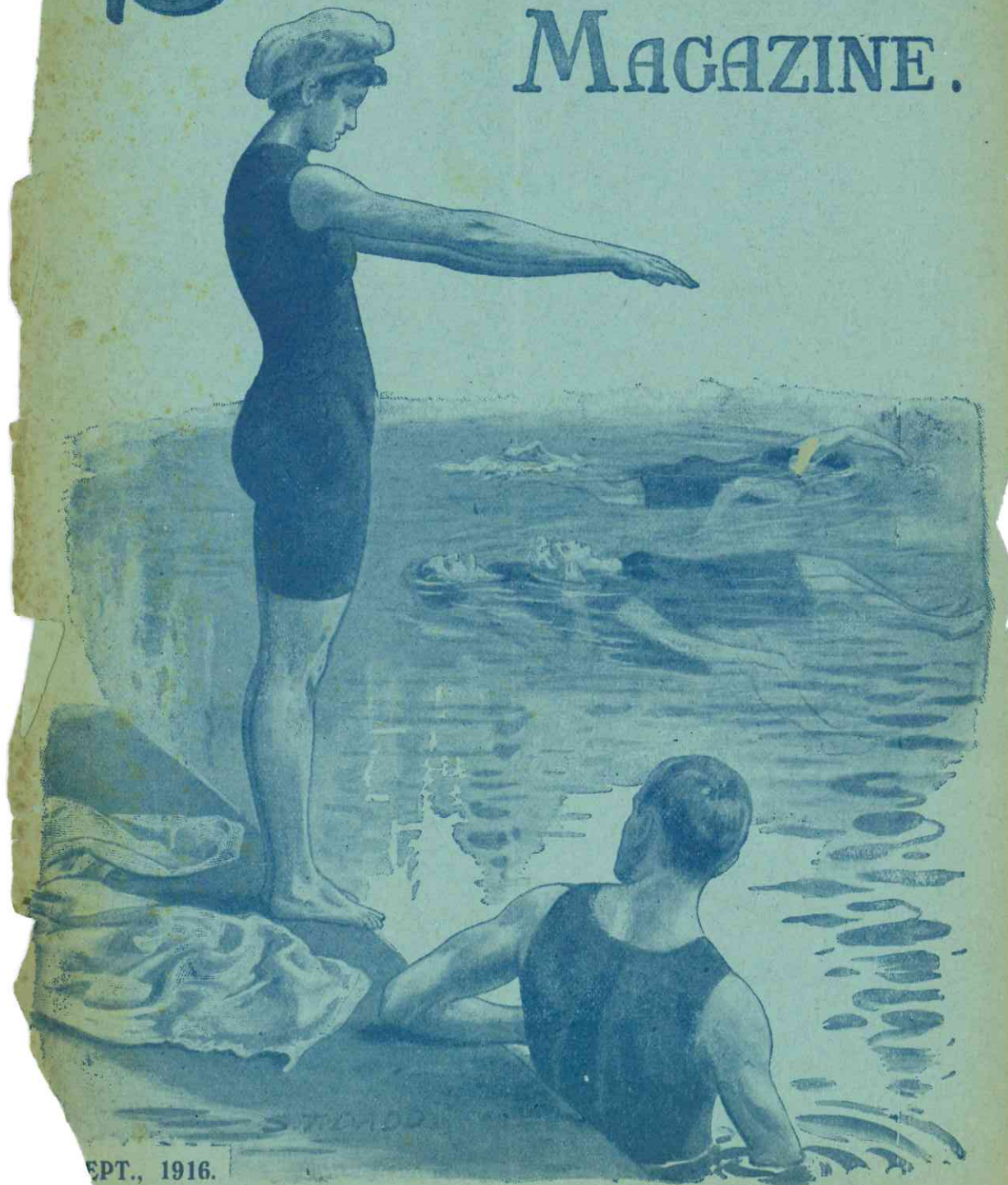


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**SWIMMING**  
MAGAZINE.



SEPT., 1916.

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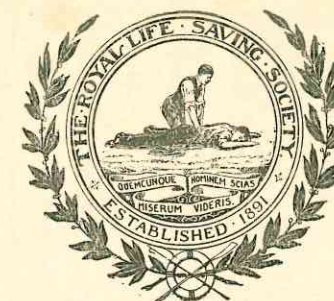
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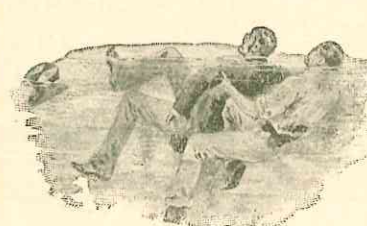
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# The Swimming Magazine

(The Official Organ of The Royal Life Saving Society)

No. 4. VOL. III.

SEPTEMBER, 1916.

## Compulsory Teaching of Swimming. AN APPEAL TO THE GOVERNMENT.

THE compulsory teaching of swimming in schools has been long advocated and deputations to the Board of Education have been many and frequent, but beyond the soothing replies of believed to be sympathetic ministers nothing has been done and teaching has been left to the good nature of Education Committees, individual or club effort. Ministers and members of Parliament are difficult of approach, and though openly advocating a scheme and always speaking lightly at banquets of the value of swimming are very conservative and forgetful in their efforts. But in our Overseas Dominions there is open thought and careful consideration of the people's desire. The legislators out there do not put themselves upon a personal pinnacle but mix freely with their fellow-citizens, and when the granting of a public demand is found to be for the public benefit there is not much hesitation in acceding to it.

Therefore we have little doubt that the New Zealand Swimming Council will obtain practical result from their recent request that swimming shall be made a compulsory subject on the syllabus of every New Zealand school.

The apathy which has been shown by successive British Governments to the question of swimming and life saving is not shared by the Australian or New Zealand Parliaments, for they were the first to make grants for life saving work, instead of leaving it solely to voluntary effort and financial aid, but little hope is there of any such consideration being given by the Imperial Parliament, whose very basis should be the saving of human life.

Yet the men in Great Britain who have worked hard to achieve their ideal—the compulsory teaching of swimming—have not been disheartened, and though as yet unsuccessful in their main object have still been steadily carrying on, and by means of

lectures and demonstrations to teachers and pupils of numerous Council schools have been able to spread the knowledge far and wide. The value of this teaching has already been apparent by the marked improvement in swimming returns and the greatly increased number of successful rescues of the drowning, especially by our sailors and soldiers, who gained a knowledge of swimming and life saving before joining the forces.

One way to enlarge the scope of the agitation and to make it more national would be to encourage the Naval and Military competitions, the promotion of which we advocated last month. They would impress upon the authorities the value of the subject in a much more practical way than talking or writing about it, and as its national usefulness became more and more apparent, thoughtful minds would tend to embrace the idea that here was a subject which should not be left to spasmodic support but should instead have the general appreciation of all classes in Great Britain.

Once this idea became prevalent with our legislators the task of introducing the compulsory teaching of swimming should be easy. We have never had any valid objections to it, indeed there can be no logical objection, and were the opinions of parents taken you would find an overwhelming majority in favour of its adoption at once, not ten or twenty years hence. Thousands of them now woefully regret that the chance of learning was not theirs in their young days and that the great and healthful pleasures of swimming were debarred them until they reached mature age. Quite ready are they therefore for the big scholastic change, which they recognise will be of untold benefit for the generations to come and a splendid accession to the spirit of the present age—an age when to be physically fit is the best recommendation to vitality and moral advancement.

# THE ROYAL LIFE SAVING SOCIETY.

## TRIBUTE TO HONORARY WORKERS.

### SUCCESSFUL CANDIDATES FOR THE DIPLOMA.

**D**URING the last two months the number of examinations which the Royal Life Saving Society has had to conduct has been most gratifying to the hon. officers, all of whom have been working exceptionally hard owing to the absence of so many of their colleagues on military and other war duties.

Few realise how difficult has been the task owing to present circumstances, but the Executive have had a willing band of workers, many of whom have gone long distances not once but often twice a week, and often at considerable inconvenience. But they have realised that duty called them in the absence of those who are so loyally obeying the country's call, and the Central Executive tenders to them expression of their very hearty and sincere appreciation of the valuable assistance they have given to the Society in a trying time.

It is by the energy and assistance of ladies and gentlemen such as these that the Society has been able to spread the knowledge of the best methods of life saving and resuscitation throughout the whole of the civilised world.

Grim war has hampered the Society's efforts during the past two years, but yet it is gratifying to learn that the knowledge acquired previous to the world's great trial has frequently proved beneficial to those in stress and danger in the fighting zone. To many it has been the means of saving their own lives, to others its knowledge has served useful for rescue work. The pages of the SWIMMING MAGAZINE of the past two years are replete with soul-stirring incidents of gallant work by sailors and soldiers who hold the Bronze Medallion or Award of Merit of the Society. One of the most practical applications of its teaching was that of the soldier, who bethought himself of the fourth method of rescue when taking a wounded comrade from the trench and crawled on hands and knees out of it with his wounded comrade's hands on his shoulders, and thus gradually pushed him along out of danger. This was the deed of Corpl. H. Hart, of the Oxford and Berks Light Infantry, who gained

his Award of Merit at Malta when in the Gloucestershire Regiment.

#### CANTERBURY HEAD CENTRE.

At a committee meeting of the Canterbury Head Centre held at Christchurch, New Zealand, on June 8 last, under the chairmanship of Mr. K. Bassett, it was decided that although Mr. G. Billson has enlisted in the New Zealand Force, his resignation be not accepted until he had left the Dominion, and an assistant secretary is to be appointed. Mr. C. Bryant, ex-captain of the New Brighton Surf and Life Saving Club, which is affiliated to the Canterbury Head Centre of the Society, was recommended for an Hon. Associateship and this has been conferred upon him by the Central Executive in London for his successful instructional work, his ready and willing assistance at demonstrations illustrating the work of the Society and his constant labours as examiner in various parts of the Province.

