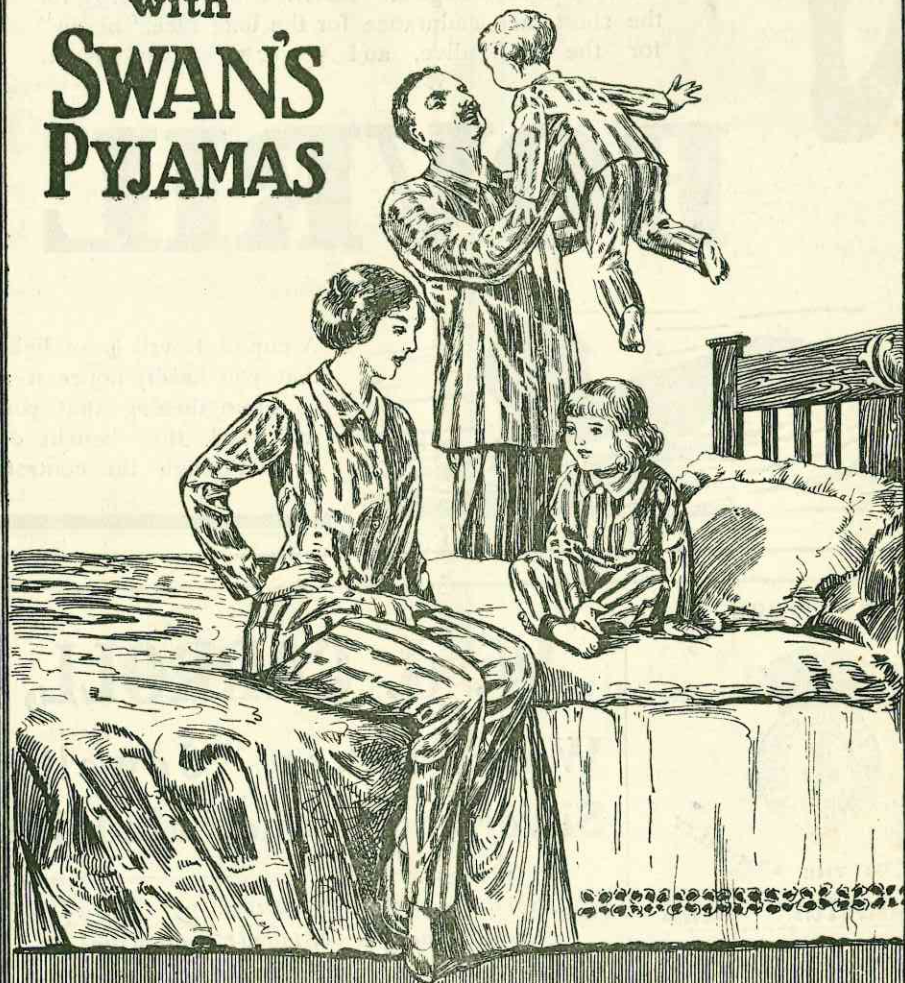


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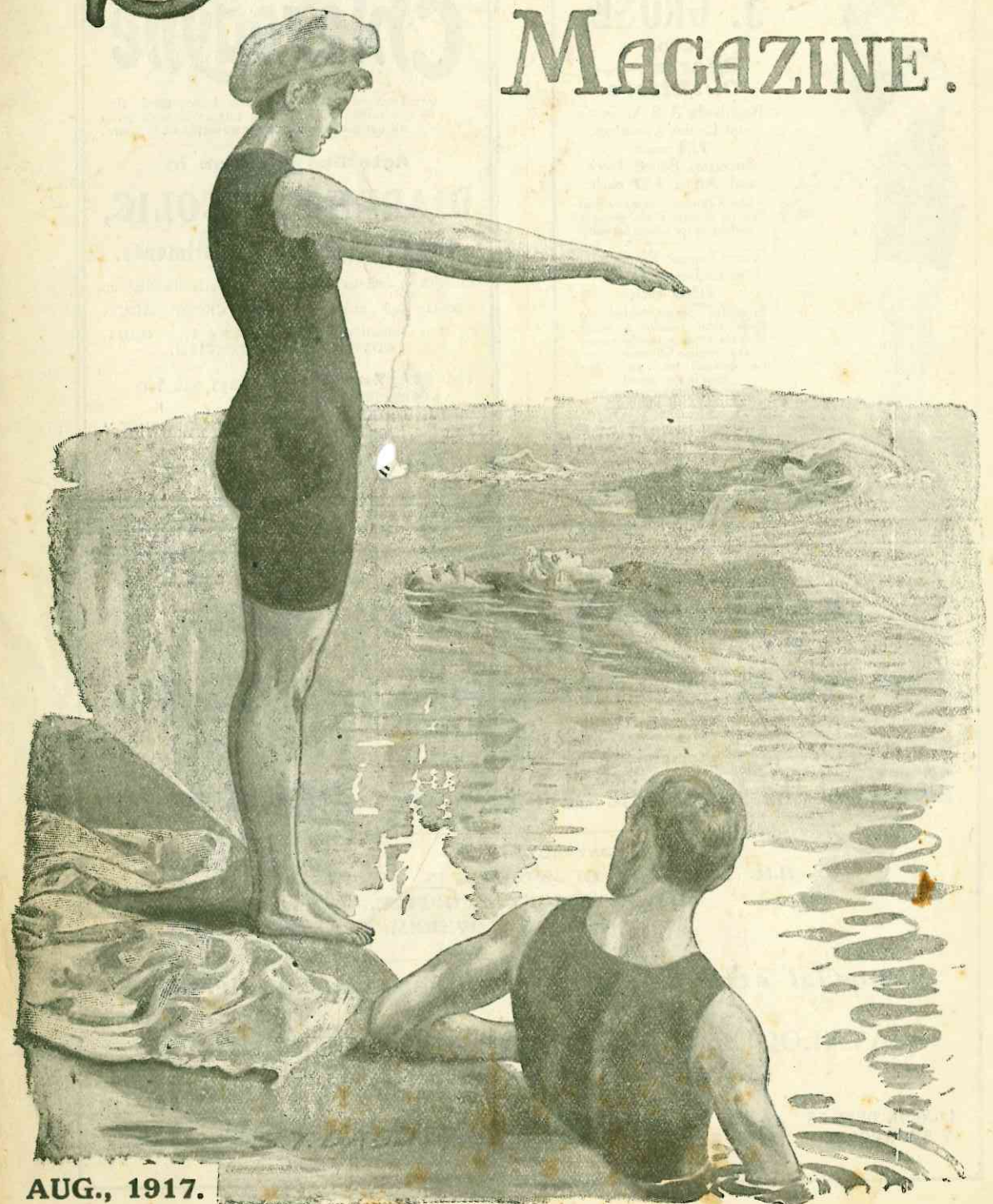
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THE SWIMMING MAGAZINE.



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The Swimming Magazine

(The Official
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Royal Life
Saving Society)

No. 3. VOL. IV.

AUGUST, 1917.

THE TEACHING OF SWIMMING. Our Criminal Apathy.

By WILLIAM HENRY.

THE apathy with which attempts to promote compulsory teaching of swimming and Life Saving in all schools is generally received is little less than criminal, for it may be truly said to be the cause of the loss of many young lives whose existence is now all essential to the nation. Ever since its formation the Royal Life Saving Society has endeavoured to get swimming and Life Saving placed upon the Statute Books of Education, but though great progress has been made in the matter of individual schools, the subject has never been more than sympathetically received by any Minister of Education. There is some hope that reform may come under the promised new Bill, but in order to aid progress it is incumbent that every man and woman in the country should write to the Member of Parliament for the constituency in which he or she may be resident, pointing out the great advantages to be obtained by a universal knowledge of swimming and Life Saving, not only from a health point of view, but also for the high purpose of saving life.

