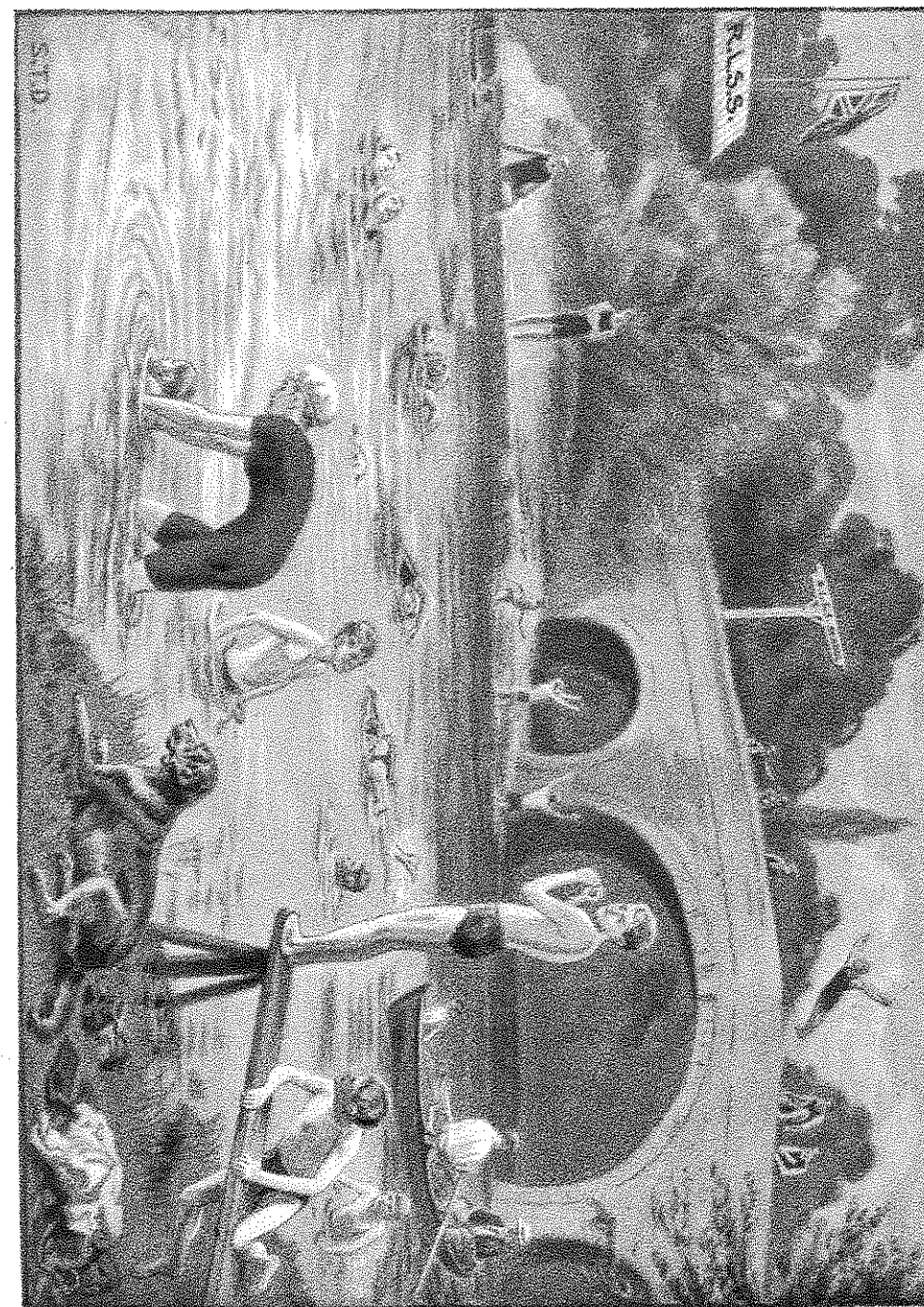
other competitions be held except with the permission of the council or the executive committee. (5) That clubs be urged to confine their attention to competitions beginning and ending on one day, and that events likely to extend over a single day be discouraged excepting where junior members of clubs are being catered for. (6) That the council of the association and club committees do all possible towards stimulating recruiting and instilling a patriotic feeling." These proposals were adopted.

The chairman, Mr. James Taylor, who was elected to the position for the twenty-third year in succession, and who has grown grey in the service of swimming, moved the adoption of the annual report and balance-sheet, which showed a balance of £304 8s.; the cash at bank and in hand amounted to £268 8s. 6d. He said through the war now raging in Europe amateur sportsmen had taken on great responsibilities. Many of the men most prominently connected with New South Wales swimming—champions as well as others—were either at the front or preparing to go there.

Thoughts of the necessity for such a condition of things distracted attention from the business of the meeting. The association had had a very successful time last year. Additional clubs sprung up, and members were more numerous than ever before. The remarkable displays of speed swimming given by Duke Pao Kahanamoku were a revelation. He proved himself a fine sportsman, as also did his white companion, George Cunha, who as an exponent of pace ranked second only to the Hawaiian. Kahanamoku's visit had placed the association in a very solid position financially. The receipts from the State championships and carnivals owing to the visit totalled £1,218 16s. 3d., leaving a balance in favour of the association of over £350. Contributions from the governing body's coffers to the Belgian and Australia Day funds totalled £110. This was over and above what individual clubs and members had subscribed. He agreed with the proposal that all open competitions should be stopped till the war terminated. Not only so that recruiting might be aided, but owing to the fact that so many of our people were in a state of mourning.

Mr. W. W. Hill (vice-president of the association) seconded the adoption of the report. He did not think it out of place to say that he considered the association had achieved a wonderful success last season in

"Our Plain Duty," as suggested in the leading article.





bringing off the visit of Kahanamoku. The development of a number of fine young swimmers was already noticed as a direct result. Despite the distressful condition of the nation the position of swimming in New South Wales to-day was better than ever. Away and beyond every other consideration just now was the need for recruits. Amateur sport had much to do with the building of national character. How far swimming had gone in that direction was evidenced by the ready response its devotees had made and would continue to make to the call to arms. He agreed with the chairman that nothing should be allowed to stand in the way of swimmers desiring to follow the flag. The association would go on developing youngsters under the ages of 18 or 19, so that they might, later on, if needed, take their places on the battlefield. The slackness of the present season might be taken advantage of to the extent of giving some attention to school swimming. Increased facilities for bathing and better provision for tuition would go far in the way of laying a solid foundation. The other speakers were Vice-presidents A. C. W. Hill and E. S. Marks, all well known in swimming circles in the old country.

At the instance of Mr. Taylor, a motion of condolence with the relatives of the following New South Wales swimmers who have lost their lives at the front was carried in silence:—Messrs. G. T. Hill (ex-honorary registrar of the association), B. I. Swannell (Sydney Club), A. Anderson (North Sydney Club), H. Reeve (Mosman Club), C. Adlet, C. Kidman, A. Rosenthal, and K. M'Phee (Manly Club), and F. A. Doodson (Pyrmont Club).

During the evening Mr. J. H. Harris (the donor of the handsome Harris Cup) handed his prize to Mr. Cummins, representing the winners—the metropolitan district. Mr. Harris, who was a powerful supporter and popular president of the old Palace Emporium Swimming Club when that organisation stood out as one of the best and most flourishing of its kind in the days of the old Natorium in Pitt Street, said he always thought highly of swimming, and was only too glad to give it every assistance he could. He noted with pleasure that the association had decided to make the cup a perpetual trophy. He had left it to the council of that body to do what they thought best with the prize. The competition for the last season embraced all branches of natation. Four gold medals,

also presented annually by Mr. Harris, go with this cup.

The membership of the association consist of 21 metropolitan senior clubs, 3 school associations, 3 school clubs and 6 country clubs. The individual membership of the 21 metropolitan clubs amount to 1,304. In connection with the scheme of encouraging distance swimming, initiated by the association in 1909-10, F. S. Cotton, of the North Sydney S.C., secured the prize for the fastest time; he covered the distance, three miles in still salt water, in 1.26.15.

The President's Cup, which is given in connection with the same scheme and awarded on points, was won by L. Willan, T. Adrian being second, whilst the two Hawaiian swimmers, during their visit created two new records, Kahanamoku swimming 100 yards in 53.4, which is also a new world's record, and Cunha State record for 100 metres in 1.3.3. The report, which is signed by Mr. E. S. Marks, as chairman, is a comprehensive volume of the association's activities in connection with the promotion of the art of swimming in New South Wales, to whom the credit is due in arranging and conducting the visit of the two great swimmers from Honolulu, who did so much to make swimming popular in the States visited by them; and we have much pleasure in congratulating Mr. Jas. Taylor, as president, Mr. E. S. Marks, as chairman of the Council, and Mr. W. W. Scott, as hon. secretary, on the success the association has achieved.