The Richmond Club was affiliated to the Society, and a grant of £15 was made to the "Taylor's Mistake" Branch for assistance in erecting a suitable pavilion and otherwise helping the Branch in its good work.

#### WESTERN PROVINCE, HEAD CENTRE.

Classes of instruction have been held continuously by the Western Province Head Centre during the present season. By the latest mail we received advice that Thomas Tennyson and Arthur P. K. Hattersley, of the Union Amateur Swimming Club, had gained the Award of Merit and that five members of the same club had passed for the Proficiency Certificate and Bronze Medallion, two members of the Pierhead Amateur Swimming Club for similar awards, and that Alfred F. Ballinger had qualified for the Hon. Instructor's Certificate.

There are still a few squads in training, but enlistments have considerably weakened them in numbers. However, Mr. P. O. Wathes, the energetic hon. secretary of the

Centre, is working hard among the juniors, and good results have been obtained from Boy Scouts and other classes.

The Union Club intend having a gala for war funds next month, when a display of life saving and scientific swimming will be given by Mr. P. O. Wathes and a squad of the members.

The total Awards for last season were 128, they being made up as follows:—Union Amateur Swimming Club: Proficiency Certificates 32, Bronze Medallions 25, Teachers' Certificates 3, Hon. Instructor's Certificates 2, Awards of Merit 8—70: Simons Town L.S.C.: Proficiency Certificates 6, Bronze Medallions 6—12. Leander Ladies: Proficiency Certificates 4, Bronze Medallions 4, Hon. Instructor's Certificate 1—9. 1st G. and S.P. Scouts: Proficiency Certificates 11. Simons Town Garrison: Proficiency Certificates 4, Bronze Medallions 4, Hon. Instructor's Certificate, 1—9. Pierhead A.S.C.: Proficiency Certificates 3, Bronze Medallions 3—6. R.E.A.S.C.: Proficiency Certificates 2, Bronze Medallions 2—4. Individual Members: Proficiency Certificates 2, Bronze Medallions 2—4. 2nd G. and S.P. Scouts: Proficiency Certificates 2. 1st C.T. Scouts: Proficiency Certificate 1. Mr. Wathes is now starting this season's classes.

#### SECONDARY SCHOOLS CONTEST.

##### LADIES AT WESTON-SUPER-MARE.

In the town of Weston-super-Mare, the ladies are doing their best to keep the swimming flag flying whilst the men are on more serious business. For many years the Weston ladies have made a speciality of the life-saving drill, and Miss Edith Laugher has done some wonderful service in this direction. Year after year she has trained a large number of the fair sex, and the proficiency of the Weston ladies in this particular branch has become a by-word in the whole of the Western Counties.

A very enthusiastic supporter of swimming is Mr. Norman, J.P., who has helped the cause very materially by presenting a trophy, which has to be competed for by teams of two from Secondary Schools in Weston every year. This class of school is very strong in the Somerset town, and consequently a great deal of enthusiasm arises between the various schools as to who shall be the proud holder of the trophy for the ensuing twelve months.

This year's competition was recently held at the Weston baths and taxed the ability of the Examiner to the utmost to decide as to who was the best of the five team entered. Eventually the representatives of Rossholme school took the honour. The representatives of that school were distinctly the best with the land drill, and although somewhat slower in the water than some of the other teams, they did their work in a very clean and excellent manner. Although only a few marks separated them from their nearest competitor the team was distinctly superior on the day. Three of the other teams finished up with equal marks, and the whole standard shown reflected great credit both on the competitors and on Miss Laugher, their instructress.

The examiner, Mr. A. J. Tucker, of Exeter, in announcing his decision to a very large audience of young ladies from the various schools, stated that it appeared to him that each year he had examined the Weston ladies the class of work had improved, and this was the sixth year which he had been to Weston to officiate. He congratulated Mr. Norman, who was present, on having made the best investment of his life in presenting a trophy to encourage swimming, as not only were the competitors of the day proficient in the art of life saving, but scores of other members of the schools were also proficient in the same branch of the sport, and he urged on those present to do everything they possibly could to help Miss Laugher in her admirable work, and to take the place of the men who had gone to the front in spreading a knowledge of the life saving amongst the young people who remained at home. One special feature he noted, and that was the admirable way in which the ladies entered the water, and especially the ease with which they took their dive from the surface. There is no doubt whatever that the life-saving exercise has taken on very strongly at Weston, and that those who follow swimming have realised the great importance of this branch of the art.

\* \* \* \*

As the result of a gala held by the Aberdeen Branch of the Royal Life Saving Society, Mr. James Gray, the Hon. Secretary and Treasurer, has been able to hand over £39 3s. 11d. to the funds of the Aberdeen Camp for Ailing Children, the gala being a complete success both as regards attendance and financial result.

Among students of Bootham School, York, who have recently passed for the Award of Merit are J. A. K. Hamilton, A. H. Pitt, J. W. Pickard, D. A. L. Crawshaw and O. Massingham. The examiner in this instance was Mr. C. Horner, of York.

Miss Watt, A.M., who has for years been engaged in teaching the pupils attending a number of young ladies' schools in swimming and life saving, was highly complimented on her work by Mr. R. Leithead, at a recent examination of Polam Hall School girls at Darlington Baths. The pupils submitted for examination all succeeded in passing.

Considerable progress has of late been made in the teaching of swimming and life saving at the Metropolitan and City Police Orphanage Schools at Twickenham, and the teacher, Mr. Rockey, is to be highly complimented upon the result of the recent examination, when the whole of the pupils entered for it passed very successfully. The Orphanage possesses a fine bath of its own.

At Tottenham High School for Girls, life saving is making splendid headway owing to the enthusiasm and excellent teaching of Miss Annacker. At the last examination for the Royal Life Saving Society's awards, twelve pupils successfully passed the test for Proficiency Certificate and seven that for Bronze Medallion. The school has its own swimming bath. In consideration of this advantage and the high standard of efficiency of the pupils presented for the R.L.S.S. tests, it is hoped that shortly some of the higher Awards of the Society may be aimed at.

Honour is deservedly due to Air Mechanic Sydney Charles Lambert for a plucky rescue of two ladies who were thrown into the Thames at Reading through the capsizing of a canoe, and a determined attempt to save a third lady occupant. Lambert learnt to swim at York Blue Coat School, and subsequently became a member of the York Amateur Swimming Club.

Miss Winifred Scott, of York, who was recently awarded the Diploma of the Royal Life Saving Society, has just received an appointment as teacher under the York Education Committee, and intends starting a class for coaching swimming pupils.

Miss Amy Elva Offen, of Derby, who has passed at Nottingham for the Diploma, belongs to the Derby Family Swimming Club. She took the Bronze Medallion in February, 1914, and the Award of Merit in 1915. The examiners were Mr. Joseph Wilson, of the Central Executive, and Mrs. D. King, of Derby. Miss Elizabeth A. Lawrance, of Dumbarton, who has passed at Brock Baths, Dumbarton, only gained her Bronze Medallion in December, 1915, and the Award of Merit on March 23, 1916. She is only sixteen years of age, and her work is said by the Examiner, Mr. Andrew Galbraith, Hon. Secretary of the Glasgow and District Branch of the Royal Life Saving Society, to be very good. Another pass for the Diploma is that of William Henry Troughton, of Newmarket, who went through his tests at Framlingham College under the examination of Mr. Charles R. Oury, who gained his Diploma in 1897, and Mr. George Wilson, both of Norwich. Mr. Troughton took his Bronze Medallion in 1914, and the Award of Merit in July of last year.

At the examination at Framlingham College when W. H. Troughton gained his Diploma four gained the Award of Merit, these being R. S. Robinson, A. H. Buckland, H. C. Wilson and R. N. Coleclough. Seventy-two presented themselves for various Awards, and only two failed to pass, a remarkable testimony to the teaching of Mr. S. Featherstone, who now takes his Hon. Instructor's Certificate.

A swimmer who has been properly trained in the Society's methods undertakes the work of rescue free from danger; he has no fear of the drowning man's clutch, which has been fatal in many instances, for he has his guard against a possible contingency, and the advantage of feeling at home in the element in which the other person concerned is in deadly danger. The drowning man is altogether at his mercy, the wildest flurry and the most firm embrace have no perils for him. This self-control and knowledge will never come to one as the result of theory alone. The confidence and ability which are necessary can only be instilled into the human being by practice and experience. Join a class and acquire this confidence and ability. By doing so you will be benefiting yourself and also assisting in helping forward a movement in the cause of humanity.

Miss Mary Beaton, who has been lecturing in New York of late, is now contributing a series of articles on swimming to the *Toronto Star Weekly* and has also in preparation a book on the art. This accomplished lady swimmer had close upon a thousand girls and children under tuition at Toronto Y.W.C.A. last season, and as all had twelve lessons the work must have been most strenuous. In the course of one of her recent articles Miss Beaton tells us that "The words life saving have a charm for most people. Pupils having their first lesson will often say, 'Oh, I should so much like to learn life saving.' So if teachers took more interest in that very important branch of the art, and made it one of the principal features of their tuition, pupils would enter with zest into their work, and when opportunity occurred would be able to put into practice what they have obtained in theory. The real reason we have so many careless swimmers is that so many people take up teaching with very slight knowledge of the art and none whatever of the theory of swimming. But the Royal Life Saving Society, by granting a Diploma to its members who pass the necessary tests, have conferred a boon upon the swimming profession, and it should be in time the means of elevating the art of swimming to its proper level."

Among correspondence to hand last month were letters from Mr. P. Roy Pomfret, formerly Hon. Secretary of the British Columbia branch, but now located in the Transvaal. He tells us that he is excavating a swimming bath of his own, thus emulating those Americans whose constructional ideas we quoted in the August number. Mr. Pomfret, who is an hon. life member of the Johannesburg Swimming Club, and won the Life Saving Championship of the Transvaal in 1907, is heartily in accord with our idea of Pan-Britannic Games after the war.

