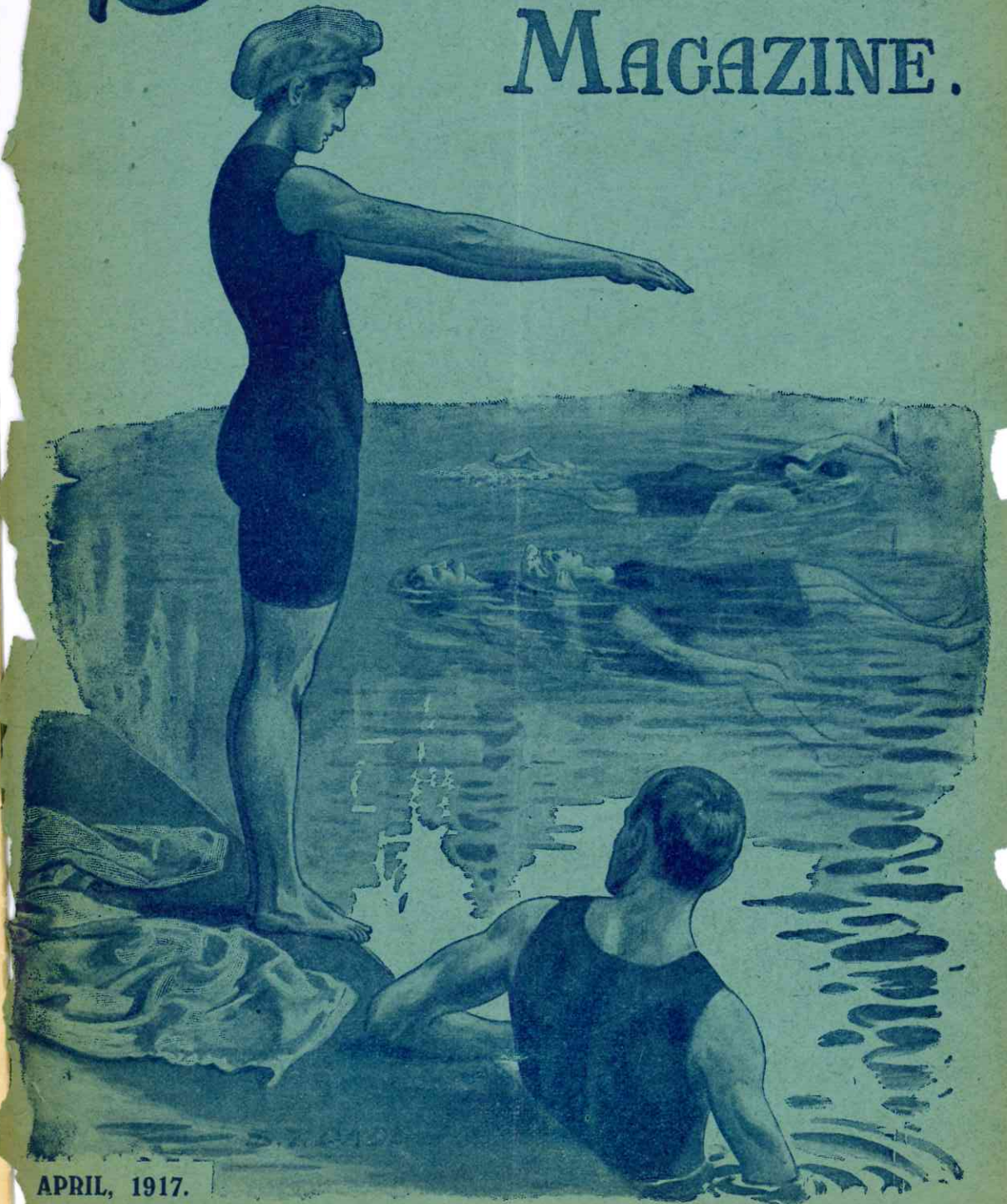


THE SWIMMING MAGAZINE.



APRIL, 1917.

FOR ROYAL LIFE SAVING SOCIETY'S ANNUAL REPORT SEE PAGES 202, 203, 204, 205.

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The Swimming Magazine

(The Official Organ of The Royal Life Saving Society)

No. 11. VOL. III.

APRIL, 1917.

THE ART OF SWIMMING & LIFE SAVING. A Subject which must be Encouraged.

WITH UNITY OF ACTION IT SHOULD BECOME UNIVERSAL.

THE Annual Report of the Royal Life Saving Society on the next page proves conclusively what excellent work was done in the past year, notwithstanding the many difficulties that were experienced. The great progress made is chiefly due to enthusiasm combined with practical energy, ability and a willingness to labour in spite of conditions which, to say the least, must have been particularly discouraging. The report of honorary labours done in all parts of the British Empire and beyond, even while the shadow of the great War obscured almost every effort, and the remarkable successes achieved, must thrill every one connected with the Society and spur each and all to renewed and determined activity during the present year.

Our Duty is Plain.

There must be no holding back, for the one who does so or formulates an excuse for so doing is no patriot nor does he care a jot for those who are doing their bit midst hardships and dangers. Every one able to swim must teach the young and so help to make them efficient. Wherever we go, whether it be to the river, to the sea coast, to the bath or bathing place, the principles of swimming and life saving must ever be inculcated into the minds of the coming generation, for they will be expected, in due course, to emulate the deeds of those who have done and are doing their best for the cause of the Empire. Why should the lives of our heroes be risked when they happen by accident to fall into the water a few feet from land? If we fail to properly equip them with the knowledge of the art of swimming and of life saving they will do their duty only half prepared. The records of gallant and humane deeds that have been performed by our sailors and soldiers

during the present war teem with examples of the use to which they have put the knowledge gained during youth, and the lives they have saved have been the great reward of their honorary instructors who have continued to "carry on" the good work. Many classes have been held on board ships of war, and in training quarters of the Navy and the Army they are doing all that is possible to make more widespread the knowledge which has proved of such practical use. These fine workers come from all parts of the British Empire, and are proud to be connected with a Society which has such a notable aim as that of teaching how to save a life.

To those remaining at home by force of age or other circumstances, their example should be a bright particular star guiding on to increased desire to aid the work. One could hardly believe that during the past year of stress such fine results could have been achieved, but the records quoted in the Annual Report show that effort has not been slackened nor endeavour diminished. The work so ably carried on at home and in the Overseas Dominions of the British Empire must be maintained, and to do that we must

All Act as Missionaries

in a good cause and never be weary of well-doing. Every school teacher, bathmaster, bath superintendent, bath manager, attendant upon swimmers, and above all every instructor connected with the art of swimming should regard it as a personal duty to encourage the formation of classes and the systematic practice of swimming and life-saving whenever occasion presents itself. If all who are connected with baths and bathing will but try and lend a hand, progress will be great, and they will thus render a splendid service to the nation.

THE ROYAL LIFE SAVING SOCIETY.

ANNUAL REPORT AND BALANCE SHEET.

ENCOURAGING RECORD OF HONORARY WORK.

IN making their third annual report since the outbreak of war the Central Executive desire to place on record their high appreciation of the continued interest which His Majesty the King takes in the work of the Society, an interest which has led to its aims and objects spreading in usefulness throughout the civilised world.

To their President, the Right Hon. Lord Desborough, K.C.V.O., for whose advice and valued assistance they have been so grateful for many years past, they again tender their sincere thanks. His Lordship's interest has never flagged since the inception of the Society, and his advocacy of its aims has borne most beneficial results.

In view of the present position it has again been considered inadvisable to summon the Annual General Meeting, and the Executive therefore ask the members to accept this report of their work as an addition to their reports of the two previous years, and also agree to their decision to remain in office until such time as the general meeting of the Society may be normally called for the open discussion of matters pertaining to its welfare. In the meantime the Executive would impress upon all members the urgent need for loyal support, and the continued expounding of the aims and objects of the Society to the youth of the coming generation. It is only by work among the young that the great progress made during the past quarter of a century can be maintained.

Although the work of the Society has naturally been hampered by the untoward circumstances which now surround us, the Executive are nevertheless gratified with the marked progress made, more particularly among the ladies, whose clubs, colleges and schools have been most active during the past year, and have been able to secure an exceptional number of the higher Awards of the Society. The Award of Merit instituted in 1908 has now become one of the chief distinctions of the Society's examinations, it ranking next to the Diploma, the passing for which shows a high standard of practical ability, chiefly due to individual effort. In fact the Award of Merit holder by continued practice should experience little difficulty in

later obtaining the highest distinction. During the past year no fewer than 440 candidates passed the test, making a grand total of 3303 holders of this particular mark of practical ability as swimmers and life savers.

The Diploma examination again attracted members in all parts of the British Empire, and no fewer than twenty-one were successful, fourteen of whom were ladies. This makes a grand total of 212 who have gained this Award since its institution in 1896, including ten "with Honours." Following is a complete list of recipients of the highest Award of the Society during the year:—Miss Edith S. Hartley, Canada; Miss Winifred Scott, Leeds; Capt. A. Rankine, Glasgow; Mrs. Agnes M. Flint, Sheffield; Miss Mary I. Tanner, London; Mrs. Maud M. Kirby, Harrogate; J. E. Uren, Australia; Miss Elsie A. E. Offen, Derby; Miss Elizabeth A. Lawrance, Dumbarton; Wm. H. Froughton, Newmarket; J. Carter, Preston; Wm. R. Gilks, Middlesbrough; Miss Winnie Blair, Stoke-on-Trent; Miss Rena Jenkinson, Edinburgh; Miss Margaret E. Quibell, Miss Kathleen Honeywill, of Anstey College, Birmingham and District Centre; John W. Brown, Salisbury, Rhodesia; Miss Nan Morrison, Paisley; Miss Mary Cunningham, Paisley; Thomas Eric Strang, New South Wales; and Miss Estelle Ivy Hayes, New South Wales.

