

THE SWIMMING MAGAZINE.



MAY, 1917.

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in cases
of
DROWNING.



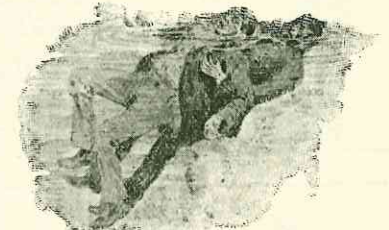
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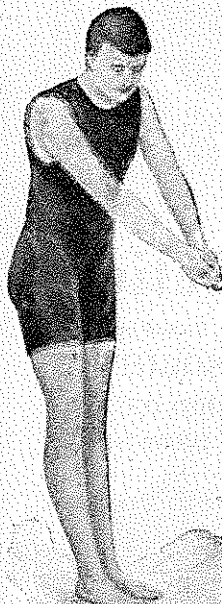
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MAY, 1917.

THE ROYAL LIFE SAVING SOCIETY.

Message from His Majesty the King.

THE Right Hon. The Lord Desborough, K.C.V.O., the President, having sent on a copy of the *Swimming Magazine* containing the Annual Report and Balance Sheet of the Royal Life Saving Society for the King to see and explained that in this year of War a specially bound report had not been issued, has received the following gracious message from His Majesty:

"MY DEAR DESBOROUGH,

"Thank you for sending the copy of the *Swimming Magazine*, which contains the Annual Report and Balance Sheet of the Royal Life Saving Society.

"The King is glad to hear of the Society's good record of work achieved in all parts of the Empire, and it is most satisfactory to know that in spite of the War its efforts have been maintained, and the Society is to be further congratulated upon its sound financial condition.

"Yours very sincerely,

"STAMFORDHAM."

This message was read at the meeting of the Central Executive held at the Head Offices, 8, Bayley Street, London, W.C., on Thursday, April 19, and gave the greatest possible pleasure, and feeling that it would be particularly gratifying to all those who have worked so assiduously to promote the aims and objects of the Society, and that it would spur them to further endeavour, it was resolved to send a copy to each of the Branches throughout the Empire. It was also resolved to tender the thanks of the Society to Lord Desborough for so kindly drawing His Majesty's attention to the work of the Society.

At the same meeting many interesting reports of the work done Overseas were read to the Executive.

From New South Wales came the news that Harold Hardwick has started a class of instruction in Sydney, and that one of the members is Hilton Mitchell, well known to many English swimmers as the friend and adviser of the late B. B. Kieran, who won the furlong, quarter mile salt water, five hundred yards, half mile and mile championships of England in 1905, and also toured through Sweden, but unfortunately died at Brisbane shortly after his return to Australia. Hardwick has also been teaching classes of children under the Education Department. This action on the part of the authorities bodes well for the future of Life-saving work in New South Wales. The Government grant has been reduced to £100, owing to war exigencies, but other Societies and Associations in the State have had to suffer in similar manner.

The Victorian Head Centre reported that a school of natation in connection with the Society had been started. Mr. Harry Witty, the Hon. Secretary, made a tour of various districts in January last, first of all visiting Dimboola, where he gave a demonstration of the Schäfer method to the Fire Brigade, which was much appreciated. Next morning he went down the river and gave another display, afterwards going on to the Mallee district as far as Netherby, but as there were no swimming facilities there he went on to Nhill, where he found a scheme for starting a club was afloat. They use a big swamp about a mile across. Mr. Witty addressed the swimmers and afterwards gave a display. There is a big fresh water dam in this town, which is about 250 miles from Melbourne, and better bathing facilities may possibly be obtained when the life saving class they promised to start is once at work.

From Nhill, Mr. Witty went on to Horsham, where he gave a display before a large audience, thirty candidates giving in their names. P. C. Uren, who holds the Diploma of the Royal Life Saving Society, was formerly at Horsham, but is now at Ararat, where he has started classes. The Horsham Club have done remarkably good work, they having taught about 550 children to swim. Their president, Mr. Cathcart, and Mr. McMullins are most energetic and enthusiastic. Mr. and Mrs. Robinson have also done well at Dimboola, where last year over a hundred children gained a knowledge of swimming as the result of their tuition.

The West Australian Head Centre reported that the Government had made another grant of £50, which would considerably assist them in the furtherance of their work in the State. Several important competitions were to take place in March, and suggestions for a competition between the champions of schools in various styles of swimming had been made to the principals of the leading educational establishments. During a country tour of over 2,000 miles Sergt. Smith, of the Life-saving department of the West Australian Police, gave many demonstrations of rescue, resuscitation by the Schäfer method and also lectures. In many places he found the old methods of resuscitation still in vogue, but he galvanised the old Life-saving clubs into renewed activity, formed new ones, and also arranged for Life-saving Reels to be installed at numerous bathing resorts. And all this while on a three weeks holiday. It is to such workers and organisers as Sergt. Smith that the Royal Life Saving Society owes the widespread character of its activities.

The Ontario Branch reported that at the Hamilton Y.M.C.A. four Awards of Merit, 3 Bronze Medallions, 3 Proficiency Certificates and 11 Elementary Certificates had been gained; at Broadview Y.M.C.A., 5 Bronze Medallions and 7 Proficiency Certificates, and at the Central Y.M.C.A. 16 Bronze Medallions, 13 Proficiency Certificates, 2 Hon. Instructor's Certificates and 2 Teachers' Certificates, a worthy record of good work in the Province.

Good news also came from Tasmania. The Girls' High School, "Tasma" class, Y.M.C.A. Scouts, "Tasma" Club, Boys' Life Brigade and the Education Class have affiliated, the Y.M.C.A. has started another class, Edward Watson has two classes in training, and the police have taken up the

question of instruction. The Engineers at Fort Alexandra, Lower Sandy Bay, have offered to train three teams for Reel work. A carnival was held in February, at which five events were kindly run by the Tasmanian Amateur Swimming Association. The success the Centre has achieved is due to the splendid help given by Miss Pocock, Miss Marsh and Edward Watson, who have willingly given up their time to the teaching of others. The Scouts are very keen, and later will take on the patrolling of the beaches. A class is being trained by Miss Marsh at the Y.W.C.A. Another helper is Neil Gibson. Congratulations to Miss Olive Barnard, the lady Hon. Secretary of the Centre, who is working most assiduously in the cause of Life-saving.

From Christchurch was received a report from Mr. Kennedy Bassett, the Chairman of the Canterbury Head Centre, stating that the season was a very busy one in spite of the absence of so many men at the front. The New Brighton Surf Bathing and Life Saving Club was doing excellent work, and was having a new branch opening up a fine pavilion when the first Surf Championship of Canterbury for a Challenge Cup, named the "Ray Blank" Cup after its donor, was to be decided. A strong branch of the Head Centre had also just erected a new pavilion at Taylor's Mistake, a pretty little bay not far from Sumner. Members of the various seaside organisations were present, and excellent surf displays given. Mr. Bassett, who has an immense amount of work thrown on his shoulders since Sergt.-Major Billson has left on active service, presented Bronze Medallions and Proficiency Certificates gained by members of the Centre, and also took opportunity to hand to Mr. C. Bryant Captain of the New Brighton Life Saving Club, the Hon. Associate's badge which he has so deservedly earned.

The Queensland Head Centre reported that the Hon. Secretary, Mr. Joseph James Betts, of the Brisbane Gymnasium, had made a successful tour of the coastal towns of North Queensland, had given numerous demonstrations, taught and examined classes, and also formed sub-branches of the Centre at Cairns, Townsville, Mackay and Rockhampton. Over 100 Awards were granted. A pleasing feature of the tour was the enthusiasm shown by the ladies, of these Miss Rudd of Townsville and Miss A. Costello of Mackay are specially mentioned.

Miss Noller, of Rockhampton, also greatly assisted the Society by giving demonstrations. Special mention is also made of Messrs. Norris, Hon. Instructor, and Patterson of Cairns. Both are great enthusiasts, Mr. Norris having to walk eight miles out and back to give instruction at Freshwater Creek. Mr. Patterson, who has officiated as Hon. Examiner, travels to Mooliba, a distance of thirty miles. The St. John's Gordon Life Saving Club is the outcome of Mr. Norris' enthusiasm. The Mayors of each town kindly convened public meetings which were well attended, and the success of the tour was greatly due to this kindly consideration. During the course of his tour, Mr. Betts, upon whom the Central Executive have conferred an Hon. Associateship for his excellent work, travelled over 2,500 miles, evidence of an enthusiasm it would be hard to equal.

NEWS FROM CAPE TOWN.

WESTERN PROVINCE HEAD CENTRE.

The exigencies of war work have prevented much correspondence from Cape Town of late, but by last mail we happily received long and interesting communications from Mr. P. O. Wathes, who reports that through the efforts of the Western Province Head Centre, the baths in Cape Town are now to be warmed, and thus the teaching of Life-saving will be considerably assisted.