Mr. Scott has since resigned, and his place has been taken by Mr. H. R. Kelly, a member of the Dummoyne Club.

### NEWS FROM THE TRANSVAAL.

**A**T the fourteenth annual general meeting of the Transvaal Amateur Swimming Association, held at the Corner House, Johannesburg, on September 26, under the chairmanship of Mr. G. W. W. Pope, the president, it was reported that the hon. secretary, Mr. F. W. Sarginson, was leaving for England to join His Majesty's Forces, and a very hearty vote of thanks was accorded to him and all good wishes expressed for his future welfare.

Mr. Sarginson, who was born in West Hartlepool, comes of an old swimming family, his father being one of the first to

gain the Diploma of the Royal Life Saving Society, and been a member ever since. When Mr. F. W. Sarginson went out to South Africa he at once helped in forming the Transvaal A.S.A., and being a good water polo player was able to assist in the extension of that branch of the art also.

Mr. R. H. Aldworth, the Chairman of the Transvaal Branch of the Royal Life Saving Society, consented to act in place of Mr. Sarginson, and the offer was accepted with acclamation. No more energetic and consistent hard worker in the interests of swimming and life saving could be found in the Union of South Africa. His address is P.O. Box, 1360, Johannesburg.

It was decided to suspend play in the First and Second Water Polo Leagues for the present, and to institute an Emergency League in place thereof. The Third League is to be carried on; as also will the Schools Championship. All individual adult championships are suspended, except those for ladies, for whom it is proposed to institute a fifty yards championship of the Transvaal.

Among items of interest notified at the Meeting was the fact that swimming seemed likely to boom in Pretoria this season, as there was already one new Club and other bodies were making enquiries as to the best way to promote swimming and also hold life saving classes.

This information has no doubt already been given them by Mr. Aldworth, who advised us by last mail received that he had hopes of at least holding one gala in December, in aid of the South African War Funds.

The meeting of the Association would have been referred to in our last issue, but oversea mails are very erratic just now, and the matter did not come to hand until some time after we had gone to press.

### BRITISH COLUMBIA.

With the object of conducting various life saving and swimming championships a gala was held in the Y.M.C.A. Swimming Baths on November 6, when two provincial championships, also the "Lord Desborough" and "Benwell" life saving challenge cup competition were decided, as well as a number of other events. The Lord Desborough cup created much interest, chiefly because the right to hold this trophy was disputed by a

team of ladies, who did wonderfully well against the men's team, and in the end finished second, the winners being J. Hedley and G. Marwick. The ladies were represented by Mrs. Van Douge and Miss Newton. The Benwell cup life saving competition for individual effort resulted in favour of E. W. Holling; C. C. Ferrie, Vancouver, was second, and T. Heyland, Y.M.C.A., third.

The 220 yards British Columbia championship was won by N. G. Stephen, of the Vancouver Swimming Club, in 2.57.4, J. McNeil, Victoria S.C., was second in 3.05. The fifty yards British Columbia junior championship was won by A. McVittie, of the Y.M.C.A., in 0.31.4. A feature of the evening was the swim against time for 100 yards by Miss Audrey Griffin. Official sanction had not been obtained for her attempt to beat the Canadian record for ladies over this distance, which is held by Miss Madge Griffin, of Victoria, but the time made by Miss Audrey Griffin beat the record of 1.36 by 0.6.4. The 50 yards Victoria public school girls' championship was won by M. Peden in 0.53.

There was a large crowd of spectators, and Mr. W. Blakemore, vice-president of the British Columbia Chief Centre of the Royal Life Saving Society, presided, and the prizes were presented by Mrs. W. Blakemore.

On November 10 a large delegation of citizens of Victoria urged the Government to take steps in order to secure a swimming bath for the city. When the proposal was submitted last time before the citizens it was defeated by a very narrow majority. Mr. Blakemore, introducing the deputation, urged that the proposal to have an up-to-date bath in the city was a business one, as it would help to cultivate the natural attractions; that it is necessary for the public health; that it would furnish an important safeguard to human life; that it is an essential branch of education, and as worthy of Government recognition as the many forms of physical training now included in the school curriculum. At the close the Hon. W. J. Bowser, who presided, stated that the arguments advanced were admirable, also that the matter would be laid fully before the Executive Council and an early decision reached. The deputation was the result of an agitation conducted by the Victoria Public Swimming Baths Committee, organised in 1913, which had the support of the club and the Royal Life Saving Society, also a large proportion of the prominent citizens of Victoria.

## THE LADIES' SECTION.

### BRILLIANT SUCCESSES FOR SPECIAL HONOURS.

#### SUGGESTED NEW WAR FUND.

#### Nottingham Ladies' Achievements.

AS there are so many lady swimmers who are actively engaged in ministering to the wants of soldiers both at home and in the war areas, it would be a striking compliment to them were a lady swimmers' war fund started. It could be easily done were some energetic lady swimmer to take the matter up, and possibly after club entertainments one combined gathering could be held in London and in other big cities for the members of ladies' clubs in the vicinity. It would be so nice, too, to be able to meet one's friends, to chat over the doings of the past and make friendly suggestions as to work this year. We should have the better advantage of exchanging opinions and relating progress than when gathered in the Council chamber or just swimming about in the bath. There are many matters we do not care to discuss at the meetings of the various district bodies of the Amateur Swimming Association, but over which we could compare notes if we had a meeting of our own.

But this is diverging from my War Fund suggestion, although I am not so sure that my preceding argument does not arise out of that. Now, could we not get a strong committee for London first? The other big towns would quickly follow. For example, refer to the story of the Southport Ladies' Club in last month's Magazine. Do you think that club would long remain behind? Not a bit of it. They are far too energetic for that. Besides, have they not the majority of their men's section serving? They are working for their comfort in case of need, and so should all of us, for the good boys we know, many of whom are of our own kith and kin. I think the idea, which was suggested to me by a correspondent, is an excellent one, and I should like to see it taken up enthusiastically. While working out the scheme of "getting together," you can still go on knitting socks and other comforts for the lads at the front. They will need them this winter.

There is another matter we might take up, and that is the question of water polo for ladies. Hitherto there have only been spasmodic games, but we might form a league for London and also arrange matches for London teams against some of the seaside ladies' clubs. It would be a pleasant way of spending part of our summer holidays and also lead to kindly friendship between the ladies' clubs. But I opine we should have to make some alterations in the rules to suit ourselves and use, say, a lighter ball. Yet experience would soon teach us. The first thing is to fix up the league, and this done we should be able to arrange good games for our own galas.

Some time ago "Lady Dorothy" suggested a mile ladies' championship, and this, I think, could well be carried out this year. The number of ladies who have passed the mile swimming tests of the various district bodies of the Amateur Swimming Association is steadily increasing, and a competition over this distance would be intensely exciting. There are over a score of ladies whose recognised performances would entitle them to have a chance of victory in such a championship, and now that our male folk are away the time for organising the race is opportune, because it will help to keep swimming prominently before the public, and will also encourage our girls to practise swimming long distances.

I am told that the number of "Awards of Merit" which have been gained by ladies during the past season has been most gratifying to the Central Executive of the Royal Life Saving Society, many of whom were genuinely surprised at the rapid progress made by beginners. This must be pleasing to the hon. instructresses, who have worked so hard and have been so ably successful in their efforts. The ability which many young

girls have displayed in the water tests in clothes has been remarkable, but we must not rest on our laurels and must go one better this year.

That superb long distance swimmer, Miss Eileen Lee, would appear to have no rival in the south, but one never knows. What about a race over the championship course from Kew to Putney next season, in which the ladies who have made their names famous in the Ribble, the Humber and the "Through London" swim could compete? It would be the race of the year and there could be no possible objection on the part of the governing body. Rather should they seize on the idea as a means to an end, for if such a race is not for "the encouragement of swimming," I do not know what is. At the present time we must not stand in the background, but, instead, do all we can for the furtherance of the art. In the London district we might also get some combined club meetings up river. They are most enjoyable and a very pleasant change to the monotony of bath swimming. There are plenty of riverside clubs who would gladly join in and give help in the matter of dressing accommodation. Besides there are plenty of swimmers resident up river in bungalows and camps who would be only too glad to lend a helping hand in making a record meeting for ladies. Remember this when you make up your club programmes.