It has been customary for the Society to accord recognition to those who have busied themselves energetically in its interests and to confer upon them the Hon. Associate Badge and Certificate, Hon. Life Membership, or the Distinguished Service Medal. In continuance of this policy the Executive have been pleased to elect as Hon. Associates the following:—(100) Miss G. F. Hole, London; (101) John C. Deeney, New South Wales; (102) Joseph A. Duffy, Wellington, N.Z.; (103) W. C. Collier, Hon. Sec. Wellington Head Centre; (104) Mrs. R. C. de Mouncey, W. Australia; (105) P. O. Wathes, Hon. Sec. Eastern Province of Cape Colony Head Centre, S. Africa; (106) C. Bryant, New Zealand; (107) W. V. Craven, New South Wales; (108) S. G. Cunningham, New

South Wales; (109) H. J. Hall, New South Wales; (110) F. Harbin, New South Wales; (111) Miss Mary Jeffery, New South Wales; (112) A. L. Melrose, New South Wales; (113) C. F. Schrader, New South Wales; (114) G. H. Tempest, New South Wales; (115) F. W. Tucker, New South Wales; (116) M. L. Hodges, Jarrow-on-Tyne; (117) W. Bramall, Malta; (118) Mrs. C. E. Plowright, Cheshire; (119) Mrs. S. G. Lewis, London; (120) H. S. Joyce, Somerset; (121) T. J. Allan, Aberdeen; (122) T. L. Aydon, York; (123) H. A. Sloane, London; (124) G. Probert, Malta; (125) Miss J. L. Woodward, Halifax; (126) R. F. Burlinson, Auckland, N.Z.; (127) Miss K. Blake, Sheffield; (128) D. Brown, Scotland; (129) A. Bater, Hon. Sec. Rhodesia Head Centre, S. Africa; whilst the Distinguished Service Medal has been conferred upon Mr. G. S. Hill, Chairman and one of the founders of the Wellington Head Centre, New Zealand, and Capt. R. W. Smyth, the Adjutant of the Royal Hibernian Military School, Dublin, has been elected Hon. Life Member.

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

1. Elementary Certificates	2705
2. Proficiency Certificates	4740
3. Bronze Medallions	2749
4. Teachers' Certificates	154
5. Hon. Instructors' Certificates	265
6. Awards of Merit	440
7. Diplomas	21
Total	11074

The spread of the work in the Overseas Dominions and also in the United States of America, has been most pleasing, and the starting of new Head Centres for Rhodesia, and the North Taranaki district of New Zealand has given the Central Executive keen gratification. Even in far off Honolulu the subject has been taken up, and in many cities in the United States it has become one of the items of instruction at several Y.M.C.A.'s and Y.W.C.A.'s, many of the teachers holding the Awards of the Society. In Canada Miss Mary Beaton has continued her good work, and her successes have been of a high order. The work generally in the Dominion has been most successful, especially at the lake camps, colleges and schools under the able guidance of the members of the Ontario Branch, who have done splendidly in the matter of awards, but the duties now devolving upon all of military age have of

course kept the total number of Awards gained somewhat lower than in 1914. Yet there is nothing to regret, for where operations have been retarded, example has made them possible in other directions. In Australia the New South Wales Head Centre retains the lead with the largest number of Awards granted, whilst the Victorian Head Centre has done so well that during the two years of the War it has more than doubled the number of Awards granted during any year prior to the outbreak of hostilities, and the Queensland as well as the West Australian Head Centres have efficiently maintained their position in that respect, notwithstanding the fact that from all the Centres of the Society the major portion of the active members have augmented the Forces doing duty on behalf of the Empire.

The New Zealand Dominion Council has a splendid record of progress, the Wellington and Wanganui Centres being particularly worthy of special mention, whilst a new Centre known as the North Taranaki Head Centre, with headquarters at New Plymouth, has been formed. The Auckland Head Centre has also gone through a keen period of revival, and the outlook for the future so far as this Dominion is concerned is most promising.

Whilst on the subject of New Zealand the Central Executive take the opportunity of paying tribute to Lt.-Col. B. C. Freyberg, V.C., D.S.O., of Wellington, the "Hero of Beaucourt." Lt.-Col. Freyberg, who gained the D.S.O. for swimming ashore in the Gulf of Saros, and lighting flares to mislead the Turks, qualified for the Proficiency Certificate, Bronze Medallion, Teacher's Certificate and Award of Merit of the Society while in New Zealand, and was one of the hon. instructors of the first classes ever held in Wellington.

Many instances of valuable work done and rescues effected by members of the Society or holders of its Awards who are on active service have come to the knowledge of the Executive, and they take this opportunity of heartily congratulating all those who have kept themselves efficient and thus been able to render aid, and also to the many sailors and soldiers who have so praiseworthy given instruction to their comrades ashore and afloat. The number of Military classes that have been held is quite remarkable. The heavy duties entailed upon the Police have prevented them holding so many classes as formerly. The following instance of the value of the instruction provided on Training

Ships will be of interest. In February last a boy unable to swim just entered into training on board T.S. *Arethusa* in the Thames fell or was pushed overboard and would have drowned but for the promptitude of two boys, Alfred Ward, and Jack Glendinning, both last year's Bronze Medallion holders of the Society, who, fully clothed, dived to his aid, after he had sunk several times, and held him safely on the surface in a rapid tideway until assistance arrived. During several years large classes have been held on board the *Arethusa* and hundreds of Certificated boys have been sent to sea. The above incident proves not only the value of the knowledge to those most in need of it but also the efficiency of the instruction provided.

All the competitions of the Society were abandoned last year, the trophies remaining in the custody of the Society's bankers. In 1915 the Darnell Excellence Trophy was won by the City of Leeds Training College, and in ordinary sequence the competition would only have been open to clubs last year, but as most of these are dormant for the time being the Central Executive considered it wise to suspend the award of this Trophy. It will again be open this year to all schools and colleges, the Award going to the Institution showing the best results in the promotion of swimming and life saving.

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

The Central Executive and the Chief Secretary desire to express their grateful thanks to the Head Centres, Branches and Members of the Society for the many kind expressions of sympathy, and enquiry in regard to the unfortunate illness which overtook the Chief Secretary and invalidated him during several months of last year, from which, he is thankful to be able to state he has now happily recovered.

During the year the Society has renewed the lease of 8, Bayley Street, London, W.C., for a lengthy period, on favourable terms from His Grace the Duke of Bedford, and therefore the headquarters in London will be as hitherto. In the first instance these offices were provided by the Chief Secretary.

The closing of all the baths suitable for winter classes has prevented the Executive from carrying on its propaganda work in

that direction, but the suspension is only temporary, and hopes are entertained that a resumption may be possible before long.

With reference to the legacy mention of which was made at the foot of last year's Report, the Executive are able to announce that the estate has been practically wound up and that up to the present the Society has received £187 10s. on account.

The Central Executive express their indebtedness to all who have continued with energy and zeal to further the objects of the Society everywhere its work has become known. These very generous services for the cause of humanity are worthy of the highest commendation and are noted with the deepest sense of appreciation, gratitude and esteem.

Drowning accidents occur under conditions which greatly vary. Not only do these happen among those who are aiding our Empire when on duty in connection with the war, but also when engaged in business, either on the sea, a river or canal, in a tiny brook, a pond or in a shell hole, as well as during spells of pleasure. Yet these conditions in a majority of instances are avoidable, if a little time is devoted to the promotion of the knowledge of swimming, saving life from drowning and the resuscitation of the apparently drowned, a knowledge which should be regarded as indispensable not only in every school, but also to every one who claims to be a swimmer. Since the ability to swim, once acquired, can never be forgotten, and may at any moment enable one to save life, the Central Executive strongly urges that it be regarded as a duty for all to become acquainted with it, and in that way be prepared for any emergency, first taking the necessary precautions by the aid of practice and experience in the water, which is most important, as it has the effect of providing the opportunity for the attainment of those talents which make for courage and manly worth, strength of mind as well as of the body. On these grounds the Central Executive earnestly appeal for aid as well as the assistance of every one interested in the cause of humanity, who they hope will join the Society, form classes of instruction and extend its usefulness.

For the Central Executive,

WILLIAM HENRY,
Chief Secretary.

March, 1917.

INCOME and EXPENDITURE ACCOUNT for the Year ending 31st December, 1916.

Dr.

Cr.

EXPENDITURE.				INCOME.			
To CLASSES—	£	s.	d.	By CLASSES—	£	s.	d.
Stock at 1st January, 1916 ...	9	17	0	Receipts ...	501	9	9
Expenditure ...	211	16	4	Stock at 31st December, 1916 ...	13	2	0
" PUBLIC DEMONSTRATION—							
Handbook: ...				PUBLISHING ACCOUNTS—			
Stock at 1st January, 1916 ...	103	9	6	Handbook: ...	132	11	8
Expenditure ...	8	4	6	Sales ...	54	2	0
" CHARTS—				Stock at 31st December, 1916 ...			
Stock at 1st January, 1916 ...	4	14	0	CHARTS—			
Expenditure ...	2	12	8	Sales ...	9	12	0
" BADGES—				Stock at 31st December, 1916 ...			
Stock at 1st January, 1916 ...	5	1	4	BADGES—			
Expenditure ...	66	15	2	Sales ...	131	2	0
" AWARDS AND FEES—				Stock at 31st December, 1916 ...			
GENERAL EXPENSES—				Receipts ...	166	17	0
Salaries ...	333	5	0	Stock at 31st December, 1916 ...			
Office Expenses ...	316	9	7	SUBSCRIPTIONS—			
Postages ...	110	7	2	DONATIONS—			
Printing and Stationery ...	53	6	8	LEGACY ...			
Advertising ...	5	6	0	INTEREST AND DIVIDENDS—			
Amount written off Furniture ...	6	3	6				
" BALANCE being excess of Income over							
Expenditure for year ...							
	£1633	6	4		£1633	6	4

BALANCE SHEET, 31st December, 1916.