In no other form of exercise are the muscles brought so effectually into play as in swimming, and as the muscles increase in size and development they respond more readily to the will, the resultant being a greater defined freedom of health and the enjoyment of physical well-being and activity. The deep and regular respirations which are the accompaniment of swimming causes the acceleration of the circulation of the blood in the pulmonary vessels and therefore the amount of air inhaled and carbon dioxide exhaled is greatly increased, hence, the body throws off a large amount of waste material, which the water at once washes away. So advantageous are the effects of the exercise that the activity of every organ and the

nutrition of all parts of the body are greatly improved, with lasting beneficial results to the person partaking of the exercise.

Now these advantages of learning the art of swimming are well known to the nation at large, yet keen opposition is made to its compulsory teaching in schools, the reasons often advanced being based on principles of so-called economy. But is it not more economical to save lives for the nation, and build up physical stalwarts than to send ill-formed and unhealthy beings out into the world to take their chance of life and death. I strenuously maintain that the proper course is the first named, and to the adoption of that principle by the authorities to whom we have delegated great powers for good or evil, every swimmer should work unceasingly. It is only by strong agitation that we can hope for success. The authorities are quite apathetic where support of a principle comes apparently only from the few. In fact all history shows they ignore what they are often pleased to call interference with their prerogatives, and that it is only when matters are brought forcibly to their notice that they feel inclined to give enlightened public opinion any consideration. Far too often, I fear, are they dependent upon their own servants for advice and these servants are too prone to let matters remain as they are, preferring present duties and prospective pensions to good work on the nation's behalf. It is a selfishness they may afterwards regret, but I fear that by the fireside of old age they will not feel the remorse they are entitled to be subjected to, though mayhap it may come through the loss of one of their own kith and kin through ignorance of a subject which should have been one of the first to have commanded their keen support and attention while in office.

The reports of inquests which are constantly appearing show how serious is the loss which the nation is now sustaining through the lack of knowledge. At one which was recently held at Rochester, Mr. Neve, the Coroner for the Tonbridge Division of Kent, brought out the fact that there were no facilities for teaching swimming at the school which the drowned youth attended, although the master, giving evidence, thought it necessary that swimming should be taught in all schools. The deceased, it was said, could swim but not well, and though he used a vigorous back stroke, it was no good. The Coroner also elicited the fact that had there been a good life saver present the boy's life might have been saved. How valuable this life might have proved to the nation will be apparent when I mention that the youth who was so unfortunately drowned was just completing a King's Scholarship at the King's School, Rochester, after which, before joining the colours, he was going for an exhibition at Oxford, had already passed the Matriculation Examination of London University with first class honours, was captain of the second eleven at cricket, was lance-corporal in the Officers' Training Corps at the School, and had gained a place in the shooting eight. How painful that such a promising young life should have been thrown away. Yet so it regrettably happens with many others.

In summing up the evidence given about the death of the youth, whose untimely end has given me thought for these words of warning and remonstrance to the authorities responsible for the failure to encourage swimming and the making of it a compulsory part of training not only in every school, but also in every naval and military training centre, the Coroner said that "It is extremely sad that this young life should have been lost, but if anything has taken place which will induce young lads to learn to swim, then this lad's life has not been lost in vain. I have been connected with education for a number of years, and am strongly of opinion that swimming should always form part of a school curriculum." Many other men of wide experience like Mr. Neve have ventilated this sound and sensible idea, but their words have, alas, fallen on deaf ears. But we must not sit still and grow lethargic even though present circumstances tend to retard the propagation of our gospel of Life Saving. The energy which has been thrown into the

honorary work of teaching during the three years of this all-absorbing war, and the progress made in the schools as shown in an article in another portion of this issue, augurs well for success in the long continued effort which has been made to arouse the responsible public to the all-important questions they have shelved in the past as either being too troublesome or outside the scope of their operations. They call for weighty consideration, and not perfunctory discussion. The official mind is, however, so encased in red tape and legal formality that it refuses to give cognisance to the undoubted rights of recognition possessed by those whom it pleaseth to term outsiders, and in this way all humane effort is thwarted. Had it not been for the masters and mistresses in our schools the progress made by the nation in the art of swimming and the knowledge of Life Saving would have been slow indeed, and it somewhat surprises me that the matter has not received the serious attention of the National Union of Teachers long ere this. That effective and powerful organisation could do much to help forward a cause which demands the support of all humanity.