We learn from the Transvaal that Mr. R. V. Prince, lately of Honolulu, is now resident in Winnipeg, and we are glad to learn that he is taking interest in the work of the Manitoba Branch of the Royal Life Saving Society. Our communications to Mr. Prince at Honolulu, where Mr. and Mrs. Leo are now looking after the Society's interest, had been returned, and it is pleasing to be able once more to get in touch with such an enthusiast.

There is always danger on the banks of the River Lea during the school holidays, children congregating there in hundreds and paddling all day long. One does not begrudge them this little pleasure in their lives, but could not a life saving patrol be arranged for during this present season? Surely there must be some swimmers in Tottenham and district who would take turns in this good work. There have been several mishaps in the Lea during the past couple of months. In two cases Mr. John Henry Tombes, familiarly known to the frequenters of the open-air swimming bath in the Lea as "Jack" Toombes, has been successful, but in the instance of a boy of six who fell in, was unfortunately unable to find him for about a quarter of an hour although he dived in repeatedly during that period. He was on duty at the bath at the time, and made great haste to the supposed scene of the fall as soon as he heard of it. Toombes, who is very modest over his good work, is the holder of the Bronze Medallion of the Royal Life Saving Society. At the recent Hospital gala of the Park Club at Tottenham he materially helped the fund by giving daily exhibitions in the open-air bath of ten tricks and then "sending round the box" to the boys. By that way he obtained £5 7s. 1½d. In this instance the farthing may represent more than the pound.

Miss Edith S. Hartley, of Toronto, who has passed for the Diploma of the Royal Life Saving Society, is a pupil of Miss Mary Beaton, the talented instructress at the Young Women's Christian Association at Toronto. Miss Hartley, who is an accomplished young swimmer, gained both the Bronze Medallion and the Award of Merit in the spring of last year.

Five of the members of the Windsor Ladies' Club have passed for the Award of Merit of the Royal Life Saving Society, these being Miss E. Mead, Miss J. Strange, Miss M. Parsons, Miss M. Luff and Miss E. Harris, to all of whom Miss Nora Pennington had been giving honorary instruction. Miss J. Strange, the Hon. Secretary, was especially good in her work, and gained a very high percentage of marks out of a possible 110. The examiners were Mr. F. L. Ellen, hon. representative of the Royal Life Saving Society, and Mr. J. H. Webb, both of whom were gratified at the ability shown by the five ladies, who should now practise on for the Diploma.

The Windsor Ladies are to be highly commended upon the energy they have displayed in the cause of life saving and the continued efforts they are putting forth to make its value known in the royal borough. By their example they will do good service to all those who frequent the river, for it must be obvious to all that the demonstrations of life saving and swimming they are now able to give must impress the value of the teaching upon the river community.

\* \* \* \*

The Derby Education Authorities, recognising the great value of swimming and life saving, are heartily supporting the Derby Schools Athletic Association in its good work, of which they think so highly in the matter of life saving that they have resolved to pay its expenses in that direction. During the past season eighty-seven of the children have passed for the Elementary Certificate and sixty-five for the Proficiency, the total of 152 being made up of 114 boys and 38 girls. Mr. J. Brearley, who has recently been appointed as Hon. Examiner of the Royal Life Saving Society is, despite the absence of Messrs. Hallam and Bryden on active service, carrying on well, but he misses the assistance of the two gentlemen who have been associated with him in the work ever since it was introduced into Derby. Of course this year he has had to contend a good deal with irregularity of attendance due to the great demand for child labour, but in spite of this he has accomplished a good deal. The Education Committee have very kindly granted him leave facilities so as to attend examinations, and this has assisted him very much, as has also the kindly gifts of trophies by Alderman Chambers and Mrs. Chambers for competitions in Boys' and Girls' Schools. The trophies are held for twelve months by the schools attaining the best results in life saving, and so that the small schools shall have a chance of winning the trophies are awarded on a percentage of successes.

\* \* \* \*

There is a wealth of wisdom in the following which we cull from a Cape Town Exchange:—"Just a word to our friends who have passed out. Do not forsake the work. Think of the confidence you have acquired, and help to spread the knowledge far and wide; if each man as he qualifies would bring along two new pupils, the cause would go ahead rapidly."

Gallant rescue work was accomplished by Miss Violet Pope, in the Thames, opposite Pope's Ferry, at Kingston, on July 31, when four young children who were paddling became immersed in a ballast hole. Miss Violet Pope, who is assisting her father at his boat-letting establishment, had just ferried a passenger across the river, and was nearing the Surrey shore on her return journey when she heard cries for help. Taking in the situation at a glance Miss Pope pulled the heavy ferry-boat round and rowed with all possible haste back across the river. Meanwhile Mr. Horace A. E. Sanders, of Kingston, had gone to the assistance of Mrs. Woodman, mother of two of the children, and by their combined efforts three of the children were got out of the deep water. One of the boys was, however, still in grave peril, and on reaching the spot where he was struggling in the river Miss Pope plunged in, and succeeded in bringing the boy to shore. Her knowledge how to employ artificial respiration served Miss Pope in good stead, for the boy she rescued and one of his boy companions were quite exhausted.

\* \* \* \*

Miss Violet Pope is a well-known Kingston soprano. She has been engaged in several concert tours with various companies, and for some time she appeared in musical comedy at the Prince of Wales Theatre. At present she is "doing her bit" by assisting her father in his boat-letting business, she having taken the place of an employé who has been called to the colours. In her picturesque sailor jumper and skirt Miss Pope cuts a trim figure in the ferry-boat, which she manages with all the skill of a practised Thames girl.

\* \* \* \*

In recognition of the gallant rescue of a girl from drowning the Royal Humane Society has awarded a certificate on vellum to Mr. Robert Hugill, of Sunderland, who is closely identified with the Boy Scout movement and is also a teacher in All Saints' Sunday school, Monkwearmouth.

The Dominion Executive Council, representative of all the Centres of the Royal Life Saving Society in New Zealand, has granted Mr. G. Billson, the Hon. Secretary, who has gone on active service, extended leave of absence, and Mr. K. Bassett, the Chairman, has undertaken the duties for the time being. The Council reports that the Minister of Internal Affairs has promised that a Government grant of £75 will again be placed on the estimates.

## THE LADIES' SECTION.

### BOXING AS A METHOD OF TRAINING.

#### RECORD SWIM BY MISS EILEEN LEE.

SOME remarkable swimming was witnessed at the Sutro Baths, San Francisco, on American Independence Day, July 4, when the hundred yards' ladies' amateur championship of America and the Pacific Coast Championships were decided. For the hundred yards the competitors were Miss Bernice Lane, Palma Settlement Club, Honolulu; Miss Claire Gilligan, Women's Life Saving League, New York; Miss Dorothy Burns, Los Angeles Athletic Club; Miss Olga Dorfner, Philadelphia Turngemeinde, who held the American record of 1.9.3 for a hundred yards; Miss Agnes Huber, Philadelphia Turngemeinde; Miss Frances Cowells, San Francisco; Miss Ethel Daly, San Francisco, and Miss Mabel Green, Alameda. All the girls started, and so keen was the competition that all finished inside 1.13.1. Some swimming you will say. Well, Miss Dorfner won in 1.8.3, thus easily beating her record, but she was only a few inches in front of Miss Claire Gilligan, and Miss Dorothy Burns was close up. It must have been a great race—and in judging the winning performance it must be remembered that the racing length of the Sutro Baths is seventy-five yards. Another ladies' race of importance at this gala was the fifty yards championship of the Pacific Coast, which Miss Frances Cowells won in 31.3, beating her previous coast record by two and a fifth seconds.

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Some of our lady swimmers are now going in for walking contests. Among those entered for the quarter mile ladies' race at the Naval and Military Carnival at Stamford Bridge in aid of the Star and Garter Fund for disabled Sailors and Soldiers were Miss Vera Johnson, Miss Eileen Lee, Miss Ivy Grimwood and three of the daughters of Professor Brickett. Miss Lee, who went off at a terrific bat, was promptly disqualified in her heat, but Miss Grimwood stayed through, and was a prize-winner, she gaining fourth place to Miss V. Molinari. It was real good fun to see these swimming girls walking and to find how keen they were in excelling in a branch of sport other than that in which we are accustomed to see them engaged. By the way we are glad to learn

that the proceeds of the Carnival will doubtless far exceed those of last year, when £1,500 was paid over to the "Star and Garter" Fund. These annual sports are run by a committee of sporting editors and journalists, of whom Mr. R. Power Berrey, of the *News of the World*, is Chairman, and Mr. Frank Morley, Hon. Secretary.

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Miss Dorothy Anderson, of the Mermaid Swimming Club, winner of the 100 yards ladies' championship of the Southern Counties in 1913, who has been on Red Cross work since the commencement of the war, sends kindly greetings to her many friends. In some of her spare moments she has arranged galas for the troops "Somewhere in France," and in her efforts to provide recreation for the men has been greatly assisted by gifts of swimming costumes from several well-known English clubs.

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Miss Rose Lawrence, who swam second to Miss Conny Jeans, of Nottingham, for the two hundred and twenty yards ladies' championship of the Midland Counties, is a member of the ladies' section of the Coventry Swimming and Life Saving Society, and the present holder of the hundred yards ladies' championship of Coventry as well as a valuable trophy provided by the Tomson Trust.

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In discussing long distance swims by women most people forget that until a few years ago there were annual races from Richmond Lock to H.M.S. President, lying off Blackfriars, a distance of about fifteen miles, in which many ladies gained meritorious distinction. These races were carried out under the auspices of the *Weekly Dispatch* Swimming Club and created great excitement in London.

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It is improbable that this fixture will be resumed, at any rate not on anything like so large a scale, but efforts should be made to induce the Amateur Swimming Association to promote a ladies' long distance championship over the recognised Kew to Putney course. There would certainly be a large entry from river bathers.