LIABILITIES.				ASSETS.			
To	£	s.	d.	By	£	s.	d.
Sundry Creditors ...				CASH—			
INCOME AND EXPENDITURE ACCOUNT—				At Bank on Deposit ...	100	0	0
Surplus at 1st January, 1916 ...	2246	4	10	At Bank on Current Account ...	66	3	6
Add Balance for Year ending Decem-				In hand ...	5	3	3
ber 31st, 1916 ...	265	14	5				
	£2511	19	3	SUNDRY DEBTORS—			
				Loan (fully secured) ...			
				INVESTMENTS—			
				£500 Metropolitan Water Board			
				" B" Stock ...	447	0	0
				£300 Canadian Northern Pacific 4½%			
				1st Mortgage Stock ...	257	5	0
				£207 14s. 9d. Western Australian			
				3½% Stock ...	172	13	8
				£100 War Loan 4½% stock ...	97	3	9
				£400 6% Exchequer Bonds ...	400	0	0
				OFFICE FURNITURE—			
				As at 1st January, 1916 ...	30	17	6
				Less amount written off ...	6	3	6
				STOCKS AND MATERIALS ON HAND AT COST—			
				Handbooks ...	54	2	0
				Classes ...	13	2	0
				Badges ...	12	5	7
				Charts ...	5	6	0
				Awards ...	0	14	8
				Stationery ...	5	0	0
					90	10	3
					£2518	8	8

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

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

1 & 2 Bucklersbury, E.C.
27th February, 1917.

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

CANTERBURY HEAD CENTRE.

The annual meeting of the Canterbury Head Centre was held at the Municipal Bath, Christchurch, New Zealand, on January 10. The report and balance sheet for the year ending July 31, 1916, was then presented. In it was stated that 153 Awards had been granted during the year, nearly twice as many as during the previous season and making the total of Awards granted since the Centre was established in November, 1910, up to 817. Last year's Awards were made up as follows:—Elementary Certificates, 37; Proficiency Certificates, 75; Bronze Medallions, 36; Hon. Instructor's Certificates, 5.

Early in the year the Head Centre, by arrangement with the New Zealand Amateur Swimming Association, assumed the control of the Sir John Hall Shield competition. It is open to the schools. A very high standard of work was done by those competing, this reflecting great credit on the instructors of the various teams, and auguring well for future success.

During the year teams from the Head Centre, the Brighton Surf Club, and Sumner Branch gave demonstrations at Taylor's Mistake, with the result that a strong club was formed there. A Surf Reel was presented by the Sumner Branch, and the Head Centre donated a sum of £15 towards the cost of erecting a life saving pavilion. The New Brighton Club's activities began to embrace the north beach, and a branch of the Club was founded. It is proposed to erect a pavilion there in the near future. Reports from the Timaru Branch, Kaiapoi, Akaroa and Lyttleton had not been received in time for inclusion in the annual statement, but it was mentioned that a goodly number of Awards had been secured by pupils of the Timaru Schools.

During the year classes of instruction were given by the St. Margaret's College, Girls' High School, Taylor's Mistake Surf Bathing and Life Saving Club, New Brighton Surf Bathing and Life Saving Club, the Sumner Branch, Richmond Amateur Swimming Club, Mrs. Bamberg's Private Classes, Technical School, Boys' High School, Marist Bros. School, Timaru, all of whom are affiliated bodies, and also by the following public schools:—West Christchurch, New Brighton, Normal (winners of the Sir John Hall Shield), Elmwood, Timaru Main, East Christchurch and St. Albans, as well as several by the Head Centre.

Owing to the war the contests for the Wigram Life Saving Shield and the William Nelson Surf Shield were not conducted.

Mr. G. E. Billson, the Hon. Secretary and Chief Hon. Instructor, having joined his Majesty's Forces, the duties have been kindly undertaken by Mr. B. S. Knox, the Vice-Chairman, and the Chief Executive of the Society tender him hearty thanks for his valuable services.

The proportion of Government grant allocated to the Head Centre by the Dominion Council was £12 18s.

The balance of assets over liabilities was £87 13s 5d., and the balance at bank £51 18s. 9d.

RHODESIA HEAD CENTRE.

A special general meeting of the Rhodesia Head Centre was held at Meikle's Hotel, Salisbury, on January 4, Captain C. Douglas Jones, the President, being in the chair, when the report of the Executive Committee for the four months ending December 31, 1916, was read and passed.

It showed that during the short period of its existence the Centre had done extremely useful work, and the President ably voiced the sense of the meeting in extending thanks to Mr. Ellis Edwards, the chairman of the Executive, Mr. A. Bater, the hon. secretary, Mr. H. Harnell, one of the Hon. Instructors, and Mr. Bowley, who was chiefly instrumental in starting the Centre. Captain Jones also complimented Mr. J. W. Brown on gaining the first Diploma of the Society in Rhodesia.

In the report of the Executive it is mentioned that the Pirates A.S.C. have gained 32 Awards, Boys' High School 31, Town Police Club 19, B.S.A. Police Headquarters Club 16, and Girls' Class 6 and that Messrs. Bater and Harnell have qualified for Hon. Instructor's Certificates. These Awards have all been forwarded to Rhodesia and the Central Executive are hopeful that they arrived in time for distribution at a special gala announced to be held about the middle of last month.

Since the formation of the Centre it has been deemed wise, in order to meet all possible exigencies, to appoint all holders of the Bronze Medallion and higher Awards as examiners for the Society in Rhodesia. The gentlemen qualified for this appointment and who have also acted as examiners are Messrs. J. W. Brown, E. B. Shepherd, H. Harnell,

A. A. Pocket, P. J. Kealy, B. B. Bowley, E. Edwards and A. Bater.

The Statement of the Hon. Treasurer, Mr. B. B. Bowley, showed a balance in hand of £7 14s. 2d., which reveals a very favourable position in view of the youth of the Centre.

No fewer than seven members have already obtained the Award of Merit, these being Messrs. J. W. Brown, P. J. Kealy, A. A. Pocket, C. Brown, E. B. Shepherd, H. Harnell and H. Forbes.

VICTORIAN HEAD CENTRE.

The Executive of the Victorian Head Centre is doing excellent work. During the Christmas holidays the president gave a demonstration at Mornington, and Mr. Harry Witty, the hon. secretary, gave two displays at Black Rock. On New Year's Day the last mentioned went to Dromana and there gave a display in conjunction with Mr. Stocks, the Hon. John Lemmon, M.L.A., addressing the assembly. Mr. Witty tells us that the water was beautifully clear and that they were in 20 feet of water where they could see the sharks coming, but they were "Gummy" sharks without teeth.

A grant of £50 has been made by the State Government in aid of the funds, which assistance will prove of excellent service.

ABERDEEN BRANCH.

The annual report of the Aberdeen and District Branch of the Scottish Centre shows that 123 Awards were gained last year, this making a grand total of 701 since the Branch was founded. The Awards for the past year were made up as follows:—

Elementary Certificates, 74; Proficiency Certificates, 23; Bronze Medallions, 23; Hon. Instructor's Certificates, 1; Award of Merit, 2.

The Fraserburgh Swimming Club secured a large number of Certificates and Bronze Medallions, and as the Club has to work under very arduous conditions this success is all the more meritorious. Mr. T. Allan has proved a most energetic and erudite instructor for them.

It is pleasing to note that the Ladies' Clubs continue with their enthusiastic efforts to promote the cause of life saving amongst their members, and quite a number of Awards appear in the list.

Those who gained the much coveted Award of Merit were Mr. Allan T. Brown, Instructor of Swimming, and 2nd Lieut. W. Davidson, Gordon Highlanders.

The Executive express their deep regret at the death of Sergt. Charles Harrold, Gordon Highlanders, killed in action in July last. Previous to the war he was one of the most enthusiastic members of the Executive, and a prominent member of the Thistle Club. He was interested in various branches of athletics, but everything pertaining to swimming and life saving work ensured his heartiest support. The Executive has also sustained loss by the death of Mr. William Wurnie, Aberdeen Amateurs, one of its oldest members, who prior to the formation of the Branch took keen interest in the promotion of the objects of the Society.

ULSTER BRANCH.

The Executive of the Ulster Branch, in their ninth annual report, suggest to the affiliated clubs and individual members the desirability of instituting some memorial competitions for those who have made the supreme sacrifice on behalf of their country.

The annual contests were duly carried out last year, that for the Abernethy Cup being won by Misses L. Leslie and M. Robinson, Victoria "A," Misses M. Smyth and M. Clarke, Victoria "B," being second, and Misses Akers and M. McFarlane, representing the Co-operative Club, being third.

In the Workman Shield competition, E. Whitters and D. Munroe, Victoria "A," gained premier honours, G. T. Corry and E. A. Douglas, Donegal "A," being second, J. B. Lewars and W. H. Douglas, Donegal "B," third, and A. Woods and W. Bell, Victoria "B," fourth.