A visit had been paid them by Sergt.-Major Billson, Diploma holder, and Hon. Secretary of the New Zealand Dominion Executive Council of the Society, and that accomplished expert gave a very fine display of scientific swimming, whilst staying at Cape Town. Among other visitors the Centre has had are W. Longworth, Australian Forces, who put up a South African record of 1.0.3 for a hundred yards, and H. S. Randall, of the Coogee Surf and Life Saving Club; A. Gray, Hon. Instructor of the Tweedhead and Coolangatta Club, affiliated to the Queensland Head Centre, and who holds the Award of Merit, and L. Lloyd, of the Johannesburg Club. The display by Sergt.-Major Billson was watched by Mrs. Barraball, formerly one of the Sisters Johnson, who also gave several displays in Cape Town.

A competition for Boy Scouts has been organised by the Centre, and a cup presented by Mr. F. T. Fisher. This should act as a great stimulus among the various troops, and lead to a more widespread knowledge of Life-saving.

Great satisfaction is expressed over the interest the Police are now taking in the work, and the encouragement given it by the Commissioner. Those who pass the tests are now permitted to wear the white metal Badges of the Society.

Mr. W. Jackson, the instructor of Life-saving at the Normal College School, has joined the Colours, and the Society thus loses the assistance of a very willing and capable worker.

Mr. Hutchinson, Captain of the Pierhead Club, has passed for the Bronze Medallion, and now intends putting all his club members into training for future examination.

Miss Fraser-Watson, a lady visitor from Johannesburg, successfully passed the tests for the Proficiency Certificate and Bronze Medallion, and will no doubt now spread the gospel on the Rand. Another lady to pass the same tests is Miss Berk, captain of the Cape Town Ladies' Swimming Club.

The second annual contest for the "William Henry" Cup took place at a gala of the Union Club on February 8, when R. H. Yell, of the promoting club, won, but only by a little from F. Richings, Royal Life Saving Society, F. Powell, Union Club, being third. This is an individual Life-saving competition, and the test is a severe one. Five men competed, but unfortunately the holder, W. G. Hargrave, was not one of them, he only just having been invalided down from East Africa. There were several military races at this meeting, one being won by Eric Lyttle, the brother of the South African lady champion, and also several ladies' contests, including the championship of the Peninsula, the details of which are given in the "Ladies' Section."

By virtue of their gifts to the cause of life saving in the Western Province, the Committee of the Head Centre has elected the Leander Ladies' Club and Messrs. William Henry, and F. T. Fisher, Life Governors of the Centre.

We have to congratulate Mr. Shippobottam, of Bolton, on a gallant rescue at Jarrow on March 20. While engaged in the extension of a jetty a joiner named Walter Carr fell into the river, and owing to a strong wind and tide was in danger of drowning, until Mr. Shippobottam, who was working close by, jumped in and rescued him. Carr was in an unconscious state when brought ashore, but was restored by means of artificial respiration. The gallant deed of Mr. Shippobottam, who gained the Diploma of

the Royal Life Saving Society in 1907, has been brought to the notice of the Royal Humane Society by Alderman Hall, the Mayor of Jarrow.

The Royal Hibernian Military School, which has now eight new Award of Merit holders, is encouraging students and senior boys to work up for the Diploma, the highest examination Award that pertains to swimming and Life-saving. This school also has a girls' class, and *Hibernia*, the official organ of the school, says that great results are expected at the inspection by the Superintendent of Gymnasias in June. An exceptionally large number of new boys will this year be under the tuition of the very competent and highly trained instructors the school fortunately has on its staff.

Blackpool Swimming Club intends to make Life-saving a special feature this year. All members who do not hold Awards are to be asked to join classes and attend drills regularly. During the season two examinations will be held, one in June and the other in the autumn. A special appeal is being made to the lady members.

During the past year forty Awards were made by the Dundee and District Branch, eight of them being Awards of Merit, a highly satisfactory proportion which speaks well for the excellence of the teaching. Owing to existing circumstances Mr. Craig, the hon. secretary of the Branch, was unable to continue his duties, and the whole of the work had to be undertaken by Mr. A. W. Joyce, the hon. treasurer, who is to be congratulated upon the success of his efforts.

Staff-Sergeant Handover, who is a member of the Central Executive, but now on active service in Mesopotamia, sends us some notes about a few days' leave at Durban. When at Cape Town he would have liked to make acquaintance with Camps Bay or Seapoint, but opportunity did not serve. However, he had a pleasant stay at Durban, thanks to the many hospitalities extended him by members of the Durban and District Branch. The open air bath at Ocean Beach was reserved for Imperial troops and our esteemed correspondent records how pleasurable it was to bathe therein, and this we can quite appreciate from our keen recollection of its delights.

At the Baths Staff-Sergeant Handover was fortunate enough to come across Mr. "Billie" Hayman, with his red bathing costume and Society's badge, and he was promptly introduced to Messrs. Reynolds & Read. Mr. Reynolds is the organiser of a camp Y.M.C.A. for 5000 men, assisted by 300 voluntary helpers, and Sergt. Handover pays high tribute to his energy and successful work in the interest of the troops. At the invitation of Miss Pay, the hon. treasurer of the Cygnus Ladies, Sergt. Handover had a pleasant evening at the West Street Baths. He says that the juniors showed ability far above the swimmers of children of similar age in England and that the life-saving was well done and extremely creditable to the Society's adherents. Whilst there he saw an "Arithmetic" race decided, the swimmers having to traverse a length, then complete an addition sum and swim back with the answer, and he remarks how easily a little flurry will disturb the accuracy of even simple addition.

Surf bathing took the fancy of Sergt. Handover, and he indulged in it every day of his stay and from personal experience realised how valuable are the surf Life-saving clubs and how essentially necessary are their watchfulness of the beach during bathing-times. Pleasant trips were arranged for him and some of his comrades by Miss Pay, Miss Day and Miss Trafford, which added greatly to the delights of the stay at Durban, where also amongst others Sergt. Handover met was Mr. T. Shearing, of the Park Swimming club, who sends kind regards to all old friends.

We much regret to record the death, quite suddenly, of Per Muller, second son of Lieut. J. P. Muller, author of *My System*, so well known to those who take an interest in keeping fit by home training. Per was born April 24, 1903, he was a good sculler and oarsman, also gave promise of being a champion in all departments of the art of swimming. He was a member of the Royal Life Saving Society, and last year obtained its Proficiency Certificate, for which he easily passed. We deeply sympathise with his parents in the loss they have sustained. He is also a loss to the art of swimming for we can personally vouch for his ability in the water, having often had the pleasure of a swim with him in the Bath of the Automobile Club, of which Lieut. Muller is a member.

Darnell Excellence Trophy.

THE Darnell Excellence Trophy, which is awarded once in two years to the School or College which has the best record of work done in promoting the knowledge of swimming and life saving in the intervening years to the club with a similar best record, is this year again open to the Schools and Colleges under the following conditions.

1. The Award shall be open to Schools and Colleges affiliated to the Society.

2. Each School or College desiring to be considered as taking part in the Award shall deliver on or before June 16, to the Chief Secretary, a statement which must be typewritten on one side only, giving particulars of interest in, also a record of work done for the promotion of the aims and objects of the Society from May 1, 1915, to May 1, 1917, inclusive.

3. Only such statements as are received in accordance with Clause 2 shall be considered by the Central Executive, who shall, at their discretion, award the Trophy to that School which appears to them to possess the best record.

4. The school gaining the Award shall receive a Certificate, also One Gold, One Silver and One Bronze Medal. The Medals are to be devoted to a School Life Saving Competition to be completed during 1917, and carried out on the basis of the King's Cup Competition, over a distance of about 150 yards. The school shall hold the Trophy until February 1, 1918, after providing security satisfactory to the Central Executive for its return in good condition.

NOTE.—In accordance with Clause 2, the statement of work done should include the following particulars:—(a) Whether the teaching of swimming and life saving is part of the curriculum or voluntary; (b) the general arrangements for swimming classes, number of pupils, number taking instruction, and number taught to swim; (c) particulars of the School or College tests to prove ability as a swimmer; (d) the number of classes held in life saving and number of awards gained of various degree, from May 1, 1915, to May 1, 1917; (e) If any scholars have saved life from drowning, whether they were taught the methods recommended by the Society, giving short particulars of the rescue; (f) What efforts have been put forth to generally promote the objects of the Society.

The trophy is a Silver Gilt Vase, valued at one hundred guineas, which was presented by the late Mr. W. F. Darnell, a munificent benefactor to the Royal Life Saving Society. It was held by the Highgate Life Buoys in 1910, by Framlingham College, Suffolk, in 1911, Highgate Life Buoys 1912, Acworth School, Pontefract, in 1913, Highgate Life Buoys 1914, and City of Leeds Training College in 1915. Owing to the war, competition for the clubs was abandoned, and City of Leeds College still remain holders. The schools who desire to claim consideration for this year's award should send in their applications before June 16, in order that their relative merits may be determined by the Executive at their meeting to be held on June 21 next. The applications should be addressed to Mr. William Henry, Chief Secretary, 8, Bayley Street, Bedford Square, W.C.

Mid Pacific Carnival.