The fifth annual gala in connection with the Windsor Ladies' Club was held at the Corporation Baths, Windsor, in the last week in July. A large number of wounded soldiers were invited, and they took the prizes. The sport was of a high character and some of the finishes were of the closest nature. Indeed, with one or two exceptions, the competition was more than ordinarily keen. Miss M. Parsons easily won the 150 Yards Senior Championship of the Baths but in the 100 Yards Senior Handicap the final was so close that only a couple of seconds separated the first three, Miss Missen, who was second to Miss K. Harris, starting next to scratch and being a fraction of a second in front of Miss Dickinson. The diving was splendid, both amongst the boys and the senior ladies. It was in the last-mentioned competition that Miss Strange had the pleasure of winning a pipe, pouch, and two-ounce tin of tobacco given by her mother. Miss Parsons, by the way, won her own walking-stick. Included in the programme was a team race for girls in the Elementary Schools in the Parliamentary Borough. There were only two girls to a team, and Holy Trinity were the first home, closely followed by Clewer St. Stephen's. But Ivy Meredew, for Trinity, started a trifle too soon and was unfortunately disqualified, the race being awarded to Clewer St. Stephen's, with Eton Porney second. Miss E. Cave won the Luff cup for juniors.

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Surrey Ladies' Gala, held at the end of July, at Kingston-on-Thames, in aid of the Mayor's Fund for comforts for the East Surrey Regiment, was highly successful. Miss W. Marlow won the Goodman sixty yards challenge cup of the Molesey Amateur Club, T. L. Hewett, the Cowper ninety yards Challenge Shield of the same organisation, Miss K. Welbelove a diving handicap, Miss E. Tansley a sixty yards ladies' handicap, the Honourable Artillery Co. (Corporal E. Spanier, Ptes. J. A. Scantlebury, N. S. Robertson and R. V. Stringer) a military team race, and the Royal Engineers a water polo match against Sopwith's Aviation Company by three goals to two.

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Among callers last month was Miss Dorothy J. Davis, of Vancouver, British Columbia, who founded the Ladies' Swimming Club there, and holds the Award of Merit of the Royal Life Saving Society.

Another bright mermaid has arisen in the ladies' swimming world of America. This is Miss Gertrude Artelt, a fourteen-year-old girl who gained second place in the National A.A.U. of America's championship for women. Twelve months ago she could not swim a stroke. Then she attended a Turngemeinde function at which cups and medals were presented to successful contestants, and among the latter was Elizabeth Becker, a girl of her own age. Gertrude's ambitions were immediately stirred, and she made up her mind on the spot that one of those glittering trophies would be hers this year. So she coaxed her mother into letting her join the club's swimming class and throughout the summer worked like a little beaver to acquire skill. By the fall she improved so much that she was allowed to enter her first race in October, and she surprised even her instructors by covering 40 yards in 0.27. Since then she has advanced by leaps, and her latest times—32.2 seconds for 50 yards and 1.14.2 for 100 yards—place her among America's foremost feminine sprinters. Indeed, only a few of her full-grown rivals have ever beaten her century mark.

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At a military meeting held at Chester on the first Wednesday in August the seventy-five yards junior ladies' championship of the Northern Counties of England was included in the programme. This Miss N. Taylor, of Manchester, secured by three yards from Miss D. Ormerod, Garston, in 0.59. Miss L. Bennett, Garston, was third. There was also a fifty yards open handicap for ladies, which Miss N. Tushington, of Garston, eleven seconds start, won by a touch from Miss Lilian Pemberton, Southport, who had an allowance of nine seconds. Miss Daisy Curwen, of the Westminster Ladies, who was at scratch, came in third.

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It is stated that outside an exercising room attached to one of the San Francisco baths, most favoured by Miss Frances Cowells, the Pacific Coast Ladies' champion, appeared the following: "Wanted—Spar-ring partners for a lady swimmer. Must be strong and husky, and not afraid to take a punch." When Miss Cowells went to Honolulu to compete with the women champions of the Waikiki beach, most of her work aboard ship *en route* was bag punching. "I box, too," she said to an interviewer, "and I would box more than I do if only I could get persons to put on the gloves with me.

Girls are so funny. You hit them a clout and they want to take the gloves off. They're not game. When they hit me it makes me mad, awfully mad, and I want to hit them back twice as hard. This bag punching and boxing is not a mere notion of mine, understand; when I first started to swim I found that I was very strong in the legs, but that I was weak in the shoulders and arms. Bag punching has given me what I required. I don't make little short jabs at the thing like most persons. I take big, long swipes at it, just the same kind of strokes that I use in swimming, and, believe me, when I land it is no love tap. No," she said, "I'm not thinking about going on the stage; I have all I can do holding my own in the water with some of these younger girls who are continually cropping up. Don't you know that I have been swimming in races no more than a year, and they are already trying to say I am a has-been? Sure they are. Girls are awful to knock one another."

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Manchester Victoria Ladies' Swimming and Life Saving Society held a gala in the open-air bath at the now popular resort of St. Anne's-on-Sea on the first Monday in August, the day which in normal times would have been observed as a Bank Holiday, and continued it on the following day. A ladies' scratch race on the Monday was won by Miss D. Curwen, of Liverpool, the lady champion, Miss N. Heaton, of Liverpool, being second, and Miss N. Taylor, of Manchester, the Northern Counties junior champion, third. Miss Taylor also won a ladies' handicap and a ladies' novelty race, Miss E. Brookes a ladies' breast stroke handicap, Miss A. Wilkinson, the hundred yards ladies' record holder and Northern Counties champion, 1913 and 1915, being placed third, Miss E. Johnson, of Chester, a ladies' open diving competition, and Able Seaman Cookson a naval and military scratch race. Miss Curwen also won the scratch race on Tuesday, but Miss Nellie Heaton was the most successful competitor, she annexing no fewer than five prizes.

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At the annual gala of the Market Harborough Ladies' Swimming Club, held on August 10, Miss E. Parkes won the hundred yards senior championship of the club, and Miss O. Humphries the fifty yards junior prize. A life saving competition for a silver challenge cup presented by Mr. Healey

Roberts went in favour of the Misses O. and K. Humphries, Misses S. Crisp and M. Robertson being second, and Misses E. Duce and K. Crisp third. Miss S. Crisp was first in the senior diving.

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The Lord Mayor of London recently entertained a number of wounded soldiers from sixteen London hospitals at the Karsino, Hampton Court, and during a delightful afternoon members of the Wimbledon Ladies Swimming Club gave a capital display of scientific swimming and diving, and also had a number of impromptu races.



Miss Eileen Lee.  
The Thames Mermaid.

That wonderful young swimmer, Miss Eileen Lee, of Teddington, who is only nineteen years of age, accomplished a wonderful performance on August 18, when she swam from Teddington Lock to Wapping on the ebb tide, and returned on the flood tide as far as Kew Bridge, a distance of 36½ miles, the time occupied being 10.17.30. When she left the water she was quite fit and well, and

but for her advisers would have attempted to finish at the starting point. When she plunged into the water at seven in the morning the temperature was 66°, and the tide was ebbing slowly. All conditions seemed favourable, and she made rapid progress down the quiet reaches of the Lower Thames Valley. Using a firm right overarm stroke Miss Lee reached Twickenham Ferry, 1½ miles, in 0.42.0, Richmond, 3 miles, in 1.9.0, and Richmond Lock eleven minutes later. Kew Bridge, which is 5 miles and 7 furlongs from Teddington, was reached in 2.0.0, and Barnes Bridge, 8 miles, in 2.39.0. Continuing at a steady pace Miss Lee was under Hammersmith Bridge, 9 miles 300 yds., in 3.8.0, and passed Putney Pier, 11½ miles, in 3.36.0, just half an hour earlier than her trainer, Mr. Walter Brickett, had expected. So well was Miss Lee moving, and with such ease, that it was now only a question of how far she would get on this tide. Four hours after the start she was at Wandsworth Bridge, 12½ miles, and Battersea Bridge, which is a mile and a half farther, was reached twenty minutes later, the tide now giving considerable assistance.

At Vauxhall the time registered by Mr. George White, who acted as referee and time-keeper, was 4.52.0, and that at Westminster Bridge 5.7.0. Progress was now rapid, for Waterloo Bridge was left behind in 5.18.0, London Bridge in 5.38.0, and the Tower Bridge in 5.47.0. Miss Lee was abreast of Wapping Pier, 21 miles, in 6.9.30, and soon after made the turn, then swimming breast stroke. Westminster, 25½ miles, was passed in 7.16.0, Putney, 30½ miles, in 8.43.0, Hammersmith, 32½ miles, in 9.9.0, Barnes Bridge, 34½ miles, in 9.39.0, and Kew Bridge was reached in a little under ten and a half hours. This is the best performance ever accomplished in the Thames by a lady, and the only one by a man that we know which eclipses it is that by Holbein, who when training for his Channel efforts, swam from Blackwall to a mile beyond Gravesend Town Pier and back, a distance of about forty-two miles.

Miss Lee, who only took up swimming at the age of fifteen, had already some smart performances to her credit. In August of last year she swam from Richmond to the Tower Bridge, a distance of sixteen miles, in 4.4.45, and later in the month from the Tower Bridge to Marble Hill Landing,

Twickenham, and back to Kew Bridge, 21½ miles, in 6.38.0, whilst in September she swam over the championship course from Kew to Putney Pier, 5 miles and 60 yards, in 1.14.13.3 in an attempt to beat the best time for the course, which is 1.3.12.2 by T. S. Battersby, made in the long-distance championship of 1910.

Prior to her great feat of last month Miss Lee had in June last swum from Greenwich Hospital to Isleworth and back to Barnes, 23½ miles, in 7.1.0.

For this remarkable swim of hers Miss Lee had the experienced advice and tuition of Walter Brickett and the guidance of Mr. J. Bryant, who knows the river from A to Z, and every eddy and back flow in it. Among others accompanying her were her father, who is serving in the R.N.R., her mother, Miss Gladys Jones, Miss Vera Johnson and Mr. Arthur Jones, of the Holloway United Club.