The Kelly Cup was won by G. T. Corry, of the Donegal Club.

Last year the Awards granted amounted to 46, making a grand total of 846. The Executive regrets that there is a tendency to slackness after the Proficiency Certificate has been gained, but is hopeful of stimulative increased interest.

The Executive is pleased to report that Mr. Kelly, of the Central Swimming Club, has been awarded the R.H.S. certificate for a gallant rescue at Portrush last summer.

Sincere thanks are tendered to the Baths Committee for continuing to give free season tickets to all members of the Branch who gain the Proficiency Certificate, and also to the superintendents and attendants at the various baths for their unvarying courtesy and assistance.

A gallant rescue was effected from the Training Ship *Arethusa* moored in the Thames off Greenhithe, on the afternoon of Thursday, February 15. A new and small boy who could not swim, fell from the chains into the river 20 feet below. He had five fathoms of water under him and a strong tide was running. No one actually saw him fall, but as the little fellow drifted away with the tide he was spotted by two of the other boys, who without the slightest hesitation dived overboard to the rescue. They were both fully dressed, one boy in fact having on a suit of overalls over his uniform. They soon caught up with the boy and seized hold of him one on each side and he finding himself supported had the sense not to struggle. The rescuers, remembering their Life-saving instructions, did not attempt to swim back to the ship, or to reach the distant shore, but contented themselves with keeping their new chum afloat with head out of water until a dinghy reached them and brought them back amidst the ringing cheers of the whole ship's company. The weather was bitterly cold and the water not much above freezing point, thus making the rescue all the more meritorious. Moreover the boys had just partaken of a hearty dinner. Hot Bovril however soon restored warmth and what might easily have been a tragedy ended in a sort of picnic. The boys who behaved so pluckily were Alfred Ward and Jack Glendinning. They learned their Life-saving in the *Arethusa* swimming bath on shore and both hold the Bronze Medallion of the Royal Life Saving Society. Captain E. A. Martin, R.N., has reported the case to the R.H.S.

Last summer Mr. Edward Thorne, dentist, a much respected resident of Twickenham, particularly for his hard work among the poor, unfortunately lost his life in the attempt to rescue a lady from drowning off the Southwest Coast. His fellow townsmen have now placed a memorial tablet in the Free Library and have also presented a handsome shield, with a large silver centre-piece showing a life saving scene, as the "Edward Thorne" Memorial Shield for annual competition in Life-saving drill at the swimming sports of the Twickenham Elementary Schools. These sports are held in the Mereway, an open air bath in the River Crane, and include contests for a Schools Team Shield, and a Schools Championship, whilst to all who learn to swim certain distances special certificates are given by the Council.

Gruesome indeed must now be the feelings of those persons who, prior to the New Year, had been stealing portions of the life line placed at Scarborough, a West Australian coast resort, by the West Australian Head Centre of the Royal Life Saving Society, for by their purloining of rope the lives of five men were sacrificed in the unsuccessful attempt to rescue a girl who had been washed out to sea. The girl was bathing only a short distance from the shore, when she suddenly showed signs of distress, and was heard calling to her friends for help. Evidently she had been caught by a strong undertow, for, before aid could be rendered, she was washed rapidly out to sea, her struggles against the force of the huge breakers proving unavailing, and ultimately she disappeared frantically waving her arms.

Among those who attempted rescue, Alec Gornall, a brother of the girl, about 18 years of age, is universally praised for his efforts, he having unsuccessfully made three distinct attempts to recover the body. He was quickly followed by two more helpers, who manned the life line standing on the beach, and leaving the land end in charge of another man, proceeded to strike out for the spot which was indicated as the scene of the girl's disappearance. The life line, however, proved not much more than 50 yards in length, and in his anxiety to give the rescuers the full benefit of the length the man on the shore appears to have released his hold to such an extent that he was ultimately carried right into the waves and completely lost control.

By this time many more men, learning of the fatality, had assembled however, and again a line was manned, and a second effort at rescue was made. This line also proved much too short to cover the distance required, and then the idea suggested itself to someone of extending it by forming a human chain from the shore to the beginning of the line, thus carrying it to the spot where it was anticipated the girl's body would be found. Many willing helpers were forthcoming, and in the excitement of the moment non-swimmers volunteered equally as readily as those more experienced in swimming and life-saving.

It was a dangerous experiment, except for experienced life savers, and it proved a source of terrible disaster, for in some fashion, which will doubtless never be fully explained, the chain broke. Whether it was that some of the men were unable to withstand the force

of the huge rollers of the rough sea which swept against them, or that they found themselves in a depression in the sea bottom and lost confidence, cannot be definitely stated, but something occurred to cause some one to relax his grip, and panic ensued, as the outcome of which the further loss of life occurred.

The life line used in the first attempt had been placed upon the beach last summer. It then measured, it is said, from 130 to 150 yards, but a measurement after the tragedy revealed the fact that all but 50 yards had disappeared, it having apparently been used by some one for sundry domestic purposes. Had the life line been left intact it is quite possible that life would have been saved, and it certainly seems most probable that further loss of life would have been avoided.

We have received notification that Mr. J. E. Prendergast, the Hon. Treasurer of the West Australian Head Centre since its formation, has left with the Australian Forces. We are hopeful of seeing him in England, but if the scope of his Imperial service prevents this we wish him all good fortune and a safe return to West Australia.

Miss Morrison, of the Paisley Amateur Swimming Club, who has passed for the Diploma, was one of the first to join the ladies' section of the club formed some twelve years ago, and has been an enthusiastic worker for the club all these years, having held the position of hon. secretary for four years and been swimming instructress at various periods. She has always taken a deep interest in the work of the Royal Life Saving Society and has done good work in the club by teaching and examining classes. Miss Morrison is on the staffs of the Glasgow School Board and Paisley School Board as swimming instructress, positions she has ably fulfilled for the past four years. When the Paisley Schools Swimming Association was recently formed Miss Morrison was appointed a member of the Management Committee, where she is highly esteemed and respected for her splendid record in connection with the encouragement of swimming and Life Saving.

Miss Florence Dolman, the daughter of the Manager of Burton Corporation Baths, recently saved a small boy from drowning in the Trent, after ice had given way.

The Stanhope Gold Medal of the R.H.S. has been awarded to John Paxton, fireman on the S.S. *Swedish Prince*. When his boat was torpedoed in the Mediterranean in August last it had to be abandoned, but in the excitement Paxton and three others were left on board. Paxton at once jumped into the sea and then induced his comrades to jump after him. One at a time he bore them through the water to the nearest boat, thus saving their lives. The Stanhope Medal, which is presented for what is considered to be the bravest life-saving deed of the year, was instituted in memory of Captain S. S. Chandos Stanhope, R.N., the first recipient being "Captain" Matthew Webb, who jumped overboard in mid-Atlantic on April 22, 1873, to rescue a shipmate.

An application has been received from Amsterdam for full particulars of the method of organization of the work of the Royal Life Saving Society, the conduct of classes of instruction and the examination of candidates for its various Awards, the idea being to establish for Holland a kindred Society on the British model.

During last year 968 persons received recognition from the R.H.S. for saving 845 lives and attempting to save 163 others. Nearly 250 of these awards were made to officers and men in the Navy and Army for rescues at sea and in the land war zone.

The Tasmanian Head Centre, of which Miss Olive Barnard is hon. secretary, arranged for a patrol on Long Beach, Hobart, on Christmas Day and the holidays, and is therefore making good progress in the right direction.

During the past year the Glasgow and District Branch has held no fewer than forty-seven examinations and granted 383 Awards, made up as follows:—Diplomas 4, Awards of Merit 17, Bronze Medallions 103, Proficiency Certificates 158, Hon. Instructor's Certificates 4, Teacher's Certificates 3, Elementary Certificates 94. As the Hon. Treasurer and many other officers have been called up most of the work has devolved upon the president, Mr. Purdie, and the hon. secretary, Mr. A. Galbraith, who have been most energetic and successful in keeping up the record of the Branch. Owing to the war all the competitions have of course been suspended, but these will be resumed as early as possible.

SPECIAL APPEAL

To Members of The Royal Life Saving Society

AND

Subscribers to the "Swimming Magazine."

Ladies and Gentlemen,

When the SWIMMING MAGAZINE was first published in June, 1914, there was no idea that this lamentable war would soon be upon us. The outlook seemed calm and the prospects for greatly increased progress in the teaching of swimming and Life saving more rosy than ever before. But the war has interfered with these bright prospects, and we are now about to enter upon a fourth year of the magazine's existence under unprecedented conditions.

The growing demands of the Naval and Military authorities for increased tonnage and the consequent limitation of imports has caused a dearth in the supply of paper, thereby bringing about enhanced prices, and the rising charges for all other commodities connected with the printing trade, as well as the scarcity of suitable labour, all combine to make the production of the Magazine most difficult, but up to the present these troubles have all been overcome by the kind co-operation of the subscribers.

The Magazine holds a unique position, inasmuch as it is the only one of its kind in the world that deals in a comprehensive way with swimming and Life saving among the English speaking peoples, and as such it has proved a valuable means of inter-communication with friends at home, at the various ports, and in Canada, Australia, South Africa, New Zealand, the Allied and many neutral countries who have become regular subscribers and are in constant communication with us so far as postal arrangements will permit.