A silver rose bowl has been presented by Mrs. Randolph for proficiency in swimming and life saving among the school girls in Northampton, and this has been won by Miss Constance Timpson, of the St. Edmund's Day School, and will be held by that young lady for a year.

Miss Dorothy Becker, of San Francisco, is winning fame in a new rôle. She has developed sensational ability in fancy diving, and her recent performances have convinced experts that she is particularly excellent.

Until quite recently Miss Becker held the 50 yards swimming record for women. She established it last winter during a visit to Honolulu, and her time was officially accepted by the Hawaiian branch of the A.A.U. A few months ago Miss Olga Dorfner, of Philadelphia, robbed her of the laurels, covering the distance in a straightaway course in 0.30.3, clipping two seconds off the former mark.

Great hopes are entertained by the lady speed swimmers of America that at the annual meeting of the A.A.U. district and national championships for women will be sanctioned at distances from 50 yards to a mile, also a diving championship of the States. Since Miss Dorfner has swam 50 yards in 0.30.3, 110 yards in 1.9.3, and 220 yards in 3.15.3, the hopes appear to be reasonable, particularly as there are many ladies doing fast times.

The members of the Nottingham Ladies' S.C. have been entertaining the wounded and invalid soldiers at the various hospitals and convalescent homes in their neighbourhood, and for this purpose provided a swimming gala, which was the most largely attended function of its kind held in Nottingham for years. The Mayor, Sheriff, Chairman of the Baths Committee and all other representatives of the public life of the city were present. The event took place at the Victoria Bath, which had been appropriately decorated by Mr. W. S. Metcalf, a gentleman who has assisted the progress of swimming for more years than I care to count at the moment. The programme was arranged by those well-known enthusiasts, Mrs. F. A. Robinson (Captain), Miss I. Jeans (Vice-Captain) and Miss H. Mellor (Hon. Secretary), and proved particularly interesting, as every phase of the art of swimming was provided, including speed swimming by Miss Connie Jeans, who is likely to create many records and hold the national championship; she already is the 100 yards and 220 yards champion of the Midland Counties' A.S.A. There were also highly finished exhibitions of fancy swimming and diving by the Misses H. Mellor, I. Jeans, C. Jeans, D. Wheat, and E. Sargent, and a splendid demonstration of one of the most difficult tests imposed by the Royal Life Saving Society—undressing while floating on the surface of the water—was given by Mrs. Bosworth, as well as a water polo match between teams captained by Miss I. Jeans and Miss C. Jeans, and won by the former, the captain scoring the only goal. Although there were several races, no prizes were distributed as none were given, the honour of winning being deemed sufficient reward of the occasion. After the gala the soldiers were further grateful, as they were entertained by the club to tea in the Bath Street Schools, where cigarettes, presented by the club and Councillor Harry Spray, were

also handed to them. The ladies of this famous club are very grateful to the Baths Committee for the help afforded in this instance, also for the erection of an up-to-date high diving stage at the new Meadow Baths, which are due to be opened in February. It was not ever thus with Baths Committees, and therefore I have much pleasure in drawing attention to their acts of kindness, since these will have the power to grace and provide the bliss of life among the swimmers of Nottingham.

\* \* \* \*

The authorities of the National Women's Life Saving League in New York have decided to encourage distance swimming and making sprinting of secondary importance. Miss Charlotte Epstein, the captain, says, "that interest in racing has given quite disproportionate prominence to short-distance swimming, at least where women are concerned. It is the primary object of our organisation to advocate swimming for self-protection and life saving, and for these purposes endurance is essential. Furthermore, it is the opinion of competent judges that swimming at a moderate pace is far more beneficial than sprinting, better results are obtained, eventually, by acquiring a correct stroke—which can only be done through practice at slow speed before taking up the dashes, than by going into them with faulty methods." Miss Epstein is saying "some," which should be noted in the old country. She is to be highly commended for her sensible attitude in this matter.

\* \* \* \*

If Professor Wilkinson, of the Bimini Baths, Los Angeles, California, carries out his idea, in a very short time the grandmas of that city may be seeking for championship swimming titles, for he has decided to provide free instruction to all women over sixty years of age, conditionally that they give an undertaking that each one of them attends the full course of lessons. He says that no woman is too old to swim, and he can make them travel through the water as easily as they can on land, in some cases much easier. All this instruction is to be provided free, including bathing suits, towels, etc., purely with the idea of philanthropy in the interest of Swimming. It may interest many to learn that a few years ago four ladies in England, whose united ages amounted to 232 years, passed the test for the Bronze Medallion of the R.L.S.S. quite easily.

To establish a girl's confidence in her ability to swim is often the hardest task a swimming teacher has to accomplish. Why girls should have less confidence in the water than is possessed by boys is difficult to understand. It is this instinctive timidity, however, that keeps so many from learning to swim. The fact of the matter is that women naturally are better fitted for swimming than men. In almost every other line of athletic endeavour women are outclassed by men; but it is not true in swimming. On account of their small bones and frames, which are more fully padded with soft, buoyant flesh, they have the advantage of most men, so little of their strength needs to be spent on merely keeping up their bodies.

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In a letter we have received a lady writes that "when you begin practice in the water always remember not to do any of the following things: 1. Don't try to hold your head far out of the water. To do so increases the strain. All that needs to be out of the water is the mouth and nose, for breathing. 2. Don't make hard work of it, for that tires you quickly. The strokes should be slow and complete. Try counting ten during each stroke. 3. Don't wear any more clothes than you need. They hinder your movements and make the body much heavier. Many of the costumes I have seen along the shore are inspired more by vanity than modesty. 4. Don't, above all, wear a corset or a tight belt, for these hinder the circulation. Many cases of cramp have been traced directly to corsets and tight belts. 5. Don't swim after eating, nor eat for an hour after swimming. 6. Don't go into the water unless the body is thoroughly warm. Don't stay in the water after your teeth commence to chatter. 7. Don't stay in the water more than fifteen minutes the first time or two. Then you may increase the time by five minutes each day. Unless the conditions are exceptionally fine you should never stay in the water more than half an hour. 8. Don't go in swimming on a cold, raw day, even if the water seems warm. 9. Don't try to dive until you have perfect confidence in your stroke. Don't at any time try to dive in shallow water. From the time one begins to swim a stroke or two, it is no longer a question of keeping afloat, but of controlling the movements of the body and propelling it forward; just as when you have learned to walk you do not think any more of falling, but of going forward."

At the annual meeting of the Halifax Ladies' Swimming Club, Miss Macaulay in the chair, Mrs. J. F. Strickland, hon. sec., presented the report, which recorded another successful season. The membership reached 163, consisting of seniors and juniors, which was an increase on last year. The financial statement submitted by Miss Cawthra, hon. treasurer, showed a balance in hand of over £8, and Mrs. Macaulay offered a silver rose bowl for a race, which, when won three times in succession, will become the property of the winner.

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Miss M. E. Tempest, who when at Acworth College, near Pontefract, did so much for the cause of life saving amongst the girls and left to take up a similar post at the Alexandra College, Dublin, where she has also had many successes in life saving, has just retired from the latter, having entered the Royal College of Surgeons, Dublin. In all probability her place will be taken by Miss Madge Douglas, who holds the Proficiency Certificate, Bronze Medallion and Award of Merit of the R.L.S.S.

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Through various causes, the principal being the lighting restrictions, the Southampton A.S.C. was unable to hold the customary gala this year. The officials, however, were anxious that the championships should not be dropped, and these were held on November 26. The events were few, but the sport was excellent. The finishes were particularly exciting, the 50 yards race for the ladies' championship of Southampton was won by Miss Algar in 0.45. Miss Algar was also successful in the ladies' 100 yards for the club championship—time, 1.37—though Miss Howe was scarcely a yard behind her. The 100 yards race for the captaincy of the Elementary Schools was won by Barnes, of Mount Pleasant, in 1.24.

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The Girls' Schools Athletic Association of Weston-super-Mare is an association, as its name implies, of girls' schools, the members of which engage in annual competition in hockey, gymnastics, tennis, swimming and life saving, the successful school in each of these holding a challenge cup or shield for the ensuing year. It was formed seventeen years ago, and at present possesses the following trophies:—

*Gymnastics*, a junior cup for a team of 3 under 14 and a senior cup for a team of 4

over 14; *hockey*, one cup; *tennis*, a shield for a senior pair and a cup for a junior pair; *swimming*, a cup for a senior team (speed, style and team) and a cup for juniors (speed and style); *life saving*, a cup for a pair, under 18. This cup was presented in 1910 by J. E. Norman, J.P., C.C., who has always taken a great interest in the teaching of swimming. In 1910 and 1911 the competition was held under special rules, framed by the Association and judged locally. In 1912 the Association was affiliated to the Royal Life Saving Society, and since the Proficiency Certificate examination has been taken as the test of merit, one of the Society's examiners acting as judge. This arrangement has proved very satisfactory, as the schools know exactly what standard to aim at, while it is in every way an advantage to have an outside examiner. Mr. Tucker, of Exeter, has for three years very kindly acted as judge and examiner. From twenty to thirty girls belonging to the Association have passed the Society's examinations every year. Two of them have saved lives from drowning, and one has the Royal Humane Society's Certificate for saving life. The cup was won last year by Kathleen Foot, and Gwenedd Jones for Rossholme School.