At the gala to be given by the Holloway United Club at the Prince of Wales's Baths on September 25 as a complimentary benefit to Mr. Walter Brickett, a hundred yards scratch race for ladies will probably be included in the programme. In view of the fact that we have not had a ladies' championship in the South for two years, this scratch race should form an interesting guide as to relative form at the present time.

News has been received of the death in action of Corporal Curwen, attached to the King's Liverpool Regiment, the youngest son of Mr. Tom Curwen, of Liverpool. Corporal Curwen, who had been recommended for the D.C.M., was a member of the Walton (Liverpool) Swimming Club.

**Subscribers to the SWIMMING MAGAZINE, who have done so much to keep this journal going, are respectfully reminded that the third volume commenced in June last. 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 Hon. Editor without delay.**  
(See notice facing page 80.)

## NOTES ON NEWS.

### Interesting Items from Home and Abroad.

IT is with the deepest regret possible that we have to record the death on his 39th birthday of Mr. F. C. Broadhead, member of the Central Executive of the Royal Life Saving Society and the Highgate Life Buoys. His death was due to wounds received in the service of his country in France. He was one of the many patriots who joined the British Force on the outbreak of war, and therefore saw much service. We especially deplore his loss because he was a keen worker in the cause of Life Saving, an excellent Judge and Examiner, and gave up most of his leisure to promoting the knowledge whenever opportunity offered. His place, therefore, will be difficult to fill and his loss will be keenly felt, not only by his companions on the Executive and the Highgate Life Buoys, but also by the Brethren of the Royal Life Saving Lodge of Freemasons of which he was an esteemed member.

Last month it was reported that another hard worker in the ranks of the Royal Life Saving Society, Mr. Cyril P. Fleetwood, had met his end in France. We are now pleased to be able to state that we may have the pleasure of meeting him again, for it appears that after being wounded he was taken prisoner, and his friends have had the satisfaction of hearing from him.

Sec. Lt. A. L. Benns, London Regiment, killed in action, was assistant hon. secretary of the Old Blues Swimming Club.

Mr. Harold Leslie St. John Wontner, London Rifle Brigade, killed in action July 1, was prior to the war captain of the Ibis Swimming Club and also of the Ibis Rowing Club.

Private Ernest Pocock, D.C.L.I., who has been wounded, is a well-known member of the Molesey Swimming Club. He has won the Cowper Coronation challenge shield twice and has also been successful in the club's mile challenge Cup Competition.

We regret to learn that Lance-Corporal George Arthur Terrell, Manchester Regiment, son of Mr. J. Terrell, the superintendent of Radcliffe Baths, has died of wounds. Before the war Lance-Corporal Terrell was hon. secretary of the Radcliffe Swimming Club.

A gala in aid of war funds was given by the Halifax Swimming Club early last month, when C. Greaves, a survivor of H.M.S. Russell, which was torpedoed, won the members' handicap. Sixty members of that club are now serving and consequently the club championships were not decided, but still a fine programme was arranged. The Boys' Championship of Halifax went to R. Hawkins, of Queen's Road School. There were several handicaps for ladies, diving for coins, etc., as well as a fine display of exhibition swimming and feats by Masters Kenneth and Bernard Wilson, of Bradford, who are only eleven and seven years of age respectively.

We regret to announce that W. H. Ellis, late hon. treasurer of the Wellington (New Zealand) Head Centre of the Royal Life Saving Society, who joined the New Zealand Forces at the outbreak of war, is returned as missing. Mr. Ellis was in the landing at Gallipoli, where he was put out of action and sent to England for recovery. Whilst here he was our guest and left us to rejoin his unit in Egypt. From there he was transferred with the New Zealand Forces to France and took part in the Great Advance.

At the Chester Ladies' military gala, General Pitcairn Campbell, who was present, said the meeting brought to mind the day when, many years ago, he was beaten by a brother officer by six inches in the junior hundred yards at Eton. He was in favour of swimming for everybody and was greatly pleased to see that many soldiers under his command had a knowledge of it.

Lance-Corporal Philip Charles Sinclair, London Regiment (Rangers), reported as missing after engagement in the field on July 1, is the third and youngest son of our assistant editor. He joined the Army in August, 1914, at the age of sixteen, and after garrison duty at Malta with the 2-2nd City of London Regiment saw service in Gallipoli and Egypt before proceeding to France, where he was recently transferred to the Rangers who took part in the Great Advance. Lance-Corporal Sinclair formerly belonged to the Twickenham Swimming Club.



All Australians and New Zealanders speak with sincere affection of General Birdwood, the little leader of the Anzacs, whose practice of bathing at Gallipoli we referred to and illustrated last November. The General has endeared himself to every one of his troops, for he has met them in the kindest and most sympathetic spirit and has appreciated to the full their wonderful fighting powers. It is easy to understand that the chief who bathed with them in the waters of Anzac Cove, while shrapnel burst overhead, who accepted or gave any of them a cigarette in the trenches, and who is a soldier and a leader of soldiers to his finger tips, won his way deep into the hearts of these great warriors.

Among recent callers have been Gnr. S. H. Springfield, a member of the well known Queensland swimming family and brother of F. W. Springfield, who won the long-distance championship of England in 1908 and was one of the representatives of Australia in the Olympic Games of London in the same year.

Prof. Finney has taken up quarters in Cape Town and is giving individual instruction. Advices are to the effect that many South African swimmers have benefited by his valuable guidance.

That closing the baths is false economy is evident from recent inquests on boys drowned in canals and rivers, who if baths had not been closed would have been bathing in them and learning to swim. At an inquest at West Bromwich, the jury made strong representation about this matter. The closing of baths is said to be for war time saving, but the utility of such a procedure is open to grave doubt, as apart from their value as a teaching centre there is the question of national health to be considered.

Our old friend and keen worker in the interest of the cause of Life Saving, Mr. George Tinnion, of Newcastle-on-Tyne, was busily engaged during August in giving a number of lectures and exhibitions at Morpeth, Whitley Bay, and Table Rock Bath, in which he also included illustrations of "How to Swim in Three Lessons." These demonstrations were given by special permission of the Borough and Urban District Council in the presence of large audiences.

Sheffield Commercial Travellers opened the gala season in Sheffield with a gala at the end of July in aid of war charities. The promoters believe in quality, not quantity, and during the evening all the best and most promising juvenile—both boy and girl—talent was seen. In addition to three local district county championships, there were a couple of races devoted to youngsters who are being instructed by Madame Galey and Mr. W. Sells. The scheme was mooted originally in conjunction with that for preparing swimmers for the Olympic Games, but now the local committee of the Y.A.S.A. has taken matters in hand, with the help of the Sheffield Corporation, who grant certain facilities. The best youngsters in the schools and those who have left school are taken in hand for special tuition, and that the scheme is bearing fruit was seen at this gala. Master Albert Flint gave a splendid exhibition of high and ornamental diving, as did the following girls and boys in the style in which each specialises, viz.:—Girls: Irene Gilbert (back stroke), Ivy Smalley (breast), Winnie Shaw (trudgen), and Jennie Reaney (crawl). Boys: B. Brearley and F. Hazelwood (breast), A. Scholey and A. Drake (back), and E. Charlesworth, A. Flint and A. Hyde (free). The junior Squadron championship of Yorkshire (No. 2 district) was won by Croft House, whose team consisted of T. Carter, J. Clarke, J. Flint and T. Gilbert, and the Schoolboy championship of the same district by Walkley Council School, whose team was A. Shelley, F. Justice and J. Gilbert. The hundred yards junior individual championship of No. 2 district was also decided the same evening, and this was won by G. H. Cutts, Attercliffe, A. O. Flint, Heeley, being second, and L. Hiller, Otters, third, all good swimming names. Cutts' time was 1.16.2, and he and Flint gained Yorkshire standard certificates for finishing inside 1.20.

The formal opening of the new open-air baths presented to Chesterfield by Alderman Markham, was recently made by the Mayor, Ald. E. Shentall. The bath, which is situated at the Electrical Works, Brampton, is twenty-five yards long, has dressing accommodation for seventy-two bathers, hot and cold water slipper baths and a fine diving-stage. The experienced services of Mr. H. Senior have been secured as manager. The new bath is a great boon to the district, and the gift is highly appreciated by the inhabitants.

The Northern Counties 100 yards Junior Back Stroke Championship was decided at Garston on July 31. The race was capitally contested, and the final went to A. Rawlinson, Garston, who won in 1.22.4, the fastest time yet made in this competition. The winner of the first heat was E. Tushington, Garston, 1.24. Rawlinson won the second by a yard from G. W. Holliday, Toxteth, in the same time, and F. Fazackerley, Birkenhead, the third in 1.32. Holliday, who qualified for fastest second, was only beaten by a few inches in the final. Rawlinson is not yet fourteen years of age. It is said to be Holliday's first attempt at racing on the back.

A highly successful gala was held at Chester Baths on the first Wednesday in August, most of the events being confined to members of H.M. Forces in the Western Command. For these races there were nearly one hundred entries. Chief among the events was the two hundred yards military championship, which was secured by Bombardier Walker, West Lancashire R.F.A., who is a well-known member of the Everton Swimming Club. Second place was occupied by Trooper Slater, Denbigh Hussars; and the third by Sergt. Howell, Liverpool Scottish, the time being 2.42. A fifty yards scratch race was won by Lieut. Bagnall, King's Liverpool Regt., Seaman Cookson being second, and Sergt. Holmes, Cheshire Regiment, third. Several ladies' races were included in the programme, including the junior ladies' championship. These are dealt with in the ladies' section.