It would be matter for great regret were this valuable means of interchange of ideas and news to be interfered with by the war, and it is therefore necessary for me

to know at once how many copies will be required in order that the contracts may be entered into for another twelve months. For that reason I now ask all friends of the Society and present subscribers who are desirous for the continuance of the Magazine to send me their subscription of five shillings for the year on or before May 1 next. By doing so they will greatly assist me in making the necessary arrangements, and ensure the prompt issue of the first number of the Fourth Volume, due on June 1 next.

By means of the Magazine we have been able to ensure a unity of purpose in the furthering of Life saving, and have reaped much practical benefit. May I therefore ask for the continued support of everyone interested in the cause in carrying on what has been to me a labour of love for the past three years, believing as I do that such a journal is most valuable in furthering the well-being of the Society in particular and the cause of swimming and Life saving in general.

I am, Ladies and Gentlemen,

Yours sincerely,

WILLIAM HENRY,

Hon. Editor.

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

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

MODERN METHODS OF TRAINING.

Breathing Exercises for all Swimmers.

SCIENTIFIC SYSTEM PROPOUNDED BY DANISH OFFICER.

By WILLIAM HENRY.

THE proper development of breathing is essential to every person, otherwise the pursuance of exercises only tends towards harm instead of physical well-being. For the swimmer the process of breathing is very often difficult, and therein lies his failure to attain high speed, or to exhibit great powers of endurance. In his book, "My Breathing System," Lieut. J. P. Muller, lays particular stress on breathing through the nostrils, but we all know that a swimmer when in action cannot do that effectively, for the breathing must be done through the mouth. Being a swimmer himself Lieut. Muller fully realises this, but he maintains that therefore it is the more necessary that when not in the water swimmers should acquire the habit of the more hygienic nasal breathing. With that I agree, maintaining more pointedly that by this practice we can deepen and develop the chest capacity, thereby giving us longer continued staying power than would otherwise be the case, and lessening the strain on the heart.

The entrance to the nostrils is furnished with hairs, and farther inwards, the nasal cavities are lined with mucous membrane. The dust and germs which are common to the foul air of towns, and which enter the nostrils during the act of inhalation are retained there, and the air is thus cleansed, whereas if inhaled through the mouth impure organisms may enter the lungs. And while on this subject it is well to remark that an effective way of cleansing the nostrils and the throat is to use a gargle of warm water with common salt in solution, each morning and evening. The nose is easily cleansed by means of some of the salt water held in the hollow of the hand, then snuffed up the nose, and finally expelled through the mouth.

One of the advantages of nasal breathing is that the air becomes well warmed before it enters the lungs, and this is of high importance in cold weather. Chills after coming out of baths can thereby be obviated, for the air on entering the nostrils is spread over a wide surface of mucous membrane filled with warm blood, which creates a large heating surface along irregular passages thus pre-

venting the air from rushing through too quickly. By this means cold air is heated.

Another great advantage of breathing through the nose is that it obviates the risk of making one's throat dry and husky, especially in dry weather, or when the air is filled with dust. Then it is that the mouth breather suffers, and becomes afflicted with an almost unquenchable thirst.

The best breath of course is that taken in the easiest and most natural way, with the least strain of muscle or conscious effort and which, in the shortest space of time, gives the largest supply of fresh air and the most complete expulsion of vitiated air. Lt. Muller says that the following is the most efficacious and at the same time the easiest form of deep breathing:

"Stand erect, with heels together and the body well balanced upon the whole of your feet. The hands should rest on the hips, the shoulders thus being partly relieved of the weight of the arms. Lean the head very slightly back. Open the nostrils as wide as possible. Raise the lower ribs as far as possible outwards, and that chiefly to the sides, but also somewhat to the front, together with the breastbone. At the same time stretch the whole upper part of the trunk upwards, and continue thus stretching and lifting for a while after the lower ribs have been completely expanded. The air will then rush in and fill every part of the lungs.

"Complete exhalation is performed by the precisely contrary movements; lower the chin again, let the ribs and breast-bone sink inwards and downwards, and the whole upper part of the trunk downwards, and continue the contraction of the lower ribs to their utmost limit. In this it is a good plan for beginners to assist by taking the hands away from the hips, placing the palms against the lower part of the chest, thumbs pointing inwards, and then exerting oblique inward pressure against the lower ribs, thereby bringing them nearer to each other."

In order that persons may better attain this perfection in breathing, and thus be

suitably fitted for physical exercises. Lt. Muller has evolved what he terms, "My five minutes breathing system," which if regularly practised will enable one to do much more and much better in their special sport or pastime. This breathing system is therefore especially suitable for schools, where the teaching of how to breathe correctly should receive the utmost attention from those engaged in the instruction of the young, for physical training is now a necessity.

Lt. Muller does not believe in deep breathing being practised while the body remains in one position, and insists that full respirations ought to be performed with the body in different positions. His opinion also is that beginners in the art of breathing who have not yet learned any special exercise may profitably practise deep breathing when walking to or from their business. They should take 4 to 6 strides during inhalation, and 5 to 7 during exhalation. You try it! We have!

Nine easily remembered exercises form the basis of Lt. Muller's system of instruction, the first eight exercises forming two series, each of which consists of three trunk movements and one deep knee bending. Each of the exercises should be commenced with a full exhalation through the nose and immediately after each exercise there should follow a short pause of rest, during which two easy and relieving full respirations through the nostrils, wide open, should be performed.

In the first exercise you plant your feet firmly about eighteen inches apart, with the toes turned slightly out in a natural position. Then expel by a deep exhalation as much used-up air as possible from the lungs. Then immediately start slowly bending the upper part of the body and also the head, well over backwards. Whilst you are bending backwards in this manner, you should at the same time take a good, steady inhalation, and also bend the arms and clench the fists. The shoulders, elbows and hands should then have been forced well back, the wrists being bent. Without stopping in this position you start a deep exhalation during a steady forward movement, bending the body as low down as possible, with knees straight and trying to touch the floor with the fingers. During the forward movement of the body the arms are gradually straightened, the hands opened and the fingers stretched. You raise the arms and trunk again during inhalation and once more bring them back to

the first position. Bend for the second time forward during exhalation, return during inhalation, and continue these movements slowly but as full as you can make them.

After this exercise you go through the deep breathing exercise standing with your heels together, and hands on the hips. The nostrils should be well opened and two or three complete breaths should be taken through the nose as long and as steady as possible. Lt. Muller's detailed rules for inhalation are (1) Open the nostrils; (2) Raise the shoulders together with the whole of the upper chest, and lean the head slightly back; (3) Move the lower ribs as far as possible outwards; (4) Do not arch the upper chest into a cramped position; (5) Do not draw in the abdomen, nor brace its muscles—and his rules for exhalation: (1) Let the whole upper chest and the shoulders sink, and lower the chin again; (2) Let the ribs sink and draw them inwards and together as much as possible; (3) Do not draw the abdomen in, but keep it naturally relaxed.

The side bending and trunk twisting exercises which I gave in my last article are also carried through in conjunction with the breathing exercises. The inhaling is done as the body is swung slowly over to one side, and the exhaling as you work the body and make the accompanying arm movements to the other side.

A useful exercise is No. 4 in "My breathing system," and described as "Full breathing during arm raising to the front and lowering, combined with quick knee bendings, feet apart, and without heel raising." In this you stand erect, arms at side, palms to the rear and feet well apart as in exercise 1. After the preliminary exhalation you raise the outstretched arms, palms downwards, slowly to a horizontal position in front of you, at the same time taking a good inhalation. Then, whilst starting a deep exhalation sink quickly to a squatting position without raising the heels from the floor. You should rise again quickly, completing the exhalation at the same time and lowering the arms. As the breath is exhaled during the whole downward and upward movement, with bending and subsequent straightening of the knees, this must be carried out in a comparatively short space of time, while the raising of the arms during the full inhalation alone must be performed very slowly each time. This exercise should be repeated four times, and then the deep breathing practice gone through.

The exercise for "Full breathing during arm raising sideways, and subsequent lowering combined with slow deep knee bendings, feet together and with heel raising," termed exercise 8, in Lt. Muller's book, is another worthy of attention. In this you first of all stand at attention. Having performed the preliminary exhalation as in the other exercises you rise on the toes and raise the arms sideways to a horizontal position, at the same time taking a full inhalation. The head should be inclined slightly backwards, the fingers well stretched out, and the arms and shoulders forced as far back as possible, thus improving the carriage of the whole body. Then a deep exhalation should be made, during which the body should be lowered to a squatting position, but the heels still kept raised from the floor. The arms and chin should at the same time be lowered and the hands tightly clenched. Then comes the second full inhalation, during which the body and arms are slowly raised until the previous position is again reached, and then during another deep exhalation come to attention, the chin, arms and heels being lowered simultaneously. Then repeat the whole combined movement, and you will then have performed in all two deep knee bendings and four full respirations. The deep breathing exercise should then be taken.

The last exercise I shall give in this series is No. 9, in which you stand with feet as much apart as in exercise 1. Place the palms of your hands upon the abdomen, perform the preliminary exhalation and then lean slightly backwards and draw a full inhalation, endeavouring to distend the abdomen as much as possible. Then while exhaling deeply, bend slightly forward, press the fingers inwards, and move them upwards under the ribs and in this way press in the abdomen. Recommence the movement by raising the body and inhaling, at the same time relaxing the hold of the hands, and dropping them a little. Then press in the abdomen for the second time, and bend forward as before while exhaling, then once more inhale, raising the body and extending the abdomen, and so on, performing in all four double movements and four abdominal respirations. After frequent practice the abdominal muscles should become sufficiently strong for these movements to be performed without the assistance of the hands, the drawing in, and the distending of the abdomen, being performed solely by the force of the abdominal muscles.