Let me, however, not be chary in unstinted praise of the noble teachers who for many years past have energetically worked in the cause of Life Saving, and have done so much to promote the objects of the Royal Life Saving Society. To them, both male and female, many persons now owe their lives by reason of the tuition they have given to the various generations of youth passing through their schools. They have had to fight against great odds and to overcome insensate opposition, but they have triumphed so far and their complete victory will be forthcoming ere long. It has not always been the Education Authority which has hampered them in their spirited public efforts, for in many places where facilities for teaching in school hours have been afforded, the lack of bathing accommodation or the refusal of local authorities to assist in any broad-minded way has prevented them from realising the fruits of successful endeavour. If swimming be made compulsory under the proposed new Education Bill some legislation will be necessary, the effect of which shall be to make district authorities work in harmony with its provisions and not throw every obstacle in the way, as is now unhappily too often the case. Fortunately there are bright exceptions.

THE ROYAL LIFE SAVING SOCIETY.

Brilliant Results of Honorary Labours.

AN OBJECT LESSON FROM THE FRONT.

THE monthly meeting of the Central Executive of the Royal Life Saving Society, held on Thursday, July 1, at the head offices, 8, Bayley Street, London, W.C., under the presidency of Mr. S. J. Monks, the Chairman, was the most important of the year, the record of work done under the exceptional circumstances now prevailing being astonishing. It must be a source of much gratification to every member, and particularly those who in the past have worked strenuously in promoting the aims and objects of the Society, for the Public and other Schools are now taking up the subject with increased interest, and in a manner which bodes well for the further spreading of the valuable knowledge of Life Saving throughout the world. One has only to read the report of the "Darnell" Excellence Trophy award to Leeds Training College which appeared last month, and the article on "Work in the Schools" appertaining to the same Trophy Competition which appears in the present issue, to realise how vast and how widespread the good work may become.

Another source of keen pleasure is the interest which those who have gained the Bronze Medallion continue to take in the advanced work of the Society. When the test for the Award of Merit was first instituted many considered it a difficult proposition, but experience has shown that strict attention to detail and careful practice has caused many to make sure of passing, and this Award has now become what one might term the most popular among candidates. It comprises a real test in swimming ability of no mean order, and yet to a good swimmer it is comparatively easy to pass. But by practice for it one is compelled to learn or else make oneself perfect in many parts of a swimmer's education which used to be neglected for mere speed swimming. For instance, take "undressing on the surface of the water." It was only a few who knew how to do it properly, and with least effort, and these were usually public performers; now there are thousands who can do it with ease, and may at any time find the knowledge useful to them. Again "Swimming in Clothes" was usually a thing never

dreamt of, except by a few clubs who had a race or two during the year, or left the item of a "Clothes Race" as a sort of farcical close to an entertainment. Even the Ilex Swimming Club, the great rowing organisation, as far as we remember, only held one race in clothes in a year, and that was in a bath. The Serpentine and other clubs have greatly improved upon these methods of instruction in late years, but it is the Award of Merit which has made the great body of competent life-savers now existing in all parts of the world, pay attention to it.

The practice for the Award of Merit also gives such command over water that one may have confidence in every emergency, and it is, therefore, very pleasing to note that the Award is becoming most popular in Public Schools. The passing of it may be but the stepping stone to the Diploma, the highest Award of the Society, but the "pass" as we have previously remarked is one which denotes the swimmer to be of high all-round excellence. Mark you, not merely a speed swimmer, but one who has acquired a knowledge of natation which only comparatively a short time ago, but few possessed. This in itself is sufficient evidence that the Royal Life Saving Society is beneficial, and that its effects must be far-reaching.