SEVERAL records were lowered at the Mid-Pacific Carnival in Honolulu in February last. Delays in the mail service prevented us giving results before, but our valued correspondent, Mrs. Fullard-Leo, informs us that Perry McGillivray, of the Illinois Athletic Club, reduced the furlong record to 2.24.1, that Ludy Langer, of Los Angeles, swam a quarter mile in 5.17.3, and Miss Dorothy Burns, of Los Angeles, a furlong in 3.3.

Further details to hand give McGillivray, who made himself very popular in Honolulu, as winning the hundred yards in 0.55.1, after a great race with Clarence Lane, of Hawaii, who the previous day had beaten him in the fifty yards race in 0.24, as had also John Kelii, another well known Hawaiian swimmer. Ludy Langer, who is now resident in Honolulu, captured the half mile race in 11.39, next to him being Harold Kruger, of the Healan Club, and Norman Ross, Olympic Club, San Francisco, third.

Some exceptionally good back stroke swimming was witnessed, notably by Harold Kruger, who put up a record of 1.13.2 for a hundred yards and an Hawaiian record of 1.57.1 for a hundred and fifty yards, Miss Dorothy Burns, also made Hawaiian record for fifty yards free style in 30.1, and one hundred yards free style in 1.11.4, beating the previous record made by Miss Bernicia Lane, of Hawaii, by six seconds.

MODERN METHODS OF TRAINING.

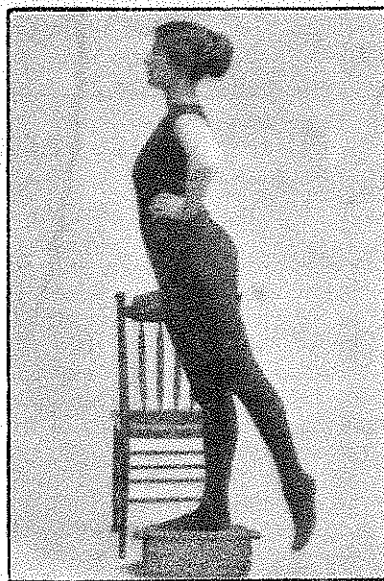
Exercises for Special Strokes.

SCIENTIFIC SYSTEM PROPOUNDED BY DANISH OFFICER.

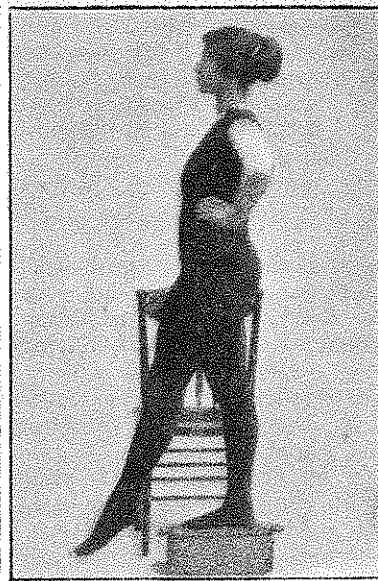
By WILLIAM HENRY.

IN two previous articles on the system of physical culture taught by Lt. E. P. Muller, I have dealt with exercises which, I think, are beneficial to swimmers who rarely take part in any other pastime, and also with the question of the development of breathing. And now in my con-

do this you should rest one hand on the edge of a table or a heavy chair, then leaning the weight upon one leg, strike out with the other sixteen times backwards and forwards alternately. The free hand should be placed upon the hip. The kicks should be short and sharp, and strength should be exerted



This figure shows the backward limit of the short swing of the leg.



And this figure the forward limit.

cluding article I deal with those movements, the practice of which should materially improve in speed and style those who make special study of the Crawl and Trudgen strokes and the Back and Breast strokes. At the same time these exercises will be useful to all swimmers.

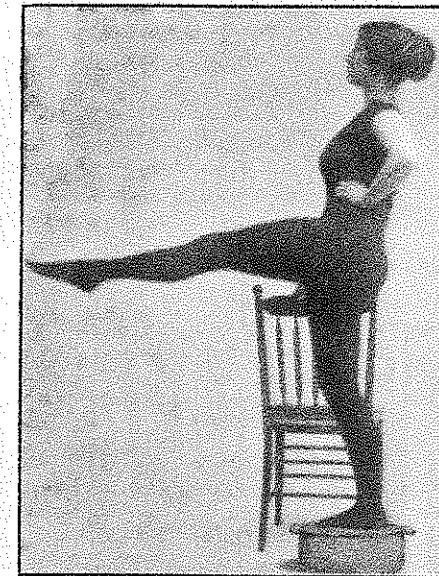
If you have followed the advice given in the two preceding articles, you should now be able to breathe properly, and to reason out for yourself the value of the following instructions. The first is for a leg swinging movement, alternate forward and backward with outstretched leg. To

every time the leg is reversed, which should occur instantaneously and without a pause between the kicks. The beginner should make a few swings only with the one leg, and then turn round and kick a like number of times with the other leg. Later on one can place both hands on the hips while swinging the legs, and thus get a good balancing exercise. As many swings as possible should be made during one long respiration. After this you should make two complete breathings in the manner described in my last article, the inhalation being performed whilst the arms are outstretched.

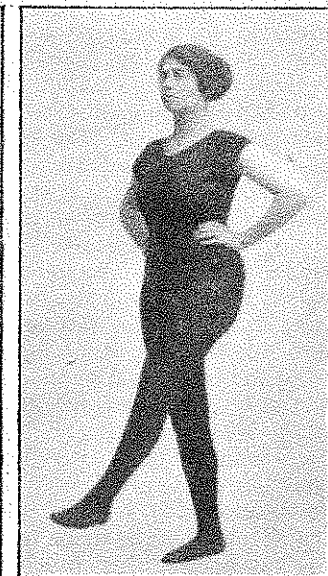
Next in sequence comes exercise No. 5 in *My System*, in which the arms are swung round in small circles, first in one direction and then in the opposite direction, with the body in the "lunge" position, first with the left foot forward, then with the right.

You should make a convenient lunge forward, say with the left leg, then stretch the arms out sideways and swing them round, palms uppermost, describing small

breathe deeply and steadily during the circling, but the breathing must not keep time with the measure of the movements, after the completion of which you should go through the breathing exercise with the hands on the hips. The lunging develops the legs, but is also introduced into the exercise in order that the balance may be more easily maintained during the arm circling. The other exercise recommended by Lt. Muller for service in training for the



Finish the exercise with three long swings, as this.



When strong from practice you may dispense with chair as support, and place both hands on the hips.

circles. The circles should be made from front to back, that is to say the hands should move upwards to make the front half of the circle, and downwards to make the back half. The final circles should be very large in order to render the shoulder joints supple.

Then shift the position of the legs, lunging forward with the right foot, and swing the arms round the reverse way, so that the hands describe the front half circles downwards and the back half circles upwards. The palms must now be turned downwards. After practice you may take a longer lunge, and the stronger you get the faster the circling may be done, working up to sixteen circles the one way, and sixteen the other way, making the three last of each sixteen circles as large as possible. You should

Crawl and Trudgen strokes is Exercise 13 in *My System*, which is also included in "My system for ladies." To perform this you stand erect near a chest of drawers or other heavy article of furniture. While inhaling swing one arm, straightened out slowly in a wide arc up backwards and down forwards until the hand touches the above mentioned object, against which it must be pressed downwards while the operator exhales. Meanwhile the other hand is placed on the back as high up as possible. After exhaling, the position of the hands should be changed, the first one which was pressed against the furniture now being brought to the back, whilst the other describes a large circle. During this you should inhale and exhale as you press downwards. The trunk must be turned or twisted some-

what to the other side to that of the arm which is employed in pressing downwards, that is, to the left when the right arm is pressing, and vice-versa. Eight half turns to each side should be performed, and then the rubbings should be practised. All that is required is that the back and loins be rubbed across with the back of the hand. Start from as high up on the shoulder blade as can be reached, and rub the hand, with a threefold zigzag movement, across the back and down over the loins. The rubbing is done with the hand which in the preliminary movement rested on the back, whilst the other hand was pressing, and you were exhaling. The deep breathing exercise after this should be made with arms outstretched.

The exercises recommended for those training for the Back and Breast Strokes are classified as Nos. 6, 10 and 14. In the first of these you lie down on your back, and swing the left leg slowly round, the foot describing fairly large circles. The knee and instep must be kept outstretched straight the whole time. Inhale while raising the leg, and exhale while lowering it. The two last revolutions of the leg should be made as large as possible in order to give suppleness to the hip joints. After this swing the right leg round in a similar manner, describing first of all about six moderately sized and finally, two large circles. The movement with the left leg should then be made in the reverse way to that before, after which the right leg should also be exercised in the opposite direction. The beginner can place his hands behind his head, thus raising it a little so that the feet may be watched and their movements controlled, but after having learned to do the circling correctly the hands and head should be rested on the floor. As you get more perfect in this exercise you should learn to swing both legs simultaneously, pressing the feet together every time they meet. The movement must always be carried out slowly in unison with the breathing, and with every complete circle described by the feet there must be one complete respiration. As the exercise will be found rather a severe one when first performed, it will be as well to lower the legs to the floor after each complete revolution for a short breathing pause. But later on you will with practice be able to make six to eight circles without pause.