Lambeth Shows the Way.

WHEN, some years ago, on the suggestion of Mr. J. Derbyshire, the Manchester City Council for the encouragement of life saving knowledge inaugurated a system of free season tickets, and free teaching at its Baths, hopes were entertained that the London Borough Councils would soon follow suit, but these hopes had become dim until last month when the Lambeth Borough Council decided to adopt a scheme propounded by Mr. Frank Tilton, the superintendent of the Borough Baths. Under this all residents of Lambeth who may gain the Award of Merit or the Diploma of the Royal Life Saving Society will be granted free season tickets to the Baths for one year. The Council will also give tickets to adult males who are bona-fide amateurs as defined by the Amateur Swimming Association who can swim 100 yards inside 1.10; quarter mile inside 6.20 and half mile inside 13.15; to boys who can swim fifty yards inside 0.37 and one hundred yards inside 1.20, and to ladies who can traverse fifty yards inside 0.37, hundred yards inside 1.20, quarter mile inside 7.20, and half mile inside 15.20. These standards have been set so as to encourage a higher study of swimming among those resident in the Borough of Lambeth, and will doubtless lead to similar schemes of encouragement being adopted by other London Boroughs. Anyhow Lambeth has the honour of leading the way.

All the trials and awards will of course take place at Lambeth Baths, an establishment admirably suited for any special test of swimming.

During the past year, despite the fact that free bathing was granted to the local troops, the Baths gained over £400 more in income than in the year before the war; in fact it was the best season of the twenty that the Baths have been opened. We hope that Mr. Tilton's idea will be enthusiastically taken up and that many will take the opportunity of perfecting their ability.

Copies of *My Breathing System*, and other important works on physical culture, by Lt. J. P. Muller, can be obtained of Messrs. Ewart, Seymour & Co., Windsor House, Kingsway, London, W.C. Particulars of the various publications will be sent on application to the publishers at the above address.

THE LADIES' SECTION.

A MODEL DRESS FOR BOATING.

THE NEGLECT OF OPEN WATER PRACTICE.

BEFORE our esteemed contributor, "Lady Dorothy," went overseas on service, she contributed some trenchant opinions on the costumes lady swimmers are perforce compelled to wear by virtue of the rulings of the Amateur Swimming Association. She stoutly maintained that English lady swimmers were severely handicapped by having to wear four-inch sleeves. She was also dead against stockings for diving on the grounds that they were ungainly, untidy, never matched the bathing dress in colour, hung off the ends of the feet when wet, tended to make the wearer slip, pulled the costume out of shape, were generally soon full of holes and made the swimmer look ridiculously overdressed. "In fact," said "Lady Dorothy," "they give the wearer a professional or vaudeville performance sort of appearance."

Now we learn that the lady swimmers of America have made fun of an edict issued by the Amateur Athletic Union that their bathing suits shall be of black texture and shall cover the body from shoulder to toe. Several of the water sprites have declared that to insist upon women wearing stockings in swimming events is the funniest thing they ever heard suggested. "I'd like to take some of those men, hang long stockings on them and then make them swim races in rough water" one remarked. They are united in declaring that the stockings on them become water bags, retarding the swimmer. One well known lady swimmer wanted to know why the A.A.U. officials didn't suggest that women wear hats and shoes too.

The American girls are said to favour what is termed the "Annette Kellerman" costume, which from photos to hand appears to be an attire worn by English men swimmers, and certainly much more comfortable for racing than are those now in use by ladies for competition purposes. If there were, however, any general consensus of opinion that a change was desirable so far as this country is concerned, we have no doubt that the Ladies' Committee of the South would soon have ventilated the matter. It is

a strong, self-contained body, and has done much towards bringing ladies' swimming to the fore in the Southern District during the past two years. Indeed, had it not been for their energy all competition would have been almost dead. They can, therefore, safely be left to the discussion of the costume question if any be needed at the present juncture.

In that very valuable work of reference entitled "Swimming," by Ralph Thomas, appears some amusing illustrations of costumes worn by ladies during the Victorian era. How on earth they could ever swim in them passes comprehension. In fact, as Mr. Thomas very truly remarks, it would seem hardly worth while undressing. The costume regulations of the Amateur Swimming Association came into force in 1890, but it was not until some years later that there was any legislation as to ladies' costumes, this occurring about 1899, two years before ladies' championships were started, and if we remember aright the conditions as to costume were drawn up on suggestions made by representative ladies' clubs of the period, many of whom at the time were averse to championship races at all, and would not allow gentlemen to be present at their club galas. But that was twenty years ago.

In the old days there were often long and acrimonious debates over the costume question, but that was before the right of ladies to swim in public was fully recognised. Grievous indeed were the results prognosticated, but the opinions expressed have long since proved to be myths. So also was it with the mixed bathing question first resolutely roused by Mr. Harry W. Fisk, the present Clerk to the Magistrates at Portsmouth, who at the time was hon. secretary of the Portsmouth Swimming Club. This gentleman did much to advance ladies' swimming, and his battle cry of "Why should a man not swim with his grandmother?" staggered the Mrs. Grundy of his day, and led to family bathing, followed later by general mixed bathing.

The splendid services which Mr. Fisk has rendered in the way of promoting swimming among ladies have extended over very many years. Coming from Ipswich to Portsmouth, he in 1875 founded the famous Portsmouth Swimming Club, which in normal times has a membership of close upon two thousand, the great majority being ladies, for whom highly competent coaches are engaged for the teaching of swimming and life saving. In 1879 Mr. Fisk appealed through the *Swimming News* for the encouragement of the pastime among females, using as an example an awful catastrophe which had occurred the year previously, when the *Princess Alice*, a pleasure steamer, was run into and sunk just below Woolwich and no fewer than seven hundred men, women, and children were drowned in a few minutes. Out of 339 females only one was saved, she swimming to the bank.

Yet mixed bathing and more particularly family bathing has not been taken up in this country to the extent its importance deserves. Family bathing is distinctly better as a means of gaining confidence than trying to pick up a knowledge of swimming amongst strangers, especially in the case of highly strung and nervous youngsters of both sexes. Yet there has been continued opposition to its introduction into many of our baths, and antagonism of a character which it is not easy to understand, and very difficult to overcome in many boroughs. Yet we have made great progress since the late Sir George Pragnell became the great advocate for its adoption, and by persistency the prurient scruples which underlie the opposition to its general adoption will be gradually removed. Chiswick Urban District Council set a fine example last year at its open-air baths and the ratepayers reaped the benefit.

The executive of the Midland District of the Amateur Swimming Association have decided not to hold the usual annual general meeting nor to ask for subscriptions this year. There will of course be no men's championships, but the 100 yards junior. Mr. G. Newton, the hon. secretary, announces that the 100 yards and 200 yards ladies' championships will duly take place, and clubs desirous of obtaining their events must make early application. The executive will meet at Leicester on April 28 to arrange the dates and places for their decision.

Water polo has not caught on with ladies' clubs to the extent one could wish, but to encourage it suggestion has been made that the ball should be smaller than that used in regular league and championship games. If the ball were reduced in size to say six inches in diameter and the field of play reduced we should easily train up a good set of lady water polo players. The distance between the goals could be limited to fifteen yards, the goal area by a half or two-thirds, and the time of play made shorter. Here is a chance for experiment by the ladies' clubs, which if carried out successfully might lead to the formation of a league, the matches in which would form admirable items of attraction on gala programmes.

The Clapton Ladies who did so well in the competitions associated with the Southern Ladies Star and Garter Fund have been very busy all the winter months, as they are extremely anxious not only to maintain their position, but to improve upon it. The local baths have been open for them two nights a week during the off season and they have been practising untiringly under smart professional coaching. The members have made excellent progress, thanks to the encouragement of Mrs. Porter, who has been hon. secretary since 1910, and whose keen enthusiasm for the Club's welfare has worked her fellow members up to a high energetic pitch. This winter training should make the Clapton Ladies formidable opponents for other teams when the season opens.

The Clubs will soon be opening up their programmes for the coming season, and in the compilation of them one hopes that they will not again neglect open water races. These form the real backbone of competitive swimming, for they are special tests of ability. The fast bath swimmer is not always the best open water swimmer, for considerable practice and acquired knowledge is needed in making the best of one's way between two spots when competing in a fast current or in a stream where eddies are frequent. Many a good race has been lost by lack of this knowledge and also many a precious life sacrificed through bathers not having been taught or practised the methods of how best to swim in tidal waters, and how to take advantage of the currents for landing instead of coming into opposition with them and thus causing distress.

The Sarnian Ladies' Swimming Club of Guernsey, which has now a membership of 151, has fixed its annual gala for August 23, and its points handicap races for July 11 and 25, and August 8. It will also, as in former years, hold life saving classes under the experienced tuition of Miss I. Randall, the hon. secretary, who will be assisted by Misses W. Daires and S. Kaines. The club made four contributions to War charities last year, £5 going to the Channel Islands Committee Fund, £5 to the French wounded Fund, £8 8s. 3d. to the Y.M.C.A. Huts Fund and £8 8s. 2d. to the Star and Garter Gala Fund. No member of this club is allowed to compete in any sport in any public place in Guernsey, such as the Albert Dock, etc.