Appearing in the report presented to the meeting was also a fine record of classes held among Military units. We have only to read the reports of the battle near the canals of the Yser and the imperishable record of the King's Royal Rifles and the Northamptonshire Regiment to realise how valuable a knowledge of swimming was to some of the heroes of that Homeric struggle against fearful odds. The swimming of the canal by wounded soldiers, the placing of a rope across in order that non-swimmers might get a chance of life, and other incidents of that great fight thrill us, but how much better it would have been if all were capable of swimming. Natation has never been looked upon as part of military education, but a knowledge of it has proved useful time and again during this great war, and so has Life Saving, even in the trenches, where, as we reported, Corporal Hart saved the life of a comrade by thinking of the method of carry-

ing a tired swimmer, and in this way pushing him into a communication trench. And now we have many officers who gained their knowledge of the principles of Life Saving by passing for the Bronze Medallion of the Society at School or College, taking up the work in their own Battalions, and in many instances forming classes for Instructors. By this means the knowledge will gradually spread through the army, and who knows how useful it soon may become.

The reports presented to the Executive showed a total of 1,434 Awards for the month as against 1,074 at a similar meeting last year. The total included two Diplomas, one in favour of Miss Maggie Lawton, of the City of Leeds Training College, who secured 165 points, and the other in favour of Sergt. Savage, of Wallasey, who received 161½ points. The last mentioned is the first candidate to gain the Diploma in his district. The total also included no fewer than 83 Awards of Merit.

Among the bodies that joined the Society was the Salvation Army, which includes the Life Saving Scouts for Boys, Life Saving Guards for Girls, Life Saving Chums for young boys and the Young People's Legion for Boys and Girls. For some years past many officers of the Salvation Army have devoted much attention to the subject, among these we may mention Diploma-Holder Brigadier Roy Gilks, now located at Paisley, who was one of the pioneers. It is, therefore, particularly pleasing that this powerful organisation has now officially become connected with the work of the Society, which we trust will result in much good.

A letter was read from Mrs. A. Blanche Harber, enclosing a copy of the following letter from her husband, who is an officer serving in France:—

"I should have certainly lost my life this morning had I not been a pretty good swimmer. I went with Captain — to a place about three miles along the river bank, and on the way home my horse suddenly shied at something—I can't think what—she began to back, and as luck would have it I was riding between the Captain and the river. The next thing I realised was that the horse had lost her footing, and was going over the bank (which was very high and steep) backwards. The Captain says I shouted, 'We are in' just before the crash came. Luckily I had the presence of mind to throw myself as far from the horse's back as I could. If I had not done this I

should have undoubtedly gone in with the horse on top of me, as it was I fell clear of her and struck out for the side. The current here is very strong and I suddenly saw my cap floating downstream, at least 30 yards away and so went after it. I then swam to the side, got out, and saw the horse swimming about in midstream. A few yards away there was a stream running into the river, she saw it and made for it, when she was at once in shallow water and we helped her on to land again. I can tell you it was no joke to swim in boots, puttees, spurs, riding breeches, tunic, belt, gas helmet, etc., but thank heaven I had practised swimming in my clothes for the Royal Life Saving Society's exams., otherwise I should not have been alive now to tell the tale, for there was no help at hand and the Captain is no swimmer. Only last week the veterinary surgeon was drowned in a similar accident not more than a hundred yards from where I went in; the body has not yet been recovered."

Mrs. Harber and her husband are both members of the Royal Life Saving Society, also holders of all Awards up to and including the Award of Merit, and Mrs. Harber says, "As you may guess, after receiving the above letter I was more than ever grateful to your Society. When the war is over we both hope to enter for the Diploma at the very first opportunity." As regards these members the case is unique, as the introduction which later led to marriage was brought about by their practice for the various Awards they gained, and the interest they took in the work of the Royal Life Saving Society.