In addition to the competition for the cup, a good many girls enter for the certificate and medallion examinations, hitherto without a single failure. They are fortunate in possessing in Miss Edith Laugher a most capable and indefatigable honorary instructor, who devotes her leisure time to the good work, which is much appreciated by all, particularly the R.L.S.S.

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I have already referred to the many ladies who have distinguished themselves by gaining the Award of Merit of the Royal Life Saving Society. I have now to add that further distinction has been gained by two members of our sex residing in Scotland. These are Miss Charlotte H. Scott, of Alloa, and Miss Mackay, L.L.A., of St. Andrew's University, both of whom have passed the difficult test for the Diploma with honours, Miss Scott scoring an average of upwards of 8½ points for each of the twenty-two items in the conditions. These ladies now bring up the total of ladies who have gained "Honours" to four since the institution of the Diploma examination, the other two being Miss B. Staynes, of Leicester, and Miss Eva Johnson, of London, the former in 1909 and the latter in 1911.



## Christmas Open Water Swimming.

### The Story of the Serpentine Club.

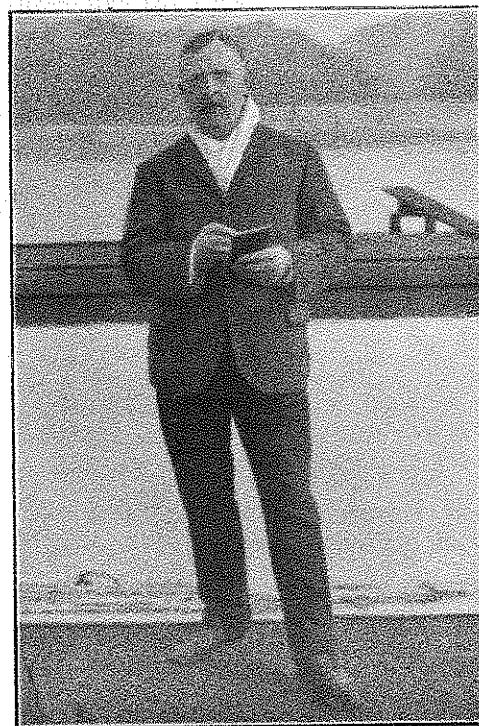
#### Splendid Work of the Highgate Life Buoys.

**T**HERE is perhaps no better known amateur swimming club than the Serpentine, whose headquarters are the Serpentine Lake, Hyde Park, familiarly known to Londoners as the "Serps." To those of our Oversea readers who have never seen this lake we may explain that it is a large ornamental sheet of water in a Royal Park, open to the public, and situated in the heart of the West End of London. Bathing restrictions are severe, no one being allowed to enter the water after certain early hours of the morning, or before a late hour in the evening, and the usual open water bathing costume regulations are not enforced. For many years there has been agitation for the provision of dressing accommodation, but without result, and incongruous as it may seem in such a Park, all undressing is done quite freely in the open as if one were miles away from any habited spot, instead of being in the midst of a densely populated and fashionable district.

The history of the Serpentine Club is bound up with the history of swimming, for it was one of the first clubs to assist in the promotion of the mile amateur championship, the initial race for which took place in the Thames in 1869, and it was a member of the Associated Metropolitan Swimming Clubs founded in the same year. This body was the forerunner of the London Swimming Association, afterwards called the Metropolitan Swimming Association, in 1874 the Swimming Association of Great Britain, and in 1886 the Amateur Swimming Association. For some years the Serpentine Club held aloof and refused to join any of the later re-formed or re-organised bodies, but it is now a loyal member of the governing body of Amateur Swimming, and through its hon. secretary, Mr. Alfred Rowley, has been prominent on its Council and Executive.

Prior to the foundation of the present governing body of swimming, the Serpentine Club had made a name for itself, for as far back as 1864 it was holding Christmas

morning handicaps in the Serpentine, the fame of which spread far and wide. Since then there has been an unbroken series of fixtures, and although on several occasions the race has had to be postponed, owing to the lake being covered with ice. In 1892 it



**Mr. Alf. Rowley,**  
Popular Hon. Sec. and Organiser.  
*Believer in Ice Water.*

was postponed five times owing to ice, and in 1869 it was decided in the Grand Junction Canal, draining operations then being in progress in the Serpentine. Even when postponements have had to be made the indomitable members have broken the ice by aid of choppers rather than miss their Christmas morning dip, which is a sort of fetish with them. It is a rare bit of sport

—especially for the onlookers—who sometimes freeze, whilst those who bathe say "it's lovely."

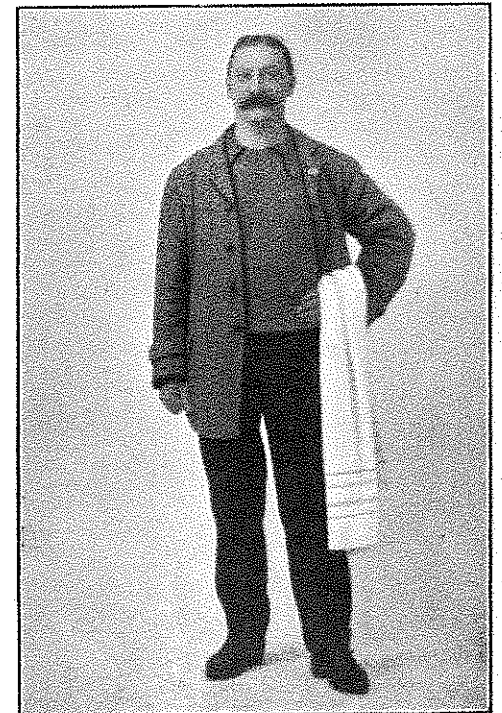
Among winners of this notable race, the fifty-first of which took place last Christmas Day, is Dave Ainsworth, who won in 1872, 1876, 1881 and 1888. Ainsworth was one of the best swimmers of his day, for in 1873 he won the mile Amateur Championship, beating Horace Davenport, of the Ilex, and swimming second to the latter in the two following years. He was third in the five hundred yards championship in 1878, second to E. C. Daniels, North London Club, in 1880, and third to the same swimmer the following year, while in 1881, 1882 and 1883 Ainsworth was the winner of the half mile championship. W. Henry swam third in the last mentioned year. But Ainsworth was not done with even then in championships, for in 1884 he dead heated for third place to G. Bell, of the Sandringham Club, and swam second to H. C. Schlotel, of the Surbiton Club, in 1885 and 1886. Schlotel, who was a well-known amateur oarsman, and a good cross country runner, was, of course, much younger than Ainsworth, but the veteran always put up good races.

For several years past the race has been for the "Peter Pan" Cup and gold medals, presented by Sir J. M. Barrie, who is wonderfully fond of swimming, and has been a most generous supporter of the Serpentine Club. As many of the younger members are on service the starters last Christmas Day were not so numerous as usual.

Twenty took part in the race, the successful swimmer being J. R. Gladwin, a youth of thirteen, who, with an allowance of 50 secs. in the hundred yards, won by a few inches after a great race. W. H. Melhuish, the City of London champion and ex-Southern Counties' mile champion, was at scratch, but after swimming a game race gave up about twenty yards from home. A. E. Ripper, 46 secs. start, was second, and F. Denman, 36 secs., third. Among other competitors were Lieutenant G. H. Gyton, Royal Engineers, Surgeon B. J. Brewith, Royal Navy, who finished sixth, and Private F. Sheppard, Royal Flying Corps, who came in fifth. Frank Denman, who gained third place, has been a most consistent performer in these Christmas morning handicaps. He is an old Blackheath Harrier, and one of the cheeriest sportsmen we know. After racing, Mr. J. Denty, the highly respected President of the Club, presented the prizes.