After that swing the legs the reverse way, and when describing the two large circles at the finish cross the legs instead of pressing

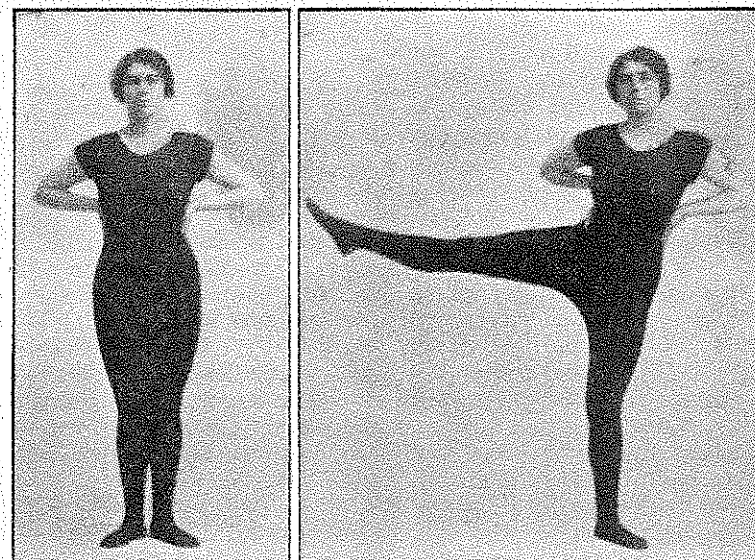
them together as in the previous movement. At the conclusion of this go through the deep breathing exercise with arms outstretched, the full details of which were given in my last article.

In the No. 10 Exercise, which is for "deep knee bendings without head raising, combined with rubbing of arms, shoulders and around armpits," Lt. Muller recommends those commencing the practice to divide it into two parts—knee bending and rubbing—later on combining the movements. You stand with feet apart slowly, raise the arms, palms downwards, to a horizontal position in front, taking at the same time a deep inhalation. The arms must be held outstretched to the front so as to preserve the balance. Rise again without a break in the movement, and lower the arms in coming up. The breath should be expelled in the downward and upward movements, and these should, therefore, be done rather quickly. After this repeat the movement several times, inhaling while raising the arms, and exhaling while performing the bending and straightening of the knees and lowering of the arms.

After this the rubbings are performed as follows:—Extend the arms to the front, then rub with one steady and vigorous stroke of the right hand, the upper surface of the left arm from the fingers upwards over the shoulder to the neck, then back again to the point from which you started. Having returned to this position, turn the right hand to the under surface of the left hand, and make a vigorous stroke up to the armpit, then inwards over the left breast at which point the right hand leaves the body. It is then passed under the left arm, and the left shoulder blade is slapped as far back as possible, the left hand at the same time grasping the right shoulder. The left hand is now ready to commence a corresponding movement. Ten complete movements each way should now be done, starting with the right and left hands alternately, and simultaneously with each movement there should be one complete respiration. A deep inhalation should be started before the first complete movement, and the exhalation during the first half of the movement. The rubbings may afterwards be combined with the knee bendings, one bending and straightening of the legs being performed during the first half of each complete rubbing movement. The succeeding deep breathing exercise is performed with arms outstretched.

The last of the exercises specially recommended for this special training is No. 14 in *My System*. "Raising of leg sideways, combined with rubbing of sides of trunk, thighs and knees." You stand with your heels together and hands resting against the top of the hips, the fingers pointing downwards. Then without moving the hands, raise the legs alternately, sideways and as high as possible. It should be done without

again to the top of the hips while the other hand makes a similar movement on the other leg. After practising this learn to press heavily with the hands against the movements of the legs both when lifted and when lowered. The breathing should be carried on in the same way as in the earlier movement, and after the whole exercise has been completed, deep breathing practice should be taken with arms outstretched.



Preliminary exercise. Stand erect, heels together, hands on flanks, fingers pointing downwards.

Without moving the hands, raise the legs alternately sideways as high as possible. Leg and instep to be kept straight.

bending of the knees and the instep should be straightened out every time. Ten of these leg raisings should be made with each leg alternately, and the breathing performed regularly. Inhale while raising a leg, and exhale while lowering it again, but when breathing has improved inhale during the whole of the up and down movement of one leg, and exhale during the complete movement of the other leg.

When you can perform the leg raising in a regular manner, and without losing balance you can commence the rubbing practice. Each time a leg is raised, the hand on that side should be slid down it over the side, hip and outside of thigh and knee. At the same time as the leg begins to change the direction of its movement, the palm of the hand should be slipped round under the knee, and while the leg is dropping it should be stroked up over the groin, and then brought

These complete the exercises that I shall quote from Lt. Muller's valuable works, but I would specially draw attention to his repeated insistence upon the necessity of a daily bath, which will greatly relieve any monotony of the exercises and in which the drying of the body with the ordinary towel may itself be made a useful physical exercise, if carried out in a systematic and scientific manner.

Copies of the various works on Physical Culture by Lieut. J. P. Muller, can be obtained of the publishers, Messrs. Ewart, Seymour and Co., Windsor House, Kingsway, W.C., who will send particulars of *My System* and the other publications upon receipt of post card.

THE LADIES' SECTION.

AUSTRALASIAN CHAMPIONSHIPS.

SUGGESTIONS FOR WORK IN ENGLAND.

WE are close upon the opening of another swimming season, and with little hope of making great advancement unless sturdy and untiring energy on the part of our workers be forthcoming. We merited well of last year's galas, but we must excel the record then made, and by our determination to push forward make all our clubs worthy of their name and prestige. Some have been working hard during the winter, but one fears that many have been lying dormant instead of carrying on with classes of instruction in life-saving, and general practice in readiness for yet another season with England still under the war cloud.

Such determination will have its reward as in the case of last year, when substantial sums were raised for War charities, much useful instruction was given, and many sterling friendships renewed. Not the least noble of the work done was the care for wounded soldiers, and the anxiety expressed to provide them suitable entertainment. In this respect the English ladies honoured themselves by honouring those who had nobly fought for us, and that the joy of the soldiers was great was evidenced by their hearty thanks and continued interest in the clubs who so worthily entertained them.

As such a splendid organisation was engendered by Mrs. Lyon last year for the South of England, could we not have this year a big gala carried out by this organisation to the success of which all the ladies' clubs can contribute? It would be a capital idea to carry out at this meeting the senior ladies' and junior ladies' championships of the South, and mayhap one or two other important events, details of which could be settled at the ladies' conference. There is an opening for an important meeting of this character, and we refer the suggestion to the executives of those ladies' clubs who were so successful last year on behalf of the "Star and Garter" Fund.

To them also we would recommend the systematic instruction of their club members in life saving, thereby qualifying them for useful work in case of emergency.

There have been many valuable lives saved by ladies whose services would have been of little use had they not been qualified by the practical experience gained in their school or club classes, and we therefore point out even for the sake of themselves alone how necessary it is to acquire such knowledge, and how advantageous it is in the great cause of humanity. A capable lady life saver is more use in the world than a mere record breaker, but the lady swimmer can with practice become both.

Miss Doreen Lyttle, whose portrait appeared in the first number of the *Swimming Magazine*, has again won the ladies' championship of South Africa, she swimming the hundred yards in 1.11.2, and winning quite easily. This accomplished lady also won a two lengths handicap from scratch at the same gala, held under the auspices of the Union Club at Cape Town on February 8 last, and was second in the diving after a tie with Miss Versfeld.

It is recorded by Mr. Ralph Thomas in his work, *Swimming*, that the first occasion upon which ladies were present at a gala in London was on November 4, 1861, at the Lambeth Baths, where a gala was held by the old Hlex Club. This organisation, which died out several years ago, had for its object the cultivation of the art of swimming among members of the leading rowing clubs. Its principal trophy race is now carried out under the auspices of the Otter Swimming Club. For a long period of its existence the Hlex Club held a proud position in the swimming world.

The Scottish ladies' amateur records, all held by Miss Bella Moore, of the Premier Club, are as follows:—Fifty yards, 0.31; 100 yards, 1.14.1; 200 yards, 2.50. Miss Moore represented Scotland in the last Olympic games.

Blackpool Amateur Swimming Club, which has recently held its thirty-sixth annual general meeting, is urging upon its lady members the desirability of holding a gala amongst themselves this year, and so helping

to cause deeper interest to be taken in the Club, whose senior membership is gradually being depleted through the war. The junior section is fortunately going ahead, and the lady membership has increased. Consequently the committee look to the latter division for energetic and enthusiastic work this year, and we have no doubt their hopes will be realised.

It is pleasing to record that last year the lady membership of the Chippenham Club was raised from 75 to 137, and that over a hundred and fifty girls received special instruction. The club provides free bath tickets for the girls in the elementary schools, and as it has a fine natural swimming bath in the town is able to afford excellent facilities to its lady members for practice on three days of the week.