Brighton Swimming Club held a splendid military gala on July 21 in aid of the funds of St. Dunstan's Hostel. All prizes were presented by individual donors. Mr. Harry Preston, of the Royal York Hotel, being particularly generous. As a result it is expected that about £25 will accrue to the fund. Most of the competitors were Canadians. Among them was C.S.M. Hill, an old water polo player of renown, who won an eighty yards scratch in 0.56, but could only gain fourth place in a forty yards race in which Lt. Kerry proved successful. The same officer won an eighty yards race, open to officers, Lt. Tracey, also of the Canadians, being second. The Canadians beat the South Africans in a water polo match by 5 goals to 2, and the 23rd Res. Bttn. Canadians outclassed the South African Cavalry Command Depot in a team race.

HAWKES BAY HEAD CENTRE.

In spite of the difficulties of carrying on, and the serious depletion in the ranks of the Executive and the members, the number of Awards granted last year by the Hawkes Bay (New Zealand) Head Centre were double those of the previous season, owing chiefly to the great interest taken by ladies and school children in the work. The annual meeting was not held until March 20, owing to the members leaving for camp to go through a course of training to fit them to help the Motherland, but the report showed that 105 Awards had been obtained, these being 1 Elementary Certificate, 45 Proficiency Certificates, 40 Bronze Medallions, 5 Hon. Instructor's Certificates and 14 Awards of Merit.

Classes of instruction in swimming and Life Saving were held in the Municipal Baths every Monday and Wednesday evening, when quite a large number of aspirants of both sexes took advantage of the opportunity offered, with the result that towards the end of the season many of them became capable exponents and presented themselves for examination, the majority being successful.

Last season there was not a case of drowning although there were some narrow escapes.

The Council of Napier has not only donated £25 per annum to the funds for the encouragement of Life Saving in the district but also given over the control of the foreshore to the Society and has provided the Head Centre with red flags as danger signals and these are hoisted when it is deemed unsafe for bathing. Yet foolhardy people will go out even when such warning is given, and had it not been for members of the Society several lives would have been lost. Unfortunately one young lady was drowned about two years ago. She ignored the danger signals and when bathing with her back to the incoming waves a larger one than usual swept up the beach, and she was carried out to sea by the back wash. Andrew Robertson, a member of the Executive, attempted to rescue her but was unsuccessful. For his plucky action he was awarded the medal of the R.H.S.

The Head Centre has now five Surf Reels and boxes along the beach and life buoys along the river, also grappling irons at convenient places.

Competition amongst children is greatly catered for, and just as the mail left in April

last the annual contests for the McLean Surf Reel, Vigor Brown Shield and Edwards Gold Medal competitions were about to take place. The report to hand is signed by Messrs. Angus M. Russell, chairman, and Edgar D. Berry, Hon. Sec., both of whom are known to us, not only as experts but also keen supporters of the work of the Society. Night McCartney, who for several years did his best for Life Saving in the Centre, has been elected a Life Member for his services after enlisting in the New Zealand forces, in which he holds the rank of Sergeant. Mr. Vigor Brown, M.P., who did so much for us when we were in Napier, is again Mayor of the City in which he is held in high esteem. He is a great supporter of the art of swimming and Life Saving.

Our valued friend and honorary worker, Brigadier W. Roy Gilks, of the Salvation Army, who has done such good work at Middlesbrough on behalf of the Royal Life Saving Society, has orders to take up the South-West Scotland Command, and his address henceforth will be 97, High Street, Paisley, N.B. His friend and pupil, Captain A. Dalziel, has kindly consented to conduct the Society's examinations in the Middlesbrough District in the future. Captain Dalziel already holds the Award of Merit and Brigadier Gilks is a Diploma holder.

Drummer J. T. Grundy, Northamptonshire Regiment, son of Mr. T. W. Grundy, superintendent of the Bolton Baths, has effected a gallant rescue in Egypt. He was having a swim when he heard a comrade crying for help, and at once went to his assistance, bringing him home by the second method of rescue. Drummer Grundy, who originally joined the Loyal North Lancashire Regiment in September, 1914, and served in Gallipoli, holds the record for the individual Life Saving Championship of Manchester and was also the champion swimmer of Bolton at all styles and distances. When war broke out he was studying for the Diploma examination of the Royal Life Saving Society.