A pretty good record for a youth was made by C. Ottewell at the thirteenth annual swimming sports of Derby Municipal Secondary School, for he carried off the cup presented by Mr. W. G. S. Constable, the headmaster, for best swimmer in the school, by winning the hundred yards and quarter mile school championships, a two lengths breast and back race, and the long plunge and was third in the dive.

It is probable that the Derby Schools Association, the Derby Swimming Club and other natatorial bodies in the district will combine to hold a special gala in aid of war charities on the afternoon of Saturday, October 14. The idea is an excellent one and should be well supported.

Last month we referred to the challenge thrown out by the Rev. A. Newman Guest, Vicar of Stantonbury, to swim any one ten years his junior for a hundred yards on level terms at the opening of a new bathing place at Bradwell. The challenge has been accepted by Mr. O. H. Bull, J.P., of Newport-Pagnell.

Thomas Wilkinson, one of the oldest aquatic coaches in America, declares that if Kahanamoku would get his hair cut he could lower his hundred yards record by three-fifths of a second.

In an article which he contributed to the *Journal of Education* on "The Teaching of Swimming," Mr. H. Leather declares that "it is important to bear in mind the fact that it is not essential for the teacher of swimming to be able to swim, or even that he should enter the water." We should be glad to have our readers' views on this very broad statement.

2nd Lieut. A. Hudson, New Zealand Expeditionary Force, reported missing, believed killed, was a 1915 New Zealand Rhodes Scholar. He was the New Zealand and New Zealand University distance running champion for a mile and three miles, the University light-weight boxing champion, and also a very good swimmer.

Once a year permission is granted to the Serpentine Swimming Club to hold a race over the entire length of the lake in Hyde Park, and the event is popular known as the "Bridge to Bridge" race for Lord Howard de Walden's prizes. That of this year was decided on the last Saturday in July, and was won by the old Cygnus swimmer, Blackheath and Ranelagh Harrier, F. Denman, who had 540 seconds start. A good performance was accomplished by W. H. Melhuish, the scratch man, who swam the distance, estimated to be about a thousand yards, in 14.10.2, and finished fourth. The half mile championship of the club was decided a few days before, and this was won by Melhuish very easily in 13.51, A. Lehman being second. A sealed handicap in conjunction with the race ended in a tie between Lehman, who had two minutes' start, and W. F. Maggs, to whom Melhuish had to concede five minutes and twenty seconds. Melhuish, however, was placed third.

Harry de Graaf, a well-known French swimmer, has been drowned in the Seine under extraordinary circumstances. A sailing boat in which a couple of friends and he were out for an excursion capsized not far from Asnières Bridge. The three men flung themselves free and struck out for the bank. Halfway to shore M. de Graaf sank. His companions dived after him, but were over a quarter of an hour in getting him out of the water. Life was then extinct, and it was seen that the ex-champion had met his death through a couple of false teeth getting loose and throttling him. They must have been sucked down as he rose to the surface after casting off from the boat, and were wedged so tightly that he must have been instantly choked.

During the last week in July the number of bathers at Manchester Corporation Swimming baths was 79,290, an increase of 10,000 compared with the return for the corresponding week of last year. The extent to which the public are utilising the baths would suggest that an extension of the open-air bathing facilities of Manchester would be keenly appreciated. Indeed, the opinion has often been expressed that the Corporation might extend the hours in which bathing can be indulged in in certain parks to meet the needs of those who take their half-holiday on Wednesday or Thursday. At present the arrangements only permit bathing before breakfast. But for the war there is little doubt that in view of the popularity of the open-air swimming baths in two or three of the city parks, this civic enterprise would have materially developed. Schemes are being considered to introduce such baths into the more populous districts, and when the war is over an adequate plan will be prepared.

It has been decided to hold a swimming entertainment at the Ealing Baths on September 20, under the auspices of the Ealing Dean Swimming Club, in aid of the wounded sailors and soldiers of Ealing. The programme will include the Boys' and Girls' Schools Championships, competitions between Special Firemen and Special Constables of Ealing, Navy Air Service and the Army, displays of diving and swimming, a life-saving display and a water polo match. Mr. J. H. T. Jowett, the hon. representative of the Royal Life Saving Society, has the matter in hand.

The annual swimming sports were held at Framlingham College on Friday, July 28, in splendid weather. The captain of swimming (K. S. Plant) improved on his form of last season, and, by winning the nine lengths, three lengths, and two lengths, again established his position as captain. The winner of the nine lengths of the bath is entitled to hold for one year the handsome challenge cup presented to the School by the late Mr. W. F. Darnell. A very exciting contest was seen in the relay race, Scarlet and Green swimming neck for neck, until the last pair, when Plant forged ahead of Buckland, and gained the verdict for his set by a few yards. The inter-set contest for the Lynch Challenge Cup ended in a very easy victory for Scarlet, who led the next set (Green) by over 100 points. The winners were:—Nine lengths of the baths. Winner holds for one year the Darnell Challenge Cup.—K. S. Plant. Time 4.48.4. Clothes race (three lengths).—R. N. Coleclough. Time 2.3.5. Three lengths (open).—K. S. Plant. Time, 1.13. Clean Dive (two dives from spring board and two from stage).—J. N. Phelps. Two lengths (under 15).—A. Steel. Time, 53.3. Two lengths on back (open).—A. H. Buckland. Time, 1.7.2. Beginners' race (two lengths).—W. D. Laing. Time, 1.28.4. Running header.—J. N. Phelps, 2 W. H. Troughton, 3 S. T. Ennion. Two lengths on breast.—E. A. Seddon. Time, 55.1. Two lengths (under 13).—H. Buckland. Time, 1.10.3. Victoria Cross Race.—R. N. Coleclough and R. A. Wicks. Two lengths (under 16).—R. Grace. Time, 0.46. Two lengths (open).—K. S. Plant. Time, 45.1.

Ronald Cove Smith, one of the ablest of the younger members of the Broomfield Park Swimming Club, won six first prizes at the Merchant Taylors' Swimming Sports held at the Baths of the Northampton Institute. Two lengths (75 yards); Six lengths (225 yards); One length back stroke; Plunging; Neat diving; Duck diving. He also secured the second prize in the school handicap from scratch, the winner having eleven seconds start. Young Smith therefore won the School Challenge Cup for the third year in succession, and it now becomes his own property.

Holme Hill School, the holders, have again won the championship of the Grimsby Schools.

A very satisfactory season has just been concluded at Leys School, Cambridge, despite the number of senior boys who have gone into the Services. 2nd Lieut. P. W. C. Northcroft, 6th Rifle Brigade, an old scholar, was present on a final leave before proceeding to France. He holds the record of the school for 60 yards, his time being 34.1. He took advantage of having an attack on these figures, and in an exhibition swim succeeded in covering the same distance in the capital time of 30.1. The results of the school events were as follows: 440 yards school championship.—L. Meglaughlin (16 years). Time, 7.44. 120 yards junior championship.—A. W. R. McKellar. Time, 1.38. 60 yards.—Under 15: F. A. Calder. Time, 0.54. Life saving race (40 yards).—K. W. Gray. Learners' race (30 yards).—R. P. James. Time, 0.27. House relay race.—Won by West House. 120 yards.—Open: T. S. Oliver. Time, 1.27.2. 60 yards handicap.—Under 16: A. W. R. McKellar, scr. Time, 38.2. 120 yards handicap.—Open: T. S. Oliver, scr. Time, 1.26.2. 60 yards race.—Open: T. S. Oliver. Time, 38.4. Plunge.—N. Walker, 44ft. 5in., 1; T. S. Oliver, 40ft. 3in., 2.

The Harrow School annual races were decided in the "Ducker" at Harrow on the evening of Thursday, July 20, when the Ebrington Cup for seniors was won by A. B. Phelps; juniors by J. P. Robinson; senior headers by D. G. Grinling, juniors by H. E. W. Wake; beginners' race by P. D. Wyatt; clothes race by J. Pope, egg diving by R. M. Marten, plunging, seniors by A. D. Flux and the juniors by J. P. Robinson.

Herbert Vollmer, of the New York Athletic Club, is reported to have covered 300 metres in 3.55.2 and 500 metres in 6.51.3 in a 75ft. pool in New York. The record of Gunner J. G. Hatfield is 6.56.4 for the latter distance, made over a 33.1-3 yards course in salt water at Weston-super-Mare in 1912. There is some doubt as to whether the International Federation would accept Vollmer's time as record, but as the Federation is at present a dead letter the decision arrived at in Budapest in May, 1914, that world's records for 500 metres and over can only be recognised when the course is at least fifty metres long and that times must be certified by three official timekeepers may be revised by mutual agreement between countries other than the three who are for evermore outside the pale of amateur sport.

There are so many Anzacs now in this country that it would be quite possible to formulate a programme of their own, especially as Lt. F. E. Beaurepaire is now this side. There has been some talk of a special gala, but the question of baths has been the drawback, most of the Baths and Washhouses Committees being reluctant to let their premises for evening shows.

The annual complimentary gala to Professor Walter Brickett will be given at the Prince of Wales's Baths, Kentish Town, on the evening of Monday, September 25, under the auspices of the leading London Clubs. An excellent programme has been arranged for this entertainment, which will probably be about the best of the year in the Metropolitan district.

Everton Ladies, Garston, and Manchester Victoria Ladies are the Clubs entered for the Ladies Squadron Championship of the North of England.

The Federation of Working Boys' Clubs will hold its annual championship meeting at the Lambeth Baths on September 21. It is a meeting which calls for strong support from all swimmers.

A lecture demonstration is to be given by the Royal Life Saving Society at the St. Bride's Baths, Ludgate Circus, E.C., on the morning of Saturday, September 16, by a representative gathering of the Girls' Life Brigade, who will be assembled in general meeting in London that week-end.