At the twenty-fifth annual meeting of the Brighton Ladies' Club, held on March 28 last, Miss E. L. Styer was elected captain of the club, and the hon. membership of the club for one year was awarded to Miss Edith Dunstall and Miss D. Avis, who finished first and second in the elementary school girls' championship in September. Everything possible is to be done to increase the membership. Miss Doris Taylor, although only sixteen years of age, still holds the club championship, she having won it again last year over a 400 yards course from the West Pier.

The Ladies' Committee of the Southern Counties Amateur Swimming Association, who made such a success of their galas last year on behalf of the "Star and Garter" Fund, held a dance at Cannon Street Hotel on April 21 in aid of the Scottish Women's Hospital Fund.

Whilst a boy of six years of age was having a dip in Evans Bay, New Zealand, he was seen by some ladies to stagger, and then started shrieking. An octopus had seized the lad's leg. Both the boy and the octopus were landed, when the feelers of the latter were found to measure 8ft. from tip to tip. The same day a young woman, who was bathing, was seized by an octopus, but managed to shake it off, yet so eager was the octopus for its prey that it came close in shore and was killed. This was also found to be 8ft. across the feelers.

The Australasian Ladies' Championship meeting was held at Brisbane, Queensland, on Saturday, February 10, and succeeding days. Each race was full of interest, the entrants keen and the spectators enthusiastic. Each State was allowed three starters in each event, but Victoria only sent Miss Lily de Beaurepaire, the sister of Lieut. Beaurepaire, so well known to English swimmers, and in the hundred yards the first event decided Miss M. Winn, of New South Wales, and Miss A. Alexander, of Queensland, stood down, as there was not room for six starters in the bath. A capital start was effected, and at the end of the first lap Miss Mina Wylie, of New South Wales, was leading with Miss Fanny Durack half a yard behind, and Miss Elsie Venning, of Queensland, almost level with the last mentioned swimmer. This lap, thirty-three and a third yards, was completed in 0.30. The second length was traversed in 0.26, Misses Wylie and Durack being then almost level, Elsie Venning three yards behind and four yards ahead of Miss Beaurepaire. In the last lap Miss Durack piled on the pace and won a fine race in 1.13.2, Miss Wylie taking 1.14 and Miss Venning 1.20. The 150 yards team championship, three a side, decided the same night, was won by the New South Wales girls in 1.45.1, the Queensland ladies, their only other opponents, taking 1.46.

On the Monday the quarter mile championship was swam off at the same baths, the South Brisbane. There were four starters, these being the Misses Fanny Durack and Mina Wylie, of New South Wales, Miss L. de Beaurepaire, Victoria, and Miss Elsie Venning, Queensland. Miss Beaurepaire swam a good race against Miss Wylie for a long while, but at three hundred yards was left behind, Miss Wylie going on in pursuit of Miss Durack, who had led from the second lap. At four hundred yards Miss Wylie had reduced the gap to five yards, but then Miss Durack sprinted ahead and won in splendid style by eight yards in 6.43.4, Miss Wylie taking 6.45.52, Miss Beaurepaire 7.7, and Miss Venning 7.33.3. The first and second ladies used the crawl stroke, and the others the trudgen.

The hundred yards breast stroke and the furlong championships were decided two days later at the Booroo-dabin Baths, which were crowded to excess and hundreds had

to be turned away. The breast stroke race went to Miss Mina Wylie in 1.28.3, Miss Winn being second in 1.32.3, and Miss D. Sylow, one of the Queensland representatives, third in 1.39.2. For the furlong championship there were four starters. Miss Durack won very easily in 3.5, Miss Mina Wylie, who was second, taking 3.11.1, and the excitement of the contest was left to Miss Lily Beaurepaire and Miss Elsie Venning, who had a great race and finished almost a dead heat, although the verdict for third place went to the Queenslander in 3.25. Thus the New South Wales ladies retain State honours in Australasia.

One of the most energetic of the organisations composed exclusively of lady swimmers is the Ladies' Diving Association, which during the past winter has carried through its competition for the Ede Cup. This has been won by Miss Winnie Smith, an improving young lady diver, who, however, only beat Miss Nora Pennington by half a point, the respective scores being Miss Winnie Smith 18½ points, Miss Nora Pennington 18 points. Miss Pennington has been somewhat unfortunate in the competition, as this is the third occasion upon which she has only just been beaten for premier honours. Miss E. Armstrong took third place. Among other competitors were Miss Harrison, Miss Newman and Miss George.

Miss Frances Cowells, whose performances have so often been referred to of late, and whose predilection for boxing as a means of training is well known, won the fifty yards championship of the Pacific Association of the American Athletic Union at Sutro Baths, San Francisco, on March 9, in 0.30, thus beating her previous Coast record for the distance by four-fifths of a second, and this in a bath seventy-five yards long. The American girls are backmarking records with a vengeance.

The chief of the ladies' events at the Foundation Day Gala of the Australian Natives Association, at South Brisbane Baths on January 27, were the 150 yards team championship of Queensland, won by the Valley Team (Misses Elsie Venning, Mabel Springfield and A. Alexander), in 1.43.4, the neat dive won by Miss Springfield, and the 100 yards ladies' "A" grade handicap, which was also won by Miss Springfield. At the meeting of the Commercial Club a few

days previously, one of the features was the swimming of Miss Elsie Venning, who, though having to give away thirteen seconds in a fifty yards handicap, won by a touch, her actual time being 0.32.2, the fastest time ever recorded by a Queensland lady swimmer. Yet Miss Venning has still to start in junior championships, although selected to represent her State in the Australian inter-State contests.

A class of instruction in Life-saving for girls has been commenced by Miss Ruth Stacker, at the Palama Settlement, Honolulu, which has the only pool where women are admitted. The starting of this class it is hoped will lead to the youths of Honolulu also taking up the subject. At present they lack interest and attend drills very irregularly and the girls are going to set them an example. The Woman's Auxiliary have joined the Royal Life-saving Society, after an address by Mrs. Fullard Leo, who we all remember as an energetic worker on behalf of the Society when resident in British Columbia.

Miss Fanny Durack has broken another world's record. Winning the 300 yards event of the Ladies' Association's President's Cup competition at the Domain Baths, Sydney, she got over the distance in 4.2.1, thus easily eclipsing the previous figures—her own, set up nearly four years ago—of 4.12.

In an American paper it was stated that the reason Misses Durack and Wylie did not make the proposed American tour was that a number of clubs failed to offer guarantees and those in charge of water sports for women in Australia could not send the champions over without certainty of profit. But Mr. W. F. Corbett, writing in the *Sydney Referee*, says: "You are altogether wrong, my friend. There was no question of profit in the matter at all—no hindrance whatever financially offered. This journal—the *Referee*—intended shouldering the monetary risk. If the trip showed a surplus on the right side it would have been turned over to the New South Wales Ladies' Amateur Swimming Association. If a loss resulted, the *Referee* would have paid and experienced not a single qualm on that account. The one obstacle was Miss Durack's refusal to go otherwise than by herself, as a swimmer, and with her sister as a companion. Of course this could not be thought of for a moment."

RECOLLECTIONS.

By ARCHIBALD SINCLAIR.

PLEASEING indeed has been the correspondence arising out of the "Recollections" published in the issue of March last, many old-time friends having recalled scenes and incidents worthy of record in the history of the most noble pastime on earth. One of these vivid correspondents is Mr. Louis Meaden, so well known to Southern swimmers as the Hon. Solicitor of their Association for many years past, its President in 1905, an active swimmer himself, and the Hon. Treasurer of the Brighton Swimming Club, with whose interests and welfare he has long been identified. It is to such hard working enthusiasts as Mr. Meaden that swimming owes its great progress, for men like him continue their co-operation for years, and do not terminate their interest in a day.

Brighton Swimming Club, which was founded as far back as May 4, 1860, and has continued active ever since, has a remarkable record. In some notes sent to me by Mr. Louis Meaden, I find mention of the fact that it was not uncommon for amateurs to receive money prizes, for in a window bill of an entertainment of 1861 money prizes of 3s., 2s. 6d. and so on were offered, the gala starting at 6 a.m. On other occasions such prizes as a barrel of oysters, pound of tea, prime York ham and a pair of trousers were advertised, whilst the officials were allowed half a crown for starting or judging the races. Mention of a pair of trousers as a prize reminded me of a gala at Roundhay Park, Leeds, in 1894 and from the programme now before me I find that among the prizes offered at an athletic carnival held in conjunction therewith was a bassinette as second, four pairs of trousers as a first, lady's dressing gown as a second, a carpet as a first, two loads of coal as a second, and a lady's mantle as a second, while at the swimming gala, which lasted two days, there were offered as prizes a suit of clothes for first and three felt hats for third in a boys' race, pair of trousers, and felt hat for third in a scratch race and two pairs of trousers for third in a hundred yards handicap. Doubtless, Mr. Marks, of Sydney, New South Wales, will remember our trip with Mr. Henry to this gala.