A new and excellent method of bringing the work of the Society in front of the general public is that of the Bolton Swimming Club, which at its last gala included a demonstration of the examination for the Award of Merit, those doing the work being Miss P. Walker, who won the hundred yards championship of the club the same evening, and Master A.

Walker. We heartily recommend other clubs to give similar displays at their galas, especially as the test includes so many difficult natatorial feats, all of which are interesting to spectators. The idea emanated from Mr. T. W. Grundy, the superintendent of the Baths, who on the same occasion gave a exhibition of scientific swimming, including the old and new type of breast stroke.

* * * *

Pte. J. V. Jones, Herefordshire Regiment, who has returned from France as being under age, performed a meritorious rescue in the River Waveney, near Lowestoft, in the early part of June. He noticed that Sergt. Instructor J. A. Burles was in difficulties and dived in at once. The Sergeant sunk in about six feet of water, but the young soldier promptly made a surface dive and found him, afterwards bringing him safely to shore. Pte. J. V. Jones obtained the Proficiency Certificate of the Royal Life Saving Society, the R.H.S. and the Liverpool Shipwreck and Humane Societies competition medals in 1914 and the 100 yards School Boy Championship of Birkenhead in 1913 in 1.14.4. The meritorious act of Pte. Jones proves the value of the instruction provided to the youth of the country, through the medium of the classes promoted by the Royal Life Saving Society.

* * * *

We much regret to learn that Pte. H. A. Pike, who for many years has worked hard for the encouragement of swimming and Life Saving in the Barnes and Mortlake Schools, has been seriously ill with trench fever, but are glad to learn from later advices that he is now much improved in health.

* * * *

Sec.-Lieut. Charles Sidney Hall, Royal Flying Corps, killed in an air fight at the early age of eighteen years, was educated at the North-Eastern County School, Barnard Castle, and there obtained the Bronze Medallion and Hon. Instructor's Certificate of the Royal Life Saving Society.

* * * *

We greatly regret to learn that Sec.-Lieut. W. T. Woodward, Suffolk Regt., a member of the Stowmarket Swimming Club and nephew of Mr. Herbert W. Turner, the hon. secretary of the Club, has been killed in action after being in France only about five weeks. Lt. Woodward gained the Proficiency Certificate and Bronze Medallion of the Royal Life Saving Society in 1915.

The Public Health Committee of the City of Dublin is to be heartily congratulated upon its anxious desire that the public citizens should avail themselves of the facilities afforded for learning swimming and Life Saving. At a meeting held at the beginning of last month under the chairmanship of Councillor Lorcan G. Sherlock, LL.D., and subsequently Councillor P. T. Daly, at which the Lord Mayor, the High Sheriff, Alderman Quaid, Councillors John Ryan, J.P., James Devlin and John Long were present, the desirability of making arrangements for instruction in Life Saving to persons availing themselves of the facilities provided at the Tara Street Baths was considered, and it was decided to employ an Instructor to give instruction on two evenings each week for four weeks, with a view to ascertaining if the project would produce satisfactory results. These we sincerely hope have been accomplished.

* * * *

According to the "Inter-Collegiate Swimming Guide" of America, a copy of which has been kindly forwarded us by Mr. John A. Jackson, Instructor of Swimming at the Lurline Baths, San Francisco, and one of our valued correspondents across the water, provision is made for swimming in over 160 institutions in the States. In the interest of the advancement of the work of teaching swimming and Life Saving there has also been compiled by the National Collegiate Committee on Swimming and Water Sports, a list of College and School swimming and Life-Saving tests. This compilation shows the growing conviction in America that some certain amount of ability in swimming and Life-Saving is necessary to one's usefulness in life and that the teaching of the art should be included in the education of every person.

* * * *

The teaching of Life Saving methods is still being carried on ably at Tottenham High School for Girls by