Birmingham Leander Club, founded as far back as 1877, and at one time the leading water polo club in the country, has had mainly to rely on the support of its ladies' section during the past year. Mrs. Neville Chamberlain presented them with a cup for a 100 yards School Girls' Championship and this was won by Miss G. Knight of Albert Road School. The president, Mr. J. J. Pritchard, gave a cup for the 100 yards ladies' championship of the club and the contest for this ended in a win for Miss L. C. Parsons, the captain of the club, in 1.22, Miss M. Brazener being second, and Miss D. Baker third. The traditions of the club were well upheld by Miss M. L. Berlyn, who won the 100 yards junior championship of the Midland Counties at Wolverhampton in the excellent time of 1.11.4., which is close upon English ladies' record.

From the annual report of the Royal Life Saving Society it will be gleaned that the ladies have done remarkably well this season, their records in the Awards of Merit and Diplomas gained being exceptionally good. The Award of Merit is a fine test of all round swimming ability, and as such is highly coveted by those young ladies who are studying for positions as physical instructors at colleges and schools, the status of which appointment has considerably improved of late years and is highly coveted. As the years go on this position will increase in value, for the physical training of the young will be deemed of the highest importance after the termination of the war, for by its means only can we maintain the stamina of the nation.

So far we have been unable to ascertain whether there is any likelihood of the senior ladies' championships of England being held this season or not, but there seems to be no valid reason why they should not be now that the senior district championships of the South, North and Midlands are to take place; no information is forthcoming as to the intentions of the Western and North Eastern Districts. There are so many promising lady swimmers now in this country that it seems a pity they should be debarred from competing for the higher titles. They are all in training, and many of them have done excellent performances well worthy of trial for championship honours.

Upon the application of the Aberdeen and District Branch of the Royal Life Saving Society the Aberdeen Town Council has granted the exclusive use of the Corporation bathing pond to ladies for two hours on Sunday mornings.

The 220 yards ladies' championship of Victoria has been won by Miss Lily Beaurepaire, sister of Lt. Frank E. Beaurepaire, in 3.18. The race was decided at the City Baths, Melbourne.

We are often asked what is the best dress to wear when going boating. For our own part we prefer an unlined skirt of serge with knickers, for if the boat be upset or the girl fall accidentally into the water, the costume will not hamper her much in a short swim, whilst if a long one be necessary the skirt can be taken off. Therein lies the value of the training for undressing in the water, ability to perform which forms one of the tests for the Award of Merit of the Royal Life Saving Society, which so many young ladies have gained during the past three seasons. Through the knowledge obtained whilst practising for these examinations is due the saving of many valuable lives.

In the event of the National Championship races not being decided, would it not be possible to arrange for one or two record scratch races over the various distances at some of our galas this year? Such events would create interest and would be a pleasing item on a Club card, apart from doing much to further the progress of swimming, for competition is vitally necessary if improvement be sought after. On page 219 will be found the English Ladies' records.

NOTES ON NEWS.

Interesting Items from Home and Abroad.

THE Maroochydoore Swimming Clubs' Carnival on New Year's Day, where, as reported last month, Frank W. Springfield, of the Valley Club, Brisbane, won the quarter-mile championship of Queensland, attracted a very large company, for, apart from the persons lining the shore, there were over fifty motor boats, crowded with people, accompanying the races. Springfield had a hard race. For the first hundred yards he was led by P. Hammond, of the Commercial Club, J. Saunders, of Ipswich, being third. Then Springfield went to the front, followed by Saunders, and at three hundred yards had a lead of about six yards. Saunders closed up in the last sixty yards and was only beaten by three or four yards in 6.29.2, against a slight tide over the first portion of the race. In a half mile handicap Springfield gave Saunders ten seconds and beat him by nine in 16.6.

The King has granted to Mr. Richard Reading, ex-Corporal in the Belgian Army, licence and authority to wear the Insignia of Chevalier of the Order of Leopold, conferred on him by the King of the Belgians in recognition of valuable services rendered by him. Mr. Reading was formerly editor of the *Sporting Chronicle*, and joined the Legion of Frontiersmen, but anxious to get to the Front, transferred to the Belgian Army. He was promoted corporal and put in charge of an armoured motor-car. His party was one day ambushed by the Germans, and Mr. Reading was shot through both ankles, but he held the enemy at bay until his men had time to drive off, when he seized the springs of the car and was dragged behind for a mile. Mr. Reading is a very keen swimmer.

The Rev. W. P. Low, Chaplain to the Forces, mentioned in General Smuts' despatches from East Africa, represented Oxford against Cambridge in the inter-University competitions of 1903 and 1904.

Lt. J. P. Stimson, R.N.V.R., called to the Bar at the Middle Temple, is the second of the four sons of the Town Clerk of Bedford, all of whom in turn captained Bedford Modern School in Rugby football and swimming. Lt. J. P. also followed his elder

brother, "C. C.," as captain of swimming at Cambridge University, and he was a prominent player for the Bedford R.U.F.C. He joined the H.A.C. on the outbreak of war, and was wounded in France in February, 1915. On recovering he secured a commission in the R.N.V.R., but was sent back last autumn for a further operation to remove the bullet by which he had been wounded when with the H.A.C. The operation was successful, and whilst on sick-leave Lt. Stimson took the opportunity for the call to the Bar. Another brother, Lt. W. B. Stimson, Bedford Regt., who has been reported wounded, represented Cambridge against Oxford in swimming in 1913 and 1914.

Mr. H. J. Herbert, the Newport and Welsh International water polo player, has been given a commission in the Royal Engineers' Road Services in France. "Harry" Herbert has had a unique career in Welsh water polo, for he played in 30 international matches. He was captain of the Newport Club, captain of Wales on many occasions, and is a vice-president of the Welsh Swimming Association. He holds the Proficiency Certificate and Medallion of the Royal Life Saving Society; is a member of the Ladyhill Golf Club, and on the General, House and Greens Committees.

Brown Boyle has won the Middle Atlantic plunging championship of America with a plunge of 74ft. 3ins.

Swimming is very popular in Japan, whose entry into future Olympic Games is considered probable. The games have been held in Athens, Paris, St. Louis, London and Stockholm since their modern inauguration in 1896, and in the ordinary routine would have been held in Berlin in 1916. Their revival seems to be doubtful. It would be far better to have Pan Britannic Games after the war, and international meetings at varying intervals.

We have received a cheery letter from Lt. Frank E. Beaurepaire, who is now with the Australian Forces in France. He is feeling fit and sends regards to all old swimming friends.

In their twenty-fourth annual report the Committee of the Scarborough Amateur Swimming Club state that although a great many of the members have joined the colours, the membership is still 254, this including 95 lady members and 58 honorary members. The Committee greatly appreciates the good work of the Education Committee in continuing the instruction of swimming to the children in the Elementary Schools, and notes, with pleasure, its far reaching results.

Last year the only entertainment carried out by the Worthing club was that for the Elementary schools, but this was most successful, a record number of certificates being gained by the scholars. Misses De Saute and F. A. Emery qualified for the Award of Merit of the Royal Life Saving Society, the instructors being Messrs. T. Greet and S. J. Tingley. Five guineas was subscribed to the Jack Cornwall Fund.

Lieut. B. G. Sampson, Royal Fusiliers, killed in action, was a fine swimmer and skater and held the amateur skating championship of London. He was also a member of the Kensington Boxing Club.

The New South Wales Ladies' Amateur Swimming Association is said by the Sydney *Referee* to be quite the busiest swimming concern in the whole of Australia. Its executive appears to be particularly energetic.

Swimming in "Dublin" is practically at a standstill, the city baths having been closed for some time past, while the championships have been abandoned and the senior water polo matches not played. Over fifty of the best swimmers, including George Dockrell, Jim Beckett, Noel Purcell, and George Holmes and Armstrong are serving with the colours, and over a dozen fine lads have laid down their lives. The teaching of Life Saving has been going on at the Royal Hibernian Military School. The Royal Irish Constabulary have some good swimmers but unfortunately the authorities do not insist upon swimming and Life Saving being part of the efficiency tests.

Dick Cavill has leased the new Municipal Baths at Ithaca, Brisbane. The swimming pool is 75 ft. by 29 ft. and varies in depth from 3 ft. to 7 ft. It is filled with salt water and as it has no covering affords ample opportunity for sun bathing.

New municipal baths were opened at Govanhill, Glasgow, by Lord Provost Dunlop on the last day of February. A splendid display of swimming was given by Miss Mary Strathearn and Miss Bella Moore, the latter being the fastest lady swimmer in Scotland.

At the Domain Baths, Sydney, the Education Committee, at the instance of Mr. Walter Bethel, has put into execution an admirable system of instruction in swimming. Boys have been taught all the movements of swimming before they entered the water, and each assisted the other when there. It is estimated that since Christmas at least 500 lads have acquired a good knowledge of the art, and many more are so far advanced as to require but a small amount of practice before trusting themselves in deep water. Harold Hardwick and Oscar Dickman, one-time amateur and professional champions respectively, of world-wide fame, assisted towards bringing about the success achieved.

The Rev. Ernest Millar, C.M.S., who died in Uganda in January last, left £1,000 for the construction of a swimming bath at King's School, Budo, Buganda.

Air Mechanic R. H. Carey, of the Royal Naval Air Service, who has been wounded, was swimming master at Manchester Grammar School prior to the outbreak of war.

The inaugural meeting of the Oxford University Swimming Club was held on May 22, 1891, Lord Ampthill being in the chair, when a letter was read from Mr. W. H. Grenfell, now Lord Desborough, wishing the movement success. The first officers elected were: President, Mr. A. M. Langdon, New; Hon. Sec., Mr. E. D. Finch Smith, Worcester; Committee: Lord Ampthill, New; Mr. W. A. L. Fletcher, Christ Church; and Mr. Guy Nickalls, Magdalen. Before the club was founded, swimming received very little encouragement at the University. Annual races had been held by the Boat Club, but these had been discontinued.