Returning again to the Brighton Club and its history, who of us has not visited the famous "Hole in the Wall," which the Club took up as its quarters in 1872? It is one of the spacious arches under the roadway on the sea front, and is admirably fitted out. Its historic title is quoted in the Badminton volume on "Swimming," but few know that it came about by a piece of debating wit between Mr. Harry W. Fisk and the late Mr. Harry Benjamin, of the Cygnus Club, the latter being twitted that the only provincial support the London Clubs had were from the dwellers in the "Hole in the Wall." The splendid work which Mr. Benjamin did for swimming during a long period of years, especially among schools before the various Schools Associations were formed, is fittingly commemorated in the "Henry Benjamin National Memorial Trophy," which was presented to the Amateur Swimming Association by the five district Associations in 1910 to perpetuate his memory.

The Brighton Club has had many famous men in its ranks since it was inaugurated at the Jolly Fisherman's Inn, among one of the earliest being F. Cavill, who only resigned when leaving for Australia. It had long distance races with Portsmouth in alternate years, and was also on friendly visiting terms with the London Swimming Club, six of whose members walked to Brighton in May, 1878, and had a swim with the Club in Hobden's Baths. Brighton celebrated its Jubilee with a great gala in 1910, and had another brilliant one in 1913, at which H. E. Annison, of the Croydon Club, gained his famous victory in the hundred yards championship of England by a foot over J. G. Hatfield in a level minute. Had it not been for this defeat Hatfield would have won every championship of 1910, and thus equalled the feats of J. H. Tyers in the nineties.

Among the recollections I have of swimming at Brighton is with the City Police, who conceived the curious idea of a team swim across the Channel, and had repeated training trips to the favourite Southern Coast resort. But there was another occasion

when the London Water Polo League sent a strong side to play in Brill's Baths, and could only effect a draw, the round bath doubtless being against them. Yet they had G. W. Haarnack, of the Amateur, the first International goalkeeper in their team, Wilfrid Dixon, of the Nautilus, Alec Poole, of the Cricketers, W. S. Hankins, of the Polytechnic, J. P. Blake, of Forest Hill, A. W. Burghard, of the Nautilus, who had played against Scotland the two previous years, and Eddie Plumbridge, of the Ranelagh Harriers and Kent County. Brighton, however, had taken up the game strongly, and had in A. St. John Styer a player who had already represented England against Ireland, and was destined to be captain against Wales in 1904, the year following the match referred to.

About the first of the mixed bathing clubs formed in the London area was the Newington, in which Mr. W. E. Bull took guiding interest. It was such a striking departure at the time that much outcry was raised by the "Unco' guid." But it was still going ahead just before the outbreak of war, and had for its headquarters the Manor Place Baths in Walworth. Mr. Bull has had a life-long connection with swimming, and has been one of the most ardent workers in the cause of life saving, both before and ever since the formation of the Royal Life Saving Society.

One of the spots that used to be greatly favoured by clubs for their open water races was the Welsh Harp, Hendon, a tricky piece of water to swim in by reason of the many cold springs that rise to its surface. Championship races used to be decided there, but rarely was the course properly measured, and when H. C. Schlötel, of the Surbiton and Ilex Clubs, won the half-mile championship there in 1885, it was found to be forty yards short. No championship race has been decided there since 1889, as shortly after the system of deciding the championships alternately in various parts of the country came into vogue.

Schlötel was of the type of swimmer who went into most amateur sports with a zest, and generally excelled. He was a fine runner, and did yeoman service for the Hampton Court Hare and Hounds, whilst as an oarsman he was also at the top of the tree, his club being the famous London. Another man of similar repute as an all round amateur

sportsman is W. H. M. Marx, whose record for Richmond, London, and Surrey County is great. He was president of the Southern Association in 1909. Rowing has always been one of his special points, the Kensington Club being his particular choice, and it was only last Boxing Day I saw him pulling up from the Club's headquarters to Richmond against a heavy stream. Camping out is one of his hobbies.

In the old days you would often see "Duck Hunts" included as an item on a gala programme, the "Duck" of course being a fast swimmer. Ignorance of this simple fact once led an R.S.P.C.A. man to the old Victoria Baths, Peckham, to lodge protest and threaten all sorts of pains and penalties. He was promptly sold a ticket for the special reserve and left alone to formulate his report.

Many of the great long-distance swims have been imperfectly chronicled or reported in other than the regular sporting papers, and as the governing body takes no cognisance of them they are almost forgotten, and rarely referred to. For instance, there is the swim from Blackwall to Gravesend in 4.52.44 by "Captain" Matthew Webb in July, 1875, to beat which many have tried, and only Holbein proved successful. In August, 1889, Reddish took 5.4.38.1 in June, 1890, T. C. Easton occupied 5.20.8, Dalton in September, 1890, finished the distance in 6.16.56 on his back, and in September, 1894, Bownes swam the course in 4.55.0. But Holbein beat all these, when on June 29, 1900, he accomplished the distance in 4.43.6. I had a turn with him that time just after we had passed Barking Creek, and went on for about an hour, but never again do I want a turn in such pellucid (?) water. On a later occasion I went down with Jabez Wolffe, who took 5.7.9. This was on July 2, 1905, but I missed the trip by Walpole Hillier, the well-known Sheffield Water Rat and the life and soul of all cross Channel swimming parties, who on September 19, 1906, swam down in 5.44.0. But there is a far better river swim by Holbein than that mentioned, and as I accompanied it I can vouch for its accuracy.

It took place on July 25, 1899, and on that day Holbein swam 43 miles in 12.27.42. Plunging into the Thames at Blackwall he made his way with the ebb tide down river,

past Gravesend Town Pier to about a hundred and twenty yards past the "Ship and Lobster," a riverside hostelry famous in the annals of prize fights with the knuckles, and back on the flood tide to Bugsby's Reach, where the tide again turned, and he retired, although then quite fresh. Indeed had it not been for our persuasion he would have gone back another seven miles to complete the fifty. But I think twelve hours cramped up in a wherry had been enough for us.

In that same year it was thought that a long swim at Spithead and in the Solent would be a fine test of his ability to swim the Channel, and accordingly, on Monday, August 14, 1899, less than a month after his last great swim, Holbein put off from the Portsmouth Club landing-stage at 7.30 in the morning, the boat accompanying him being in charge of Cottrell, who had been engaged by Mr. H. H. Oliver, of the Portsmouth Club, as our guide. Among those to see him off was Mr. Harry W. Fisk. Holbein made out to the Spit Fort, where I had a turn with him, and found the water delightfully warm. By nine o'clock the swimmer was abreast of No Man's Fort, and went on past the Warner Lightship, and after being three hours in the water he was in St. Helen's Reach. Two and a half miles east of the Warner the skipper turned Holbein into the eddy of the tide, and I then had another turn with him as far as Bembridge Ledge. This was about half-past eleven, and as soon as Holbein felt the turn of the tide he made rapid headway, swimming on his side. Seaview was left behind, and Ryde was reached about three in the afternoon. Yacht racing had been going on continuously from before mid-day, and as far as the eye could see the white wings of the beautiful yachts engaged, coupled with the charming view of the Isle of Wight and the Hampshire coast, made a picturesque setting to our outing. One of the yachts I remember passing was the German Emperor's "Meteor," which soon after met with an accident, and had to give up. After Ryde had been passed I had another swim with Holbein, who was wonderfully fresh and making good progress. He was soon abreast of the bathing stage on Osborne Bay, and shortly after five we had a splendid view of Cowes. Holbein had now Stanley Clapham accompanying him in the water, and this swimmer, a medical student, kept with him past Egypt Point, and until Gurnet Bay was reached. The tide was now

failing fast, but Holbein kept on until he reached the Yarmouth side of Newtown. He had then to turn with the tide, and as it was getting dark he had to give up after swimming what was computed to be 46 or 47 miles in twelve hours, the last twenty minutes of which was in slack water.

Our return journey was one I shall never forget. All us landmen bar Holbein were dog tired, but we had no lights, and were in the steamer course. However, by means of flares and hard pulling we reached the landing-place in the early hours of the Tuesday morning, and I could have slept on the pier where we landed. But Holbein made us move on the double to headquarters, where he polished off the best of a leg of mutton, whilst the rest of us, resisting all temptation, went promptly to bed.

These fine swims fully justified the opinion of all of us that Holbein was the man for the Channel, and they fully bear out how great must have been the disappointment when that marvellous effort to which I referred in the "Recollections" contributed to the March issue, proved unsuccessful. The wonder really is that Holbein, who did not seriously take up long distance swimming until he was close upon forty years of age, should then have been capable of such stupendous effort as he put forth. Of course he had the advantage of having trained for many years for long distance cycle riding, and was a great walker as well as almost an abstainer, a glass of stout now and then being all I ever knew him to indulge in. One of the remarkable features of his swims was his indifference to cold or hot water. He could stand either, and at almost any temperature.