At an examination for the Proficiency Certificate and Bronze Medallion of the Royal Life Saving Society, held at Bootle in July, by Mr. J. Moore, of Birkenhead, there were twenty-six candidates, twenty-four of them belonging to the Boys' Secondary School. At this school ninety per cent. of the boys can swim, and as many of them enter the Merchant Service, the possession of the knowledge is a highly valuable asset to them. Mr. W. S. Gray, the Superintendent of the Bootle Baths, takes great interest in the teaching of these boys, and is ambitious to make every one of them efficient in life-saving work. All the boys entered for the recent examination did highly creditable work both on the land and in the water, and their certificates and medallions were handed to them on "breaking up" day at the



school, when it was mentioned that an "Old Boy" who was on a ship torpedoed by the Germans, was fifty minutes in the water before being picked up, and that when in the water his thoughts went back to Bootle, where he learned to swim. Out of a crew of twenty-eight, thirteen could swim, and these were all saved.

The Barnes and Mortlake Public Elementary Schools Sports Association has obtained exemption from the Amusement Tax for their entertainment at Richmond Baths on September 20, under the New Finance Bill, 1916, Section 12. This should be cheering news to the London Schools Association, who according to latest advices had been unable to obtain remission. They would do well to write to Mr. Henry A. Pike, the Hon. Secretary of the Barnes and Mortlake Association, 52, St. Leonard's Road, East Sheen. At the gala are to be decided team races for boys and girls for the "Leicester Penrhyn" Challenge Shields, and back swimming for the "C.A. Sherring" challenge cups, as well as a number of races for boys and girls of all ages.

There was a sad case of drowning at North Shore, Blackpool, on August 17; two ladies out of a party of eight who after bathing for about half-an-hour were returning to shore when the accident happened. What exactly happened is not known, but it appears that whilst the bathers were on their way back to the shore, one or more of them got into a hole, stepping from a sandbank into an unknown channel, and plunging into comparatively deep water. Immediately the particular bather or bathers got into difficulty, and then most of the others who went to the rescue also found themselves in a helpless position. Fortunately one of the party was Miss Ivy Jagger, who holds the Proficiency Certificate and Bronze Medallion of the Royal Life Saving Society. That young lady succeeded in rescuing one of the men who was in difficulties and then gallantly returned to the aid of one of the ladies.

The third gala of the season organised by the Scarborough Amateur Club was held on August 19 in the Bathing Pool. The chief event was the hundred yards junior championship of Yorkshire, in which the winners of the four district competitions took part. It was won by A. Savory, of Spenborough, in 1.19, T. P. Jones, Scarborough, being

second, G. N. Cutts, Attercliffe, third, and W. Cockcroft, Brighouse, fourth.

At the Glossop Road Baptists' Club's gala at Sheffield on August 19, the chief event was the race for the Corporation Cup, which proved very exciting. It was contested between teams of five, each to swim sixty-six yards. Uppertorpe, represented by L. Casson, A. C. Casson, E. M. Wilson, C. Bishop and E. Charlesworth, won by ten yards from the Otters, who beat Attercliffe by a touch, but were disqualified owing to their last man having started before time

Ted Heaton, the Channel swimmer, is now a Camp Sergeant at a Prisoner-of-War Camp in India. In 1896 Heaton swam from the Liverpool Landing Stage to New Brighton in a race against a ferry steamer, but was beaten by a minute after a twenty-nine minutes' swim. The following year he swam from Colwyn Bay to Rhyl Pier, and in 1907 swam from Dover to within about three-quarters of a mile of Cape Grisnez in twelve and a half hours. Heaton has been an adventurous diver, one of his feats being that of diving in flames from a height of 90ft. into a tank 6ft. wide and 6ft. deep. He performed this for a long while in Berlin, and on three occasions before the Kaiser.

The Rev. A. Newman Guest, the "Swimming Vicar" of Stantonbury, Bucks, says: "Our school curriculum is all wrong. The attention given to the three R's and interior school work generally is all very well, but it does not help to overcome the German. Boys ought to be taught to drill at school as a preliminary to spending a couple of months in barracks or camp in the year, and they would learn the whole secret which open-air life and exercise have to give. A man who develops his muscles makes the best citizen in every respect. A lad who swims develops every muscle of his body; he becomes capable of endurance; he finds that over-eating is useless, and instead of maximum of food he finds that his body demands a minimum, and he eats less. He sleeps less also, but more soundly, and jumps out of bed fresh. In due time a boy of that kind becomes not only an asset to the State in body, mind and spirit, but his Christianity is of the type which will appeal to his associates, whether he be in factory, office, or shop, Army or Navy."

## INSTINCT OF THE DROWNING.

### WHY THEY HOLD UP THEIR HANDS.

#### DO THEY IMITATE PRIMEVAL MAN? BY DARWINIAN STUDENT.

CASES are said to have occurred of children who when thrown into water, or accidentally immersed therein, have instinctively commenced to swim, but we can find no authentic record of such circumstances, for ordinarily man does not exhibit any signs of the swimming instinct, although it is common among other animals. Yet it is obvious that the early man must have had some knowledge of swimming, for his habitats were near the sea, great lakes and rivers, and though the lake dwellers may have gained communication to their frail defensive huts by means of floating trees, it is pretty certain that their enemies and they in turn would speedily discover some quieter and less discernible method of attack. In the course of time prehistoric man must have become semi-amphibious in his habits, but yet even now swimming is to man semi-artificial, and there are many thousands who when immersed drown at once in deep water, no instinctive or reasoning power guiding them amid the thrill of nerve excitement. Now animals seem to possess a natural faculty to adapt themselves to the situation when suddenly immersed. They may have a dislike to entering the water but once in they betray an instinctive power for self-preservation, and start a method of progression which soon brings them to a landing-place.

If you watch them swimming you will find them generally using the methods of progression they adopt on land, moving the limbs together in rhythmic order and so co-ordinating the movements as to propel themselves in the direction they desire to go. It is said that in the case of the more intelligent animals, should the presence of mind be through some shock or emotion and fear be the dominant emotion, the movements commonly associated with the endeavour to escape from danger will tend to appear independently of the will of the animal, and the more adaptive and rational method of using the limbs give place to the instinctive mechanical method.

In a well reasoned and very instructive paper on this subject which Mr. Louis Robinson contributed to the *Nineteenth Century* in November, 1893, under the title of "Darwinism and Swimming: a Theory," he says:—

"A rigid adherence to old habits, in themselves good, may, under new conditions, result in a complete failure to attain the end for which those habits were first developed."

"In animals of great intelligence, and especially in the case of man, such ludicrous inability to conform to a change of environment is naturally rarer, since the first advantage of a large brain is that it increases the resourcefulness of its possessor in meeting new emergencies. Still, it is a familiar fact that, when the reasoning power is hampered by emotion, men constantly fall back on deeply-seated routine habits which are akin to the nature of instincts. It is when the man who has been brought up in a country district, but who has acquired a new accent at the university or at some other social centre, is startled or angry that he expresses himself in the dialect of his youth. When an individual, usually rational and circumspect in his conduct, is 'carried away by anger,' he will often, on impulse, resort to violent measures such as might have been quite appropriate on a like occasion in an age of barbarism, but which, under modern conditions of life, would generally result in seriously complicating, rather than removing, the trouble in hand."

"It would appear from the foregoing considerations that the purely terrestrial quadruped, when it is immersed beyond its depth, walks in the water, and, by good luck, finds the action sufficient to bring it to land."

"An animal then, when in danger of drowning, merely performs those routine instinctive movements, which in its normal environment would suffice to preserve it from the chief dangers to which it is exposed. But since in most cases the environmental pressure has been fairly constant in direction for a vast number of generations, the habit, as now made use of, has been inherited, and is attributable to the needs of the remote past far more than to the needs of the present. In quadrupeds which are often pursued, such instinctive movements are those appropriate for the act of running; and hence, when such animals are alarmed by being plunged into deep water, these constitute their struggles in the endeavour to reach the shore."

"It is noteworthy that the fear of suffocation (and this is vehemently called forth by the entrance of a little water into the air passages) strikes to the very centre of our being. Man and beast have a 'dread and inward horror' of any violent arrest of the power of breathing. A rush of panic fear invades and paralyses the reflective faculties at such a time, and the deeply lodged and ancient instincts of self-preservation leap to the front; so that the animal, or man, becomes degraded to a condition akin to that to some of the lower organisms, the movements of which result from reflex stimuli following the direction of the most beaten ancestral nerve tracks.

"It will now be seen how it is that we may consider the ability to swim among earth-walking quadrupeds to be merely a kind of evolutionary by-product, which, luckily for the majority of beasts, can be turned to good account. But let us suppose an animal, subject to the same laws of instinct as the rest, but which has undergone considerable modification from the general ancestral type. Is it not conceivable that such a creature, when impelled in times of panic to fall back on instincts derived from its progenitors, might find that, instead of chance favouring it, the reverse was the case, and that the inherited mode of action was the worst possible under the new conditions?"

"Again—and this is more to the point in the question at issue—suppose one class of mammals and their ancestors for an infinite number of generations had not been in the habit of using their limbs, when inspired by terror, in the manner which quadrupeds find so serviceable in the water, but in a totally different way—might there not be considerable danger that *their* special and traditional instinctive movements, if evoked by the shock of sudden immersion, would turn out to be worse than useless for purposes of natation, and so contribute to their death?"

"I shall now attempt to show that man occupies such an unfortunate position, and that in this fact we have an explanation both of his inability to swim without being taught, and of the character of his struggles when he is in danger of drowning.

"Man's ancestors, in all probability, have never, since the close of the Secondary epoch, been quadrupeds which were in the habit of escaping from enemies by fleeing on all fours upon the ground. All parts of the human frame bear testimony to an arboreal environment which decreed the structure of the

limbs and extremities and the position of the internal organs. Hence it is exceedingly improbable that relics of those rhythmic impulses which result in muscular acts appropriate to quadrupedal progression will be found in the substructure of ancestral instincts which is hidden beneath our veneer of rationality. Moreover, both anatomy and geology indicate to us that the arboreal period of our racial existence must have been many times longer than the bipedal period. Our humbler simian progenitors, having comparatively small brains, were much more dependent on instinct than we are, and therefore, since the bodily and mental attributes which have most contributed to survival in the struggle for life in the past are those which tend to occur as atavistic vestiges in after generations, we are justified in expecting to find traces of instincts derived from the needs of tree-climbing ancestors still persisting in the human subject."