As far back as 1886 we were promised a salt water bath in London, but it has not arrived yet. The statement was made in a swimming journal published on All Fools' Day.

We regret to learn that Pte. William E. R. Lake, Devon Regiment, has been killed in action. He was a well-known and popular member of the Plymouth Amateur Swimming and Life Saving Society. In 1900, 1904 and 1912 he won the Promenade Pier Cup, and by these three victories made it his own property. Prior to enlistment Pte. Lake was an assistant master at Plymouth Public School, and trained the boys for various swimming competitions.

The Plymouth Company of the Devons, R.E., had a successful season at Gibraltar, they winning the water polo championship under the captaincy of Sapper Carl Hockaday, of the Plymouth Amateurs, who also had in his team Sapper A. Davis, of the Port of Plymouth Swimming Association, and Sec.-Corporal Stoneman of the Exeter Club and Devon County. It was the first time the Gibraltar team had been beaten for several years past. The company is looking forward to further honours, and with such strong players in its ranks bids fair to achieve its ambition.

Southampton Swimming Club has now a membership of 500, the highest on record in the Club's history, but of course many of the members are on active service. Dr. Russell Bencraft has again been elected President of the Club, and Mr. C. F. Petty continues as hon. secretary. The club is in a sound financial condition and was able by the help of its lady members to raise over £23 at its gala held last spring in aid of the funds of the British Red Cross Society, and the Order of St. John of Jerusalem.

The Bath Humane Society, founded as far back as 1805, has just issued its one hundred and eleventh annual report, in which it is stated that since its foundation 1,773 cases of rescue had been investigated and rewarded. It was only called upon to investigate three cases last year, probably owing to the great progress made in the art of swimming, and in each case they were mishaps to very young boys. One of the gallant rescues was accomplished by a boy of fourteen. Life-saving apparatus is placed at thirty-three stations and receiving-houses and also life-buoys at other spots. The committee deeply regret the death during the past year of Mr. Montagu Pakeman, who was a member of the committee from 1879 and President from 1905 to 1916.

The new President is Brigade-Surgeon Lt.-Col. Dudley, and the Hon. Secretary, Mr. Ed. A. Bagshawe, J.P.

The Victorian Amateur Swimming Association has advised the clubs that as there are now very few competitions special attention should be given to the teaching of juniors and the formation of classes for instruction in life saving. The Victorian Head Centre offers to send out instructors on application. This example from down under should prove of service in this country, where many clubs are lying dormant through most of their active members being away. But as we have frequently pointed out there must be many left upon whom the work of teaching naturally devolves. At the outbreak of war many of the racing clubs closed up at once, in a most patriotic manner we admit, but it was only with thought for the immediate future. Now that three years have passed the fact should not be overlooked that there are many juniors who need tuition, and that the neglect of their instruction will lead to the decrease of the number of capable life savers in the next generation.

The accepted English records to date for men are: 100 yards, 0.55.2, C. M. Daniels, Manchester, September 7, 1907; 150 yards, 1.32.2, C. M. Daniels, Manchester, September 8, 1908; 220 yards, 2.28.3, F. C. V. Lane, Weston-super-Mare, August 18, 1902; 300 yards, 3.28.2, J. G. Hatfield, Middlesbrough, October 2, 1913; 440 yards, 5.24.2, London, October 2, 1913; 500 yards, 6.2.4, J. G. Hatfield, Middlesbrough, September 30, 1913; 880 yards, 11.25.2, H. Taylor, Run-corn, July 21, 1906; 1000 yards, 13.34.4, D. Billington, Liverpool, July 22, 1905; one mile, 24.1.2, T. S. Battersby, Southport, August 7, 1909, and for women, 100 yards—1.11, Miss D. Curwen, Liverpool, September 10, 1913; 150 yards, 1.56.1, Miss Connie Jeans, Seacombe, December 31, 1915; 220 yards, 3.8.4, Miss D. Curwen, Liverpool, October 24, 1912; 300 yards, 4.23, Miss Connie Jeans, Hucknall Torkard, October 30, 1915; 500 yards, 7.52, Miss Vera Neave, London, October 4, 1913; 880 yards, 14.31.4, Miss Vera Neave, Jersey, August 25, 1913; 1,000 yards, 16.25.4, Miss Vera Neave, Jersey, August 25, 1913; one mile, 29.54.1, Miss Vera Neave, Jersey, Aug. 11, 1913; 150 yards back, 2.17, Miss Lucy Morton, Seacombe, Dec., 1916; 200 yards breast, 3.11.4, Miss Lucy Morton, Garston, Oct. 27, 1916.

THE WORLD'S RECORDS.

A CHAPTER OF COMPARISONS.

AS there has been no meeting of the International Federation for over three years, it is somewhat difficult to compile an accurate list of the world's records, as conditions of competition vary in different countries, but from Mr. William Unmack's excellent book on records of American sport we glean much valuable information. So far as British records are concerned, only three are known to have been lowered, these being the ladies' back stroke, breast stroke, and three hundred yards, but in America many have been beaten. Not much attention can be paid to long distance tidal records, so far as time is concerned. In England we have "Captain" Matthew Webb as swimming across the Channel on August 24 and 25, 1875, in 22.45.0, and Thomas William Burgess on September 5 and 6, 1911, in 22.35.0.

The American special swim is across the Golden Gate, seven-eighths of a mile, and here record is taken into account, that for men being 20.44 by Walter Pomeroy, Olympic Club, September 28, 1914, and 1.2.20, there and back the same day, whilst the women's record is 31.35.4 by Babe Wright on August 25, 1916. There have been several other successful attempts. Then there is the swimming of the Panama Canal, a distance of 41 miles, which Captain Brown, of Boston, accomplished in 24.45.0 in September, 1913, and Miss Elaine Golding, of Philadelphia, in 27.41.0 in October, 1913. These are all of course swims from point to point.

As regards the records made under the rules of the Federation, Mr. Unmack gives the following:—

Fifty yards, 0.23, D. Kahanamoku, Honolulu, June 12, 1915; 100 yards, 0.53.1, D. Kahanamoku, Honolulu, June 12, 1915; 100 yards, 1.03.1, C. Healy, Sydney, Australia, October 18, 1908; 120 yds, 1.10, C. Daniels, New York, December 9, 1908; 150 yds, 1.32, D. Kahanamoku, Newcastle, Australia, February 11, 1915; 200 yards, 2.08.4, H. E. Vollmer, New York, April 11, 1916; 220 yards, 2.21.3, N. Ross, San Francisco, November 26, 1916; 300 yards, 3.31.4, B. B. Kieran, Sydney, Australia, April 2, 1905; 440 yards, 5.19, B. B. Kieran, Sydney, Australia, April 2, 1905; 500 yards, 6.02.4, J. G. Hatfield, Middlesbrough, September 30, 1913;

880 yards, 11.11.3, B. B. Kieran, Sydney, Australia, March 19, 1905; 1,000 yards, 12.52.2, B. B. Kieran, Sydney, Australia, February 12, 1905; 1,320 yards, 17.42, W. Longworth, Sydney, Australia, January 14, 1911; one mile 23.16.4, B. B. Kieran, Sydney, Australia, March 5, 1905.

The women's world's records, several of which we believe, however, have been beaten this season by Miss Durack, although definite particulars are not yet to hand, are given as follows:—

Fifty yards, 0.29; 100 yards, 1.6; 110 yards, 1.16.1; 150 yards, 1.53; 200 yards, 2.39.1; 220 yards, 2.53; 300 yards, 4.12; 440 yards, 6.3; 500 yards, 7.32.3; 880 yards, 12.52; and one mile, 26.8, all by Miss Fanny Durack, Australia. One hundred yards breast stroke, 1.28, by Miss Mina Wylie, Australia; Endurance 36½ miles in 10.17.3, by Miss Eileen Lee, Thames, England, August 23, 1916.

Of the American ladies' records made under international conditions the best appears to be the 100 yards in 1.8.4, Miss Olga Dorfner, San Francisco, July, 5, 1916. All others are given as made in tidal water or in short baths.

The standard tanks in which American records can be made are: For 50 yards up to 500 yards, swimming on the back 100 to 150 yards, and breast stroke 100 to 200 yards, any tank from 60 ft. to 220 yards in length; for half mile, 1,000 yards and mile, any tank not less than 220 feet or more than 220 yards in length. Under these conditions the following are the American records:

Fifty yards, 0.23, D. Kahanamoku, Honolulu, June 12, 1915; 100 yards, 0.53.1, D. Kahanamoku, Honolulu, June 2, 1915; 120 yards, 1.8.2, P. McGillivray, Chicago, January 9, 1914; 150 yards, 1.29.4, H. E. Vollmer, New York, January 11, 1916; 200 yards, 2.7.2, H. J. Hebner, Chicago, January 7, 1914; 220 yards, 2.21, H. J. Hebner, Chicago, January 9, 1914; 300 yards, 3.26.1, P. McGillivray, Chicago, February 4, 1915; 440 yards, 5.22.1, L. Langer, San Francisco, July 20, 1915; 880 yards, 11.29.3, L. Langer, Honolulu, September 5, 1916; one mile 24.59.2, L. Langer, San Francisco, July 24, 1915.

(To be continued.)

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(Fourth Volume commences 1st June, 1917.)

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William Henry

Hon. Editor.

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