I recently had the pleasure of meeting Mr. Gustave Van Liebergen, of Antwerp, who was one of the Belgian swimmers over here in the Diamond Jubilee year, when V. Sounemans, of Brussels, won the National Graceful Diving Competition at the Royal Life Saving Society's gala in the East and West India Docks, their Majesties the King and Queen, then Duke and Duchess of York, being present. Mr. Van Liebergen, who hails from Antwerp, is very keen on swimming and has pleasant recollections of his days of sport in this country. Among other hobbies he is very keen on angling and is a constant visitor to Twickenham during the fishing season.

NOTES ON NEWS.

Interesting Items from Home and Abroad.

NOW that the Daylight Saving enactment is in force and likely to be in all future years, we should take keen advantage of it in the arrangement of our galas and open water swims. Many of the latter can now be decided in the evening without trouble of darkness setting in before the conclusion of the contests, and the holding of pleasant outings after the day's work is done can be agreed upon at once. The club who will take advantage of the facilities now opened up will assuredly meet with great measure of success.

Since the introduction of the scheme into Australia the rushes to the Coogee and Bondi beaches have been the most phenomenal ever witnessed in Sydney, the crowds being dense and the surf black with bobbing heads. Numbers of families whose head toils all day in the city have formed the habit of leaving home at four in the afternoon, taking with them a hamper full of food and spending the time in the surf until they are joined by father, who comes by tram. A sort of "Husband's Boat" to Margate! After the meal on the grass they return to the surf, and remain there for hours.

The 150 yards back stroke record of 1.53.3 made by Harry Hebner, Illinois Athletic Club, at San Francisco on July 17, 1915, is reported to have been beaten by two-fifths of a second at Detroit on February 24 of this year by C. B. Pavileck, of the Illinois Club, in a bath 25 yards in length.

During the past winter a generous supply of knitted garments has been sent by High, Secondary and Sunday Schools and working parties to the British and Foreign Sailors Society. The need for such welcome comforts for those who battle with the wild elements in addition to human combatants is well-nigh endless. Thousands of sailors have been the recipients through the Society of woollen garments. No sooner are the stores replenished than fresh demands are made upon them, especially by torpedoed crews left destitute. The headquarters are at the Sailors' Palace, 678 and 680, Commercial Road, E.

The Leeds Baths Committee have regretfully intimated the fact that they will be unable to undertake the instruction of school children during the coming season owing to the shortage of staff, which among other things has led to the closing down of the Holbeck Bath, and may lead to the closing of others. Some of the bath assistants have gone into the army, others are on munitions, and the authorities cannot take on others in their places unless they are over sixty years of age. Swimming instruction has long been an important item in the curriculum of the Leeds elementary schools, it having been the regular practice for the boys to be marched from school to the nearest public baths, and there taught swimming for an hour or so. So numerous have been the attendances that in the course of a year the Leeds baths have been visited by no fewer than 120,000 schoolboys of varying ages. The stoppage of this healthful training is, therefore, to be greatly deplored.

In an article on the "Futility of Aimless Discussion," which he has contributed to the *Sporting Life*, Mr. Charles Otway, the energetic Hon. Secretary of the Southern Counties Cross Country Association, which has done so much towards the promotion of cross-country racing among army units in training, says, "The impossibility of getting out of the ruts into which they have allowed themselves to be driven has prevented most of the sports governing bodies from becoming useful during the war. Instead of directing their activities to the organisation of sport for those who needed it most, they have done nothing to keep it going; even less than nothing; have assisted in curtailing it!"

The posthumous honour of the Military medal has been conferred upon Corporal Curwen, King's Liverpool Regiment, killed in action. He was a brother of Miss Daisy Curwen (Mrs. O'Brien), the English lady champion, and of William A. Curwen, the winner of the Mersey Championship in 1902-3 and 4, and now a well-known coach in America.

The mile amateur championship of Queensland was decided at the Ithaca Club's Carnival at Brisbane on February 3. There were four starters, including F. W. Springfield, the holder, who swam very well up to the half mile, but was beaten by J. Saunders, of the Ipswich Club, who finished second last year, in 25.41.3. This race was swam over a twenty-five yards course. It is now thirteen years ago since Springfield first won the mile.

It is reported that Fred Jorn, of the Detroit Y.M.C.A., has plunged 75ft. in forty-six seconds, and will attempt to beat the world's record of 82ft. 7in. plunged by W. Taylor, of Bootle, inside one minute in 1906.

Samuel Williston, of the University of Chicago, recently swam 324ft. under water, but when pulled out was unconscious. It is pleasing to learn that such trials are discouraged by the Amateur Athletic Union of America. The English Association tabooed them many years ago, and prohibited exhibitions of any kind exceeding a time limit of sixty seconds, and also prevents all such competitions or exhibitions in open water in which at any time the competitor or exhibitor may be lost to the view of the officials. Stringent penalties are meted out for infringements of these regulations.

In addition to the season tickets which the Lambeth Baths Committee offer to award to those swimmers resident in Lambeth who pass the tests as detailed in our last issue of the Magazine, they also offer a hundred free seasons to children attending the Borough schools who prove proficient in swimming.

Bury and Elton Club has no fewer than 776 members, and is probably at the present moment the largest club in the United Kingdom. It has been increased by 202 since the 1915 season, and has a balance at the bank of £64 8s. 8½d. It is a staunch supporter of the Royal Life Saving Society.

At the annual gala the Scots Guards held at the Royal Automobile Club on March 23, 2nd Lieut. Drummond won the 67 yards race for officers, and Pte. Sadler the regimental championship over the same distance, whilst in a water polo match the Royal Naval Division defeated the Guards very easily by six goals to one.

The eighty-second annual general meeting of the Eton and Windsor Royal Humane Society was held on March 23 last under the Chairmanship of Mr. A. Jacobs, when it was reported that the Society had fortunately no calls upon it for accidents during the past year. Most of the members are serving with His Majesty's Forces. The military in the district have permission to use the baths, a privilege which is greatly appreciated.

Norman Ross, who in November last put up a record of 2.21.3 for a furlong, and is now training for the world's quarter mile record of 5.19 credited to B. B. Kieran, is said to have swum the distance in 5.4 in practice.

Pte. Arthur Wilson, Leicestershire Regt., killed in action, was formerly captain of the Hinckley Swimming Club.

On March 14 last, Ted Cann, the holder of the Metropolitan hundred yards championship, and one of the most promising swimmers in the United States, swam 300 yards in 3.28, the fastest time ever made in a twenty-five yards bath in America. The International record is 3.26.2 by J. G. Hatfield, at Middlesbrough, on September 16, 1913, and not 3.31.4 by B. B. Kieran as quoted in our review of Mr. Unmack's American record book.

We are in receipt of news of our esteemed friend, R. H. Aldworth, of Johannesburg, who has returned from service in German East Africa, suffering from malaria, and who we are pleased to learn was better when the mail left. They had just held two galas in Johannesburg and district, that of the Johannesburg Club being for the Governor's Fund. At this the chief event was the ladies' championship of the Transvaal, for which there were four competitors, Miss Ayris winning in 1.13.2. The other gala was that of the Boksburg Overseas Club, at which a fine exhibition of Life-saving was given by the Misses Leyds, Salinger, Mary Oliver and Helen Stein, of the Berea Swimming Club.

The President of the French Republic has conferred the Croix de Guerre upon Lt. Ralph Egerton Cilverd, Royal Field Artillery. Lt. Cilverd, who is a member of the Otter and Cygnus Swimming Clubs, represented the United Kingdom in the Pentathlon at

Stockholm, in 1912, and was the first British representative, being ninth in the contest. A bad fault in one of the riding sections cost him several places, but he made the fastest time in the swimming test over 300 metres. He was in the Otter and Cygnus water polo teams for several years, has won the Cygnus Championship, the Holbein long distance Shield, the Championships of the H.A.C., and London Banks, the Territorial 110 yards in 1908-9-10, and in 1912 was third in the Royal Life Saving Society's Competition for the King's Cup.

Engineer-Lieutenant Commander H. C. N. Simes, who has been lost in a destroyer in the North Sea, was educated at Wimborne and Portsmouth Grammar Schools, and in his first term at the Royal Engineering College at Keyham saved the life of a fellow-cadet from drowning when the boat in which they were sailing was capsized.

Glasgow Corporation continues its practice of closing the Public Baths at dusk, but the daylight saving scheme now gives swimmers one hour's additional relief. Those in control of the baths at Coatbridge, Dumbarton, Hamilton and Paisley get over the trouble by shading their lights. Among new swimming ponds in the district are one at Govan-side and another at Motherwell, the latter the centre of a colliery district.

No fewer than 75 entries were received for the New Year Handicap promoted by the Commercial Club of Brisbane, victory in the final going to P. O'Sullivan, of Toowong. At the same meeting F. W. Springfield won the neat diving competition, and at the Foundation Day Celebration Committee Carnival in South Brisbane Baths, on January 27, the last mentioned won the hundred yards championship of Queensland in 1.5.3. This was a week before the mile championship, consequently there was not much time to train for the longer distance.