## THE HIGHGATE LIFEBOUYS.

This also is an open water bathing Club whose members practise all the year round. Their headquarters are at the Highgate Bathing Pond, situated at the foot of Parliament Hill, London. This Club is of much more recent formation than the Serpentine but has proved an extremely successful one, notwithstanding the fact that races are indulged in only on Christmas morning, the rest of the year is devoted to mutual improvement in the water without the aid of competition. The members of this well-known Club are staunch supporters of the work of the Royal Life Saving Society, and take the greatest pleasure possible in helping



**Mr. H. J. Grimwade,**  
*"Father of the Buoys."*  
A Man of Great Ideas.

forward its aims and objects. When times were normal a great many of them acted as examiners and instructors, and journeyed long distances in order to provide enlightenment on the subject of Life Saving to those in need of it. Having regard to the present situation and the fact that about 40% are now serving with the Colours, only a few were able to be present last Christmas Day, and these represented the older "Buoys," who were also doing their share of the duties for the



cause of their country in ways that are open to them. In previous years races were held open sometimes to three classes, and the entries were very numerous. Some of the events were for boys, and others for youths and elders, but this year the first two had to be dropped, as no entries could be expected from these classes, which are arranged according to this Club's own standard, and of course represent those who are of the proper military age; such being the case they are on service. The "elders" however decided to continue and had a race on their own account, chiefly with the idea of getting fit and in a proper condition for things that were to be tackled later in the day! As usual, a good many people were present, just to see how these "Elders" acquitted themselves, and they left fully convinced that the cold water must have an invigorating effect, as the swimmers gave the impression of buoyant youth, notwithstanding the fact that most of them showed signs of wear and tear, owing to gathered experience during a period of many years. Nevertheless, physically they seemed "as fit as fiddles," therefore provided an excellent example of the benefits to be derived through the regular practice of swimming.

The organiser of the feast and the club is that well-known enthusiast, Mr. H. J. Grimwade, who knows much about all branches of the art of swimming, and therefore is much sought after as an official, but more particularly as a judge of diving, with regard to which he devotes much time to detail and exactitude. Naturally he is a jolly fellow, and has the gift of getting people to stick together, particularly for a cause which he believes to be a good one, and as a result he has the privilege of getting that support which has made the Highgate Life Buoys such a huge success.

There were two races this year, one for juniors and the other for seniors. The first named event was won by D. B. Phillips, 5 secs. start, H. A. Norris, 12 secs., being second, and A. W. Wickens, 7 secs., third. Phillips won by about three yards. A. W. Craig, 24 secs. start, won the junior event by a yard. D. Berry, 20 secs., was second, and E. R. Butler, 15 secs., third. For these races there is a trophy presented by the late Mr. C. Osborne West, and this trophy is held by the winner of each race for six months. After racing Mr. R. Sandon presented the Certificate of the Royal Humane Society to N. Colmer for a meritorious rescue at Southend.

## TIMING WATER POLO.

### Its Peculiar Difficulties.

By Archibald Sinclair.

**T**HE timing of water polo matches is not a particularly easy task, especially if there be frequent stoppages. The ordinary timing chronograph is not of much use for it, although it can be used at a pinch, because the deductions for stoppages have to be jotted down and then added to the seven minutes before the half-time or full-time is finished, as the case may be, and while the timekeeper is doing this the players are often going on for another minute. There is a watch on the market called the "Run on" chronograph, which is sometimes used.

It has the ordinary watch face with minute recorder and the spider hand for noting seconds. The hand and minute recorder are independent of the chronograph, but are thrown into action in the ordinary way by the snap of the winding apparatus. At the side of the watch is a button which when pressed stops the action of the spider hand and the minute recorder. In the ordinary way the spider hand would spring to zero when the button was again pressed, but it does not, working on instead in the ordinary way, and so deducts the lost time. The first pressure throws the minute recorder and spider hand action out of gear, the second pressure causes it to pursue its even way. Neither action interferes with the regular progress of the watch itself. The snap action on the winding stem is used to bring the spider hand and minute recorder back to zero, for the purpose of starting the second half.

But there was a timing instrument made, I think, at Ipswich some years ago, which seemed to me the simplest of the lot and the most useful for water polo timekeepers. It had an inner dial showing thirty minutes and an outer dial denoting sixty seconds. The seven minutes on the dial was marked in red, and so also was the fourteen minutes. The instrument was started in the ordinary "snap" way of the chronograph, and after being stopped for a foul, went on when released. It was, therefore, unnecessary to note any deductions, and one had simply to stop and start as the respective whistles blew. It consequently registered the actual duration of play proper, irrespective of stoppages. One of these is in our possession.

## WINTER TRAINING.

### Helpful Hints for Swimmers.

**T**HERE will be little opportunity of practising swimming and life saving in the baths during the present winter season, owing to so many of them being closed, either to save heating expenses or undue lighting, or else for military purposes. But that should not stop swimmers getting plenty of good training and keeping themselves physically fit for Natation Day, which with us in Great Britain is generally recognised to be the 1st of May.

The old systems of training are dead and gone, and the time when a man sweated down to the last ounce is almost forgotten. More rational ideas now prevail, and though no general rules can be laid down the fundamental law of all training is the adoption of regular and healthy habits. Late hours, excessive smoking or frequent indulgence in stimulants all tell against the swimmer and retard his improvement and development. The general tone of the body has to be kept up, and if this be done in rational manner the effects will be beneficial in after years, for one's general stamina will be improved and after all is not good physical stamina one of the most valuable attributes a man can possess?

One of the great drawbacks to proper training is the tendency to do it in "spasms" as it were, and also to leave off immediately the ultimate object of the early training has been achieved. There are many who rush into training for a few days instead of keeping themselves generally fit, not by excessive hard work, but by gentle yet persistent training. If some such scheme as this be adopted, the effects will be found most beneficial in after years. But the hurried training and sudden relaxation from it is all against good bodily health. The endeavour of every swimmer should be to be always fit, for thereby he will gain far more pleasure from his outings, and always feel buoyant and well satisfied when taking part in any contest. Good training induces a feeling of quiet confidence and imparts elasticity and vigour to the body. As before remarked there is very little chance of bath practice this winter, and with outdoor sports almost at a standstill one has to look around for those forms of training which will be useful for future work, and at the

same time will not be distasteful even if regularly adhered to. Dumbbells and Indian Clubs get monotonous unless done in a class, but boxing, by virtue of its personal antagonism, is one greatly favoured by swimmers. But the best tonic is cross country running. You do not want too much indoor work; plenty of healthy exercise in the open air is the real help. In addition to cross country running, which our troops in training are constantly indulging in and finding beneficial, long distance walking is one of the finest things to keep one in condition. For the better enjoyment of it one should dress in a suit of flannels, jacket and cap, and a well made pair of walking boots. Above all things see that the boots are well fitting and have them made to measure by a man who understands walking. They must not be racing boots or shoes, but wide, comfortable treading boots, with stout soles, square-built toes, and uppers not too heavy. Once get a decent pair, never forsake the lasts, but always get your boots built off them. Then you will realise the true pleasures of walking. When on a training walk, select a different route as often as possible, thus varying the monotony. It is a good idea.

One of the greatest living swimmers, Montagu A. Holbein, is a firm believer in walking as a training method for swimmers, and we all know that by persistency in his work this remarkable man was able to stay in the water 22 hours 21 mins. in an attempt to swim the English Channel when he was forty-two years of age. He never over trained but he never relaxed his quiet training, and though he was unfortunate in not achieving his ambition he showed us what was possible by judicious and yet well determined effort. Lt. Jabez Wolfe trained in similar manner. These remarks on training apply equally well to lady swimmers, who have in addition the fine games of hockey and lawn tennis to assist them in their training.

Another scheme is that recommended by Lt. J. P. Müller, whose home exercises are exceptionally suitable for the purpose of keeping fit and lissom. The scheme is too lengthy for us to set out in detail, but those who are unable to take the exercises previously recommended will do well to study his book, a copy of which can be obtained from the Müller Institute of Physical Exercise, 45, Dover Street, London, W. The exercises can be taken in any room, as no appliances are needed.

## ROYAL LIFE SAVING SOCIETY.

## Wellington Head Centre.

**A**T the fifth annual general meeting of the Wellington Head Centre, held at the Y.M.C.A. on September 27 last, the chair was occupied by Mr. T. Ronayne, I.S.O. In moving the adoption of the report Mr. G. S. Hill, the Chairman of the Committee, commented on the excellent results achieved despite the serious effect of the war. He remarked on the Centre's proposal to instruct the troops in camp in the Schäfer method of resuscitation, mentioned a proposed demonstrative trip to the Manawater district on Labour Day, and congratulated Mr. J. A. Duffy, Chief Hon. Instructor, on the results of his energies, as also Mr. W. C. Collier, the Hon. Secretary and Treasurer, upon his willing work, without which the Centre would not have made such progress. Mr. G. S. Hill was again elected Chairman of the Executive.

It seemed last season, and ultimately was proved, that adult classes would be difficult to form and keep together on account of enlistments with the Expeditionary Force, and special attention was, therefore, directed to work among the young people and the remoter parts of the Centre. In conjunction with these decisions the Hon. Instructors met and from their ranks selected a chief Hon. Instructor, to whose lot fell the arduous task of instituting a scheme for the methodical organisation and conduct of classes of instruction. The dearth of instructors, and the fact that some who had commenced classes had enlisted, with the result that in nearly every case the class disbanded, greatly militated against the success of Mr. Duffy's undertaking, but he never relaxed his efforts.

Another energetic worker was Mr. H. E. H. Bird, whose untiring efforts among the public schools resulted in the establishment of a number of highly successful classes for elementary and proficiency certificates. Mr. Bird very worthily qualified for his hon. instructor's certificate.

Successful demonstrations of the Society's methods were given at Levin, Petone, Upper Hutt, Blenheim and Titahi Bay, resulting in the formation of life saving classes at the four first mentioned places. Blenheim, which is now a sub-centre of the Society, gained 20 awards during the year, including two Awards of Merit.

A great number of charts were placed conspicuously at various bathing resorts and

water fronts, and the Centre also contributed half the cost of a life saving reel and equipment for the use of the Worser Bay A.S. and L.S. Club.

The awards for the year were 141, being made up as follows:—Elementary Certificate, 33; Proficiency Certificate, 54; Hon. Teacher's Certificate, 2; Hon. Instructor's Certificate, 17; Bronze Medallions, 136; Awards of Merit, 31; and one Diploma, the Diploma being gained by Mr. F. J. Wilson, the first obtained by the Centre.

Canterbury won the Wigram Shield at Napier, Wellington only taking third place. The Wellington team consisted of Messrs. F. J. Wilson, J. H. Kober, E. J. Deslandes and J. Sanderson. It is with profound regret that the Centre records the death of Mr. G. O. Morgan, hon. instructor, killed in action.

Our correspondent says, "Swimming has had a terrible blow in Wellington, for although it is impossible to get accurate statistics it is yet safe to say that quite eighty per cent. of our active swimmers and life-savers have answered the call. Those who are left are tied by dependants, and even many of those have felt the call so urgent as to offer their services. As a consequence those who are left of the Wellington Head Centre are now devoting their efforts to the teaching of the younger generation."

On October 23 a team was to proceed to Foxton and Levin, about seventy miles from Wellington, to demonstrate at those places both the Society's methods and the use of the surf life-saving reel.

In the public baths recently an octopus with feelers 9ft. across was captured by the custodian after causing considerable consternation among the lady swimmers. Mr. W. C. Collier, our respected Hon. Secretary of the Centre, says, "I really think the octopus was more frightened than the girls."

At the meeting of the Maranui Life Saving Club, held on October 18, Mr. W. C. Collier, who practically founded the club, was elected a life member in appreciation of his services. The club has a credit balance of £200.

## Cape Town.

Since the issue of the December number, in which details were given of the work being done by the Western Province of Cape Colony Head Centre of the R.L.S.S., we have heard from the Hon. Secretary, Mr. P. O. Wathes, who states that he has eight or nine

## NOTES ON NEWS.

## Items of General Interest.

classes under instruction round Cape Town, and since the annual meeting Major Watkins, of the Royal Engineers at Simons Town, has been appointed active Vice-President of the Centre. Major Watkins is the President of the Royal Engineers S.C., and is a great enthusiast on the subject of swimming and life saving, with the result that the club holds the record in this Centre for the number of qualified life savers. The men who pass for the awards of the Society make splendid instructors and spread the knowledge far and wide, for which thanks are due to Major Watkins from all interested in the subject, and we trust that his association with the work may be of long duration.

The following hon. vice-presidents have also been enrolled:—J. W. Jagger, Esq., M.L.A.; Lawrence Woodhead, Esq., M.L.A.; Sir Frederick and Lady Smith; and Dr. Silberbauer has been appointed hon. medical officer.

## Work in Ireland.

Mr. S. S. Charles, who has been awarded the Distinguished Service Medal of the Royal Life Saving Society, is the late hon. secretary of the Ulster Branch, president and hon. secretary of the Ulster District Irish A.S.A., and president of the Wellington Swimming Club. Mr. Charles has always tried to encourage the practice of life saving and has worked hard to make it compulsory in all schools in Ireland. He is at present residing at Blackrock, Co. Dublin, and as soon as the season starts hopes to get in touch with Sgt. Harry F. Case, R.I.C., hon. secretary of the Irish A.S.A., so as to still further stimulate interest in the good work.

## Central Executive.

A meeting of the Central Executive was held at the offices of the Society, 8, Bayley Street, London, W.C., on December 16, when the question of the annual general meeting was discussed. The idea that generally prevailed was that a report and balance-sheet should be issued through the medium of the *Swimming Magazine*, and that the present executive and honorary officers continue in office for another year, thus adopting the method agreed upon by most bodies connected with the art of swimming, owing to the prevailing conditions, and the large number of friends interested in the work who are on active service.

At the Hucknall Torkard Baths on October 30, Miss Connie M. Jeans, of the Nottingham Ladies' Club, the holder of the 100 yards and 220 yards ladies' championships of the Midlands Association, 300 yards in an A.S.A. Olympic test for the gold medal, standard 4.26. Miss Jeans swam the distance in 4.23, the previous best in England being 4.25.2 by Miss Daisy Curwen, of the Liverpool L.S.C., at Seacombe on October 30, 1912. The outcome of this fine swim was an invitation for Miss Jeans to meet Miss Curwen in a 300 yards race at a military gala held in the Guinea Gap Baths, Seacombe, on December 8. This invitation was accepted and the race duly took place. In Liverpool it was thought impossible for Miss Curwen to be beaten, but from the outset of the race Miss Jeans took the lead, and at 50 yards, which was covered in 0.32, she was just in front, and the 100 yards were covered by the Nottingham lady in 1.12. Miss Curwen was very slow at the turns, and Miss Jeans went on with an advantage of two yards. Swimming well and confidently, Miss Jeans held her advantage to the half-distance, which was covered in 1.57. Later Miss Curwen appeared to tire, and she was still a full two yards behind at 200 yards, which the leader completed in 2.46. From this point Miss Jeans went right ahead, and eventually won by half the length of the bath (about 12½ yards) in 4.29. Without casting any disparagement on the fine ability possessed by Miss Jeans, it seems to us that Miss Curwen was not in her best condition for a race at the particular distance, which is a rather trying one at the best of times in one's career. A Naval and Military level race was also held at the above gala, distance 220 yards. This was won by Gunner J. G. Hatfield, R.G.A., the amateur champion of England, second to him being Bombr. R. E. Spiers, R.G.A., while Seaman Harry Taylor, the ex-champion, now in the Royal Navy, was third. Hatfield won easily in 2.33.4, but Spiers and Taylor had a great race for second place.

Nelson Oddman, a Swedish diver, who was for several months a member of the swimming team of the Chicago Athletic Association, is now in New York City, and will compete in indoor events.



At Los Angeles, California, Herman Sterns recently made a plunge of 73 ft. 3 in.

The scoring table issued by the American Athletic Union for graceful diving is being strongly attacked, the championship divers asserting that the slightest break in form gives the advantage to the less expert contestant who does the easier dive.

T. Best, of Wakefield, ex-champion breast stroke swimmer of Yorkshire, who is on service in Flanders, has been awarded the D.S.M.

The Championship Committee of the Yorkshire A.S.A. recommended that the schoolboy and junior championships be discontinued next year, but the Executive has disagreed with this view, it very rightly being of the opinion that the championships stimulated interest in swimming among children and should be continued, even at a loss.

It is said that in the reign of Queen Elizabeth, Sir John Packington undertook to swim against three noblemen for £3,000 from Westminster Bridge to Greenwich, but this bet the Queen forbade.

From St. Louis, Missouri, we have received the gratifying news that the *Swimming Magazine* is much appreciated in the United States. Our correspondent there is Mr. S. H. Kelsoe, one of the most ardent of swimming enthusiasts and to him we extend our compliments for his hearty good wishes and also thanks for his painstaking work on behalf of the Royal Life Saving Society. Three of his pupils, Darryl Whitworth, Julian A. C. Kay and J. West Johnson, have just gained the Proficiency Certificate and are justly proud of the distinction. They are now training on for the Bronze Medallion. Their success will be a great incentive to other boys in St. Louis.

"Hal" Vollmer, Columbia's inter-collegiate champion swimmer, broke his own record for the 100 yards swim in a trial race in the Columbia pool on the night of November 18. He was clocked in the fast time of 56.2, almost 2 seconds better than his inter-collegiate record made last spring. Vollmer swam against Lee, the Columbia captain. He gained more than a yard on the first lap, and increased his lead in the following three

laps. Lee, although badly beaten, finished the distance under a minute. The best previous time made at the distance by Vollmer was at Annapolis last February, when he did 57.1, but the event was held in a 20 yard tank, and Vollmer had the advantage of four turns, whereas the Columbia tank of 25 yards makes only three turns necessary, and makes the performance all the more remarkable.

Lance-Corp. Young, Lincolnshire Regiment, killed in the submarine attack on the troopship *Mercian* in the Mediterranean, was well known in swimming circles. He was the holder of the cup for the Grimsby Christmas Morning Championship and one of the founders of the Grimsby and Cleethorpes Club.

The Sydney Club has arranged to hold events for swimmers under 21 and over 40. This is to an extent necessary, as the club's ranks have been broken through so many members joining the Expeditionary Forces, and it is hoped that the change may assist recruiting. As a tribute to the popularity of two of its members killed at the front, this club purposes including among its fixtures a Memorial Competition, to be known as "G. T. Hill" and "B. I. Swannell," for which there are to be no prizes.

The Lurline Baths, San Francisco, at which Prof. John A. Jackson is the swimming instructor, is 140 ft. long by 65 ft., and is filled daily with salt water pumped direct from the Pacific Ocean, eight miles away. Its depth ranges from two feet to eight feet.

Our old friend, Mr. T. W. Sheffield, has had yet another experience with the water. He has been out surf life saving boat racing at Ocean Park, California, his crew getting second in a capital contest. Mr. Sheffield thus describes how these races are managed on the Pacific Coast. "The boats are lined up with bow facing the sea, the captain standing by at the stern ready to give the push off, his team mate being at the bow ready to pull when she is running out to meet the breakers. After weathering a heavy wave you have to pull hard and endeavour to get into broken water before the incoming wave breaks. Once well out it is a case of "a long, long pull and a strong, strong pull" to the turning flag out at sea. Rounding this you continue at a steady

stroke to shore up to a point just outside the boiling surf, then with a swift turn the boat is again stern first to the shore. Then comes the exciting moment. Any miscalculation on the part of the crew means mischief. Sometimes the boat is at an angle of 45°, and if the crew fail to hold her she is swirled beam on. These boats are used for life saving in the heavy surf when a bather is carried away out of reach of the life saving reels.

Swimmers in England will be interested to learn that William A. Curwen, brother to the lady champion, has recovered from his nervous breakdown, which was rather severe. In a long letter we have received he states that he has had to learn to write afresh. He is residing in Philadelphia, and hopes to push forward the work of the Society during the coming season. For this purpose he has requested a batch of literature. He already possesses the Bronze Medallion, and is therefore well equipped with the necessary knowledge.

A good deal of surmise is going on in nautical circles as to whether or not the large number of swimmers who have donned the King's uniform will, generally speaking, resume their interest in the art when they return to civil life, and the answer in most cases is in the negative, the opinion being that a new generation of swimmers and water polists will take their place. If this view turns out to be correct so far as the "stars" are concerned, there will be a remarkable change in the personnel of the champions and men who have represented England in international water polo events.

The ladies' section of the Molesey Swimming Club have presented a tastefully-framed and illuminated Roll of Honour of the male members serving with the Forces, the same to be hung at their club's headquarters as a tribute to their fellow members' patriotism.

"Sweeping the Baths" is a new way of collecting money to send comforts to club members in the Navy and Army. This scheme was adopted at a Charity gala held at Chadderton in aid of the Wounded Soldiers' and Sailors' Fund and proved highly successful as well as diverting to the spectators, who were very lavish with their gifts.

The Cleveland Central Y.M.C.A. Swimming Club holds exhibitions every week during the indoor season. These include demonstrations of five swimming strokes, life saving race, instruction in life saving and resuscitation, 100 yard mixed stroke race, fancy diving, log race, submarine race, and water basket ball.

Russell Dean, a swimming star of Boston, has entered Yale University, and will wear the blue this season in collegiate competition. His addition to the team will materially improve the Yale chances for championship honours. Last year he lowered the National inter-scholastic 50 yards record to 0.25.4, and he has improved since on this mark, so that he should not only score heavily at the distance, but prove a most valuable recruit for the relay team. Furthermore, Dean is an expert backstroke swimmer, having been credited with equalling world's figures at 150 yards.

We in England have heard a great deal about swimming the Channel. On the other hand since the Panama Canal has been opened several attempts have been made to swim the length from one ocean to the other. Several aspirants have had to postpone their efforts this year as the canal, owing to a landslide, was closed to traffic.

The New York A.C. swimmers have started indoor practice and are looking forward to a successful season. Among the candidates for district and national championship honours now doing preliminary work are Herbert Vollmer, Joseph Wheatley, John Zimnoch, Walter Ramme, Harry O'Sullivan, Richard Bennett, Arthur McAleenan, Joseph Dunn, Albert Downes, F. Sponberg, Theodore Cann and Jerrold Smith, Otto Wahle, former champion of Austria, who has competed in England, will again act in the capacity of amateur coach.

Our friends in West Australia will be pleased to learn that Ernie Loney, their long-distance champion, and his brother are in perfect health, and having finished their training are awaiting "the call."

During the past year 135 boys have gained certificates at Chadderton for being able to swim one length of the bath, 30 yards, and 60 girls have also gained like distinction.

The championship of the 3rd Sheffield Battalion of the Boys' Life Brigade has been won by G. Lant, of the 15th Company. The trophy is a fine cup presented by J. Marriott, the commanding officer of the Battalion.

As the result of a gala held at the Oldham Baths by the Oldham and district ladies' and gentlemen's swimming clubs the sum of £56 6s. 5d. was handed over to the Oldham Royal Infirmary. At this meeting it was announced that the Baths Committee, in order to encourage swimming, had given free passes to school children who could swim one length of the bath, and that during the past three years 191 had been given to boys, 87 to girls and 97 to those who had obtained certificates of the Royal Life Saving Society. Exhibition swims were given by H. Taylor, of Chadderton, the holder of the half-mile amateur record, Miss Stansfield, an Oldham lady who swam Morecambe Bay in September, 1914, and J. H. Tyers, the ex-amateur champion, who was introduced by Mr. J. Derbyshire, the general superintendent of the Manchester Baths, who pointed out to the audience that when Tyers first won the 100 yards championship of England he reduced the record from 1.8.1 to 1.5.4, and that in his time he won the 100 yds., 150 yds., 220 yds., 300 yds (Northern Counties), quarter mile salt water, 500 yds., half mile, 1000 yds., mile and five miles championships; also that he was a polo player of repute who had represented his country. It was twenty-six years since Tyers first swam in those baths, and in that building he took part in the first handicap he ever entered.

The Superintendent of the Rugby Baths is approaching the head teachers of the various elementary schools with a view to their adopting, during the season the baths are not open, the system of Land Musical Swimming Drill, invented and arranged by Mr. Charles Newman. It is published as a text book, with music and tonic-sol-fa complete, by Horlick's Malted Milk Co., the sole proprietors of the copyright, who will be pleased to send copies to members of the teaching profession, instructors at gymnasia and all other institutions where instruction in drilling is given. Application for copies should be addressed to Horlick's Malted Milk Company, Slough, Bucks. The adoption of the system should revolutionise the teaching of swimming.

Louis Pietter Lecluyse, a Belgian refugee working at Wimborne, Dorset, has been presented with the vellum of the Royal Humane Society for going to the rescue of a little boy in danger of drowning in a well into which he had fallen while playing in his parents' garden, and whose life he gallantly saved.

The Royal Humane Society's certificate on vellum has been presented to Police-constable Copplestone, of East Molesey, in recognition of his bravery in rescuing a drowning man from the Thames at Molesey on the night of September 18 last. Both rescuer and rescued were in so exhausted a condition that they had to be assisted to the bank by Police-constable Gould and Pte. Smith, of the R.A.M.C., attached to the City of London Rifles, who were at the time stationed at Hurst Park. The man rescued was unconscious, but artificial respiration resorted to by the constables and Pte. Smith fortunately proved successful.

Dr. J. F. Cownie, of Cardiff, whose family was staying at Fontigary in September last, motored down to see them. Upon reaching the beach his attention was directed to a bather, who had already sunk twice and was only partly conscious. Divesting himself only of his coat, Dr. Cownie swam out to the man and brought him to shore, where some time after he recovered. The plucky doctor has been awarded the Royal Humane Society's certificate on vellum for "his courage and humanity in saving life."

The Sanitary Committee of the Bolton Town Council has acceded to the request of the Bolton Amateur Swimming Club for the granting of 60 free season tickets for admission to the High Street Baths, to be competed for by juniors in connection with the Association's scholarship scheme for the encouragement of swimming.

We regret to record the death of Mr. N. W. Scholefield (Willie Scholefield) at Cardiff. The deceased was an old time worker on the Halifax Swimming Club and a local champion who had his name several times inscribed on the old championship cup that holds the Halifax record for over fifty years. Mr. Scholefield was an ardent advocate of swimming for the young, and did good work as an honorary instructor in the days when swimming was not so prominent as now.

The seventeenth annual report of the Queensland A.S.A. discloses a very healthy state of affairs. The Kahanamoku visit resulted in a profit of £17, besides which the appearance of such world-renowned exponents must have done an immense amount of service to the sport. The balance-sheet shows £137 15s. 3d. (£124 6s. is cash) to credit, while among the assets are £15 worth of shares in the Toowong baths. G. W. Parkinson (the hon. treasurer of the Association before the war) enlisted at the beginning of last season, and regret is expressed at the fact that he has given his life to the cause. Special representations have been made in conjunction with the Ladies' Association, Royal Life Saving Society; and the Schools' Association, to the Brisbane Council for more bathing facilities. There is no doubt this is badly required in Brisbane, and should, from every standpoint, recommend itself to the councillors. There are thirty-three clubs affiliated.

In Sydney the present season is to be devoted to the schoolboys, juniors and younger swimmers. Instructions have been issued that junior cadets are to have first consideration, then pupils who have not learnt to swim. The appointment of a capable organiser, as was the case in Victoria, to form classes in every school for swimming and life saving, would make a big difference in the cultivation and development of the art.

Lance-Corporal Reginald Smith, East Surrey Regt., reported killed in France, was a member of the Serpentine Swimming Club, and one of the winners of the Belilios Cup competed for in the Serpentine Lake, Hyde Park.

Lance-Corporal George Henry Whyatt, of the 3rd Coldstream Guards, who has gained the V.C., is well known in Barnsley, where he served in the police force for five years, and in 1914 was called to the Colours. He was among the most proficient members of the swimming club, in connection with which he gained the Royal Life Saving Society's medallion.

The Shoreditch Borough Council have granted free bathing facilities to all troops stationed in the district on behalf of whom applications have been received, and 21,861 military bathers have taken advantage of the privilege.

Last month the Amateur Diving Association, on the invitation of its President, provided an interesting Swimming and Diving Display at the Royal Automobile Club and there was a large attendance of members and friends. The chief item was the diving display and this was led by such well known performers as Messrs. Johansson, Fairman, Ede, the Misses Belle White, Armstrong and Pennington. The Amateur Swimming Club provided an interesting game of Water Polo, whilst the Royal Horse Guards beat the Scots Guards in a team race of five a side by a foot or two.

The forty-eighth Annual Dinner and Ladies' Night of the Amateur Swimming Club was held in London on December 4, and about forty were present, with F. G. Clifford, Esq., acting-president for 1915, in the chair. The absent ones, about sixty per cent. of whom are serving with the Colours, were of course remembered in the toast list of the function, which proved particularly interesting, and was generally voted a complete success. This Club is one of the oldest in England, having been formed as far back as 1868, since when it has had many successes in Championships and open competitions.

At the second gala, organised by the Barrow Amateur Swimming Club, held at the end of November, half the proceeds of which were devoted to the Red Cross Fund, one of the features was the fast swimming of W. Meredith, an Australian, who set up a record for Barrow in a four lengths senior handicap.

The Valentines' S.C. winter season opened with a good muster, and all the members have a firm determination to go through the programme and gain a certificate. The club have now 45 of their members serving in His Majesty's Forces, a good proportion being in the fighting line—most of them enlisted during the first month of war. The club is one of the few open water clubs in this country.

Among the bequests of the late Mr. Victor Mansell, "Leander" of *The Sportsman*, and for two years hon. secretary of the Southern Counties' A.S.A., was his collection of swimming literature to his friend and former colleague, Mr. Archibald Sinclair, the assistant editor of the *Swimming Magazine*.



H. Taylor, of Chadderton, and Ted Unwin, of Sheffield, both ex-amateur champions of England, have joined the Navy.

\* \* \*

At the annual prize distribution of the Leicester Schools' Swimming Association no less than 244 prizes were awarded. The hon. secretary, Mr. R. J. Parlby, stated that during the year 287 boys had learned to swim, and of these 343 had gained a free pass for twelve months for the swimming bath. Among the girls 483 had learned to swim, and 141 had gained a free pass. There is something doing at Leicester after all.

\* \* \*

The annual report of the Keighley S.C. states that the receipts for the past season amounted to £41, as compared with £14 last year, the balance carried forward being £14. Two galas had been held on the club's behalf, and one in aid of the ambulance section of the Keighley Volunteer Training Corps resulting in £23 being raised for the equipment fund of the ambulance section. The membership of the club had increased from 24 to 100, and probably would have gone up to 300 or 400 but for the fact that a great many old members had joined His Majesty's Forces or were out of town making munitions. During the season five of the members had, with the help of Mr. Heywood (instructor), gained the bronze medal of the Royal Life Saving Society. The Committee had endeavoured to encourage swimming among the Boy Scouts, and next year a trophy might be offered for competition. Owing to so many of the senior members being away the club championship would not be competed for until the war was over.

\* \* \*

In his report on swimming instruction for school children for the session 1915, Mr. James Graham, Secretary for Education in Leeds, states that the enlistment of several of the instructors, and the difficulty of finding others to fill the vacancies, necessitated a curtailment of the time during which the baths had been used. The number of attendances made at the baths, and the number of certificates awarded, have, in consequence, been somewhat diminished. The number of children under instruction during the session was 16,111, as against 11,620 in 1914, the number of attendances in school hours being 121,747, as compared with 122,336 in 1914. The total number of certificates granted was 2,238.

## SOLDIERS AND SWIMMING.

### The King's Regulations.

THE following paragraphs respecting swimming in the Army are taken from the King's Regulations and Orders for the Army:—

713. *Bathing Parades.*—Swimming will be taught at all stations where facilities exist. During the proper season, bathing parades will be formed, at the discretion of the C.O. for the purpose of instruction. The skilled swimmers in each company, etc., will be ascertained and so distributed that there may be a sufficient number in each squad to teach the rest.

714. *Prevention of Accidents.*—Small picquets of expert swimmers will be told off daily during the bathing season to attend the bathing places to prevent accidents. A copy of the instructions for the recovery of the apparently drowned, printed by the Royal National Lifeboat Institution, will be posted up at the several bathing places, as well as in every hospital and barrack.

715. *List of Swimmers.*—A list of swimmers will be kept in each company, etc. Periodical trials, under the superintendence of an officer, will be made of men who have learnt to swim. The test, except where otherwise provided by regulation, will be to swim 60 yards in fresh water, or 100 yards in salt water, without resting or touching the bottom. A record will be made in the man's small book.

As many good swimmers have joined the colours, there is prospect of some systematic instruction being done in the Army, especially among the troops at home. Lieut. E. W. Ballantine, of the 4/10 Middlesex, an old Cygnus man, who has toured Australia and South Africa, and is a well-known writer on cricket and Rugby football, took his men in hand at one of their training quarters and many soon learned to swim. It is so with other officers who in the past have been enthusiastic swimmers. There does not seem to be any general system of training as in the Navy, although the fact that a soldier is able to swim is entered in his "Small Book," of course points to more useful efficiency. But a youth should not have to wait till he is a sailor or soldier before he is taught swimming. That instruction should be given him at school as a compulsory subject.

# The Swimming Magazine.

(Second Volume commenced 1st June, 1915.)

## Notice to Subscribers.

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

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

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

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*William Henry*  
Editor.

## SPECIAL NOTICE.

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





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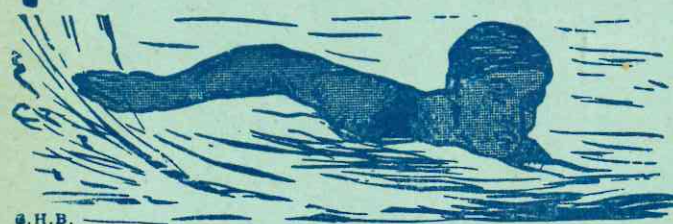
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