"We may assume, then, that any habitual act which has been of especial utility in preserving a race from extinction throughout a prolonged period is likely to occupy no unimportant place among the inherited instincts of derived species.

Now there can be no doubt that the foremost impulse of tree-climbing animals, such as squirrels and apes, when they are seized with alarm, is to scramble upwards to a place of safety."

"Among arboreal quadrumanous creatures and their descendants we should therefore expect to find scansorial movements resorted to without premeditation in moments of extreme panic, just as, among bewildered and terror-stricken quadrupeds, running movements are mechanically resorted to. This, I take it, is a probable reason why the drowning man struggles in the manner which is at once so characteristic, so senseless, and so disastrous. *He acts exactly as if he were endeavouring to climb.* His hands are alternately thrust upwards, with open clutching fingers, as if to grasp something above his head, and his legs move in unison with his arms in the same way as do those of an ape which is mounting a tree. That is to say, the limbs on the same side are lifted coincidentally, as they are when a sailor is going aloft. There is a remarkable uniformity in the behaviour of persons who cannot swim who find themselves suddenly immersed in deep water, which also strongly suggests that some instinctive tendency, inherent in, and possessed by, all human beings, is the promp-

ter on such occasions. The unfortunate part of the matter is, that the act which nature thus suggests to the drowning man is about the worst that can be imagined under the circumstances."

"It is remarkable that, although most people hold as a matter of rational knowledge that such behaviour is worse than useless, and that the best thing to do, if one cannot swim, is to keep the hands down, and to endeavour to float calmly until help comes, yet in ninety-nine cases out of a hundred this belief is ignored or discarded in moments of peril, and the fatal prompting of instinct is obeyed.

"The proverbial impulse to clutch at straws or other objects which, to an individual with the least glimmer of discrimination remaining, are obviously useless as supports for the body, and the equally invariable tendency to thrust the hands above water in a blind endeavour to grasp something at a higher level (which more than anything else increases the danger of suffocation, since the raising of the extremities submerges the head), and, lastly, the co-ordinated climbing movements of the limbs, all support the theory that the drowning man is unwittingly employing those instinctive routine movements which, throughout the vast evolutionary epoch when the tree-tops were the chief place of safety, contributed to survival in sudden emergencies more than any other form of activity. For, although a floating straw is useless to man and ape alike, a twig of the same size has doubtless been the salvation of many an ancestor of both; and while the eyes of the fugitive were engaged in watching the leopard or snake below, the hands were successively extended upwards to the higher branches with automatic precision, and the prehensile feet followed, *pari passu*, without any special cerebral mandate.

"The instant a man's body is immersed in water, all the chief factors which form the basis of those sub-conscious calculations whereby we regulate our habitual muscular efforts, such as the firmness of the earth, the pull of gravity, the aerial non-resisting medium, and a hundred other subtle influences, are profoundly altered in value. No wonder that, in the state of functional chaos which results, the mind becomes confused and panic-stricken at its sudden helplessness. Like a bewildered official who finds himself floundering beyond his depth, it tumbles back on a ready-made precedent,

and sticks to it with stupid and slavish persistence. The precedent, unhappily, is venerable to rottenness, and was created for far other conditions; but these are considerations which the judgment of the drowning man is not in a state to take account of. It presents itself to him, he knows not how, and he submits himself to its ruling even to the death."

## MILITARY RACING.

### Aldershot Championships.

SOME of the old Polytechnic Boys, Air Mechanic Ball, Royal Flying Corps, of the Neptune Swimming Club, S.-Sgt.-Major Louis, Army Service Corps, an old member of the Serpentine and before the war of St. Matthew's, Croydon, S.C., and Air Mechanic Savage, Royal Flying Corps, an ex-member of the Dolphin Club, had a gala night at Aldershot Baths on Wednesday, August 9. The results were:—

33yds. 1ft. (1 length), for enlisted boys—Final: Clark (R.F.C.) 1, May (A.S.C.) 2, Hiatt (R.F.C.) 3. Won by two yards, touch between second and third. Time, 21.1.

33yds. 1ft., for men over 40—Final: S.-S.-M. Louis (A.S.C.) 1, Cpl. Osborne (Depôt, R.A.M.C.) 2, Lce.-Cpl. Sobey (Mil. Police) 3. Won by a touch. Time, 30.4.

66yds. 2ft. (2 lengths)—Final: A.M. Ball (R.F.C.) 1, A.M. Savage (R.F.C.) 2, Pte. Fielding (Training Centre, Crookham, R.A.M.C.) 3. Won by a foot. Time, 0.44.

133 yds. 1 ft. (4 lengths)—Final, A.M. Ball (R.F.C.) 1, A.M. Savage (R.F.C.) 2, Pte. Fielding (Training Centre, Crookham, R.A.M.C.) 3. Time, 0.44.

Relay Race (teams of 4; 1 length per man)—Royal Flying Corps (A.M.'s Ball, Savage, Dodd, and Pawley) 1, A.S.C. 2, 178th Siege Batt., R.A., 3. Won by twenty yards, Time 1.23.4.

Tug of War—Final: R.F.C. (A.M.'s Bagley, Norris, Burridge, and Holliday) beat Depôt, R.A.M.C., 2-0.

Water Polo—Final: R.F.C. (Cpl. Smart; A.M.'s Burridge and Norris; A.M. Pawley; A.M.'s Ball, Savage, and Dodd) v. Depôt, R.A.M.C. (Pte. Steventon; Ptes. Smithies and Hall, Sgt. Baigent; Sgt. Benson, Cpl. Boost, and Pte. Costello). The Medicals were beaten by 7-0 (Ball 4, Burridge, Pawley, and Dodd).

Plate Diving—A.M. Ball (R.F.C.), 29, 1.



## A TRAINING LESSON.

FINE PERFORMANCE BY VETERAN SWIMMER.

**A**N object lesson as to the value of continued, yet reasonable physical training was accorded all of us by Walter Brickett, the trainer of the British Olympic swimming teams, on August 14, when inside one hour, at Putney, he walked a mile, ran a mile, ran a mile over hurdles, cycled two miles, sculled a mile and swam a mile, a remarkable feat for a man fifty-one years of age.

Brickett, who completed his task with 6.10.2 to spare, seemed wonderfully fit. He took the mile walk first and accomplished this in 8.16, walking in extremely fair style and with none of the shuffling gait so common on our athletic tracks. The mile run took 7.10, and the mile over five 2½ft. hurdles, nine seconds longer. The two miles cycling occupied 7.13, the sculling 8.32, and the mile swim 15.19.3, the two last mentioned feats being done on a good tide.

General proficiency in running and walking forms a good aid to perfection in swimming ability, and the practice of sculling is also extremely useful. A quarter of a century ago nearly all our best swimmers came from the ranks of rowing men, most of whom were also famous as cross country runners, but of later years there has been more tendency to specialisation.

Brickett, however, believes in all round general excellence, hence his great success as a trainer, for he can participate in all the doings of his pupils and by personal example spur them on to excel. His system of all-round training tends to better general development, inasmuch as it can be kept on daily throughout the year.

Every man who participates actively in sport should do so with the idea of developing his bodily powers and with the ample opportunities now provided the athlete of the present day need never be at a loss to obtain properly directed exercise. If a man be of a vigorous body and pay daily attention to it, he will in later years find that he is in possession of a veritable mine of wealth. The man who has been properly trained for swimming races will finish his career enriched in vigour, his whole body will be developed and

not merely two or three particular sets of muscles, and although he may not be able to undergo the severe ordeal of racing with any chance of success against younger men he will enjoy life more, and take pleasure in his pastime until old age creeps upon him. The only general rules of training are: participation in those forms of exercise calculated to improve the physical powers; plenty of fresh air; avoidance of overwork and exceptionally late hours, of excess in diet, and the use of tobacco and stimulants.

A vital requirement for a swimmer is staying power. Long distance walking and cross country running are two of the best forms of exercise for a swimmer, as staying power is thereby developed. If the swimmer be engaged in business the journey to and from should be made on foot, the man in training, of course, rising early enough to allow of breakfast a decent time before starting. At every available opportunity a distance walk in the country should be taken, or in the winter a spin made with one of the cross-country clubs, all of whom are always ready to welcome visitors. It is wonderful what a recuperative effect an ordinary cross country run has upon a man, and it affords a pleasant relief to monotony in the off season of swimming. Hockey, football, skating, cycling, boxing and golf, as well as rowing, are all pleasant forms of exercise, and several of these will be found useful by ladies. Exercise in one form or another should be taken all through the winter months, so that when the season opens the swimmer may be in good condition for open water work.

One of the secrets of all good training is prevention of derangement of the stomach.

Before undertaking any great feat Mr. Brickett believes in having a proper spell of scientific massage, and prior to his great performance early this month, particulars of which are given above, underwent about an hour of the treatment. Mr. William Henry, our editor, attributes to this scientific kneading of the muscles his own gradual return to muscular virility, which was lowered during his recent long illness.

# The Swimming Magazine.

(Third Volume commenced 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 October issue of the Magazine.





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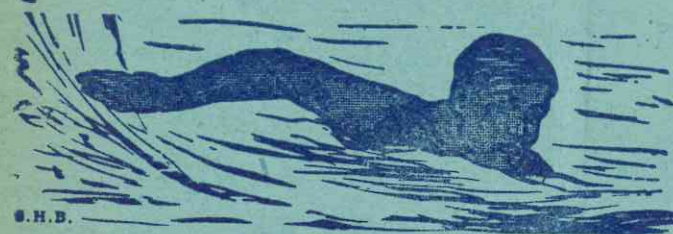
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