At the Pacific Coast Amateur Athletic Association meet at Sutro Baths, San Francisco, on March 9, Perry McGillivray won the fifty yards national championship of the United States in 0.24.1 in somewhat easy fashion from Lane, of Hawaii. The latter, as well as Kelli, of Hawaii, and Norman Ross, of the Olympic Club, became tangled up during the race and McGillivray was left with a clear course. Ross, however, won

the hundred yards Pacific Championship in 0.57.3, a new record for this event. The Olympic Club of San Francisco scored a fine record at this meeting.

Just as swimming is coming into its own in the United States, along comes somebody with a bill in the State Legislature making it unlawful for any person to bathe in any river, stream, creek or riverlet within three miles above any pumping station where water is pumped for domestic use. At Pittsburgh's home summer resort there are about a thousand summer camps and canoe clubs where bathing is one of the chief attractions, and 25,000 odd bathers are incensed over the prospective loss of their pleasure.

The Annual Report of the Yorkshire A.S.A. is a very cheering document on which we heartily congratulate the officers in charge, particularly with regard to the work done among the juniors, despite the fact that a large proportion of the energetic workers are on active service. Their Executive hope that the Clubs that are active will render all possible help in the interest of the juniors during the coming season, not only in training, but also by giving them a prominent place in the programmes of their Galas. Financially the Association is sound as the assets and cash in hand amount to over £200.

The Annual General Meeting of the Brighton Swimming Club was held at the Club Arch on March 28. The Report and Balance Sheet showed a slight loss on the year, mainly owing to decreased receipts, the committee having suspended the subscription of those on active service, of whom there are a good number. The membership at the end of the year was 94 seniors and 22 juniors. The following Officers were appointed:—President, Mr. A. R. Styer, a position he has filled for 37 years; Hon. Treasurer, Mr. J. M. Peerless; Hon. Secretary, Mr. W. R. Blaker; Captain, Mr. A. Styer. The Club intends so soon as the war is over to consider the arrangements—which must be made well in advance—for a monster Gala on the occasion of the Club's Diamond Jubilee in 1920. Those organised to celebrate the Club's Jubilee in 1910, and the National Gala of 1913, are referred to in "Recollections," in another part of this issue.

BATH ATTENDANTS. Their Great Responsibilities.

OPPORTUNITIES OPEN FOR ADVANCEMENT.

AT one time it was no uncommon thing for a bath attendant to be unable to swim, and this fact gave rise to much jocular discussion, when the body governing swimming contests in England declared all bath attendants to be ineligible to compete as amateurs. Since then the trend has been to engage as bath attendants only those persons who are capable swimmers, and in some instances strict examination has to be gone through.

It must be recognised by every swimmer that upon the bath attendant rests great responsibility, that a proper knowledge of swimming and life saving is imperative to him or her, and that for the due protection of the bathing public it is incumbent upon the responsible authorities to exercise particular care in their selection when making appointments and to pick out the best of the undoubtedly large available talent now open to them.

Enlightened bath superintendents have taken over the proper training of their assistants, and it is refreshing to find a greatly increased knowledge of life saving and resuscitation possessed by many bath attendants at leading baths as well as marked ability in swimming powers. The knowledge that the attendants are experts gives confidence to the timid bather, and the possession of it also leads to additional efficiency in the carrying out of the duties of the establishment. Through so many facilities now afforded for the training of the young there has risen up a large class of men and women particularly capable of undertaking the duties of bath attendants, and to many of these the possession of the Bronze Medallion and Proficiency Certificate of the Royal Life Saving Society has proved particularly valuable when seeking employment; indeed, some Bath Committees insist upon applicants being holders of such Awards.

By a general insistence upon the possession of the knowledge essential to the passing of the examinations, the status of the bath attendant would be largely improved, and would gradually cause the growth of a large body of competent instructors, for whom there is plenty of room and much good work to do, work which apart from being highly beneficial to the general public would cause

increased financial remuneration to the bath attendant.

Particularly so is this in the case of women, to whom the higher status of physical culture teachers is now open in our schools and colleges. Many of these positions are of course gained by excellence in other branches of learning in addition to theoretical and practical swimming knowledge, but the art is now receiving so much attention and encouragement that the scope open to women teachers is becoming very wide.

Before, however, working for a general body of coaches or instructors with duly qualified credentials, we should first of all endeavour to raise the status of the bath attendant, and to that end should induce all our local bath authorities to refrain from appointing to office any one who cannot swim and further to give preference to those who possess the qualifications already enumerated. By so doing we shall assuredly help forward the cause of swimming and life saving in a marked degree, for we shall be strengthening the bed rock of training and practice. The expert attendant is in a splendid position to advance the knowledge of any bather whose tuition has been neglected, and by efficient coaching would assuredly improve his position, for at the present time there is a dearth of good coaches. Apart from that the knowledge of life saving is essential to a bath attendant, for no matter how great the precautions may be accidents do happen, and as to the public at large the Baths Committees owe duty, it is for them to make assurance doubly sure by only appointing to office those who can efficiently demonstrate to them or a duly qualified examiner their practical ability to do themselves what they profess to be able to teach others.

Such qualifications once fully established, coupled with the exercise of tact, should go far towards advancing the position of a bath attendant of either sex. The general rule now is to employ only those who can exhibit marked ability, and to that end many have taken up the study of the knowledge of life-saving and resuscitation. The records of the Royal Life Saving Society show that many have passed for the Award of Merit, whilst several have gained the Diploma.

THE WORLD'S RECORDS.

A CHAPTER OF COMPARISONS.

(Continued from Last Issue.)

THE English records bear very little comparison with these, but it must not be forgotten that for nearly three years past there has been little opportunity of speed competition, and that all the men who might have improved to close upon the remarkable times of the American swimmers are on active service. We have, however, plenty of good youngsters, but as they reach the age of eighteen they perforce come under the Military Service Act, and but little likelihood of racing competitions of importance this year. In the meantime one can but speculate upon the wonderful improvement among the Americans during the past two years, due, so our correspondents say, to a largely increased interest in the art brought about by the provision of many new and excellent facilities for gaining a knowledge of the art, and, above all, a greatly improved standard of merit among the coaches and instructors of the States. That seems to have been brought about by the inter-collegiate and other high class competitions, and the consequent interchange of ideas.

Similarly fortunate have been the ladies in the matter of instruction, and also in the increase in competitions open to them. They have been lowering record after record, and as we have frequently pointed out have easily eclipsed the best English times, although so far they have not reached the records touched by our Australian cousins. In Mr. Unmack's excellent book of records, which by the way may be obtained of the Publisher, 742, Market Street, San Francisco, California, price 10 cents, plus postage, are given the following as the American ladies' records up to the date of publication.

Fifty yards, 0.30.1, Olga Dorfner, Philadelphia, June 4, 1916; 50 yards, open water, straight, 0.30.3, Olga Dorfner, Lafayette, Pa., September 11, 1916; 100 yards, 1.8.4, Olga Dorfner, San Francisco, July 5, 1916; 100 yards (tidal), 1.8.2, Olga Dorfner, Wildwood, New Jersey, August 2, 1910; 220 yards, 3.5.1, Olga Dorfner, Philadelphia, March 5, 1916; 220 yards (110 tidal water), 3.3.1, Olga Dorfner, Lafayette, September 11, 1915; 300 yards, 4.43.4, Claire Galligan, New York, March 31, 1916; 440 yards,

6.59, Frances Cowells, Piedmont, Oakland, March, 1915; 500 yards, 8.0, Frances Cowells, Piedmont, Oakland, October 21, 1916; 880 yards (110 tidal water), Claire Galligan, Rye, New York, September 2, 1916; 1,320 yards, 23.35.3, Claire Galligan, Rye, New York, September 2, 1916; 1 mile (110 tidal water), 31.19.3, Claire Galligan, Rye, New York, September 2, 1916; Endurance, 26 miles in Delaware River in 11.1.20, September 19, 1916; yet of all these records the only one which would apparently stand good here or at the International Federation would be the hundred yards made at San Francisco, as the others were put up in much shorter baths than recognised, or else in tidal water for which time is no criterion as to speed. Nevertheless the times are so good as to give us plenty of room for thought.

Yet it should not be forgotten that, according to the previously quoted regulations for American records, those for any distance up to 500 yards can be made in any tank which is 60ft. or more in length, that is to say a hundred yards' record can be put up in a bath with four turns, whereas we insist on only three turns being allowed for that distance. The ideal course for record is the straight one such as was provided at the Stadium erected for the Olympic Games of London in 1908, but the chance of using such a bath for real tests does not often occur.

There is great difficulty in forming a true estimate of the relative merits of time records, owing to the varying conditions under which they are made, and the standards agreed upon by the International Federation were only arrived at after long discussion. The last official list was published up to March 13, 1914, and in this is not included any of the world's records which Mr. Unmack quotes as being made in Australia prior to 1908. With official swimming matters at a standstill we are unable to obtain definite information as to the reasons why the Australian records are not mentioned. Compilers of record lists should remember that International records from 100 yards up to 500 metres must be made in baths or over still-water courses not less than 25 yards in length and that for distances over 500 yards the course must be not less than 110 metres in absolutely still water.

The Swimming Magazine.

(Fourth Volume commences 1st June, 1917.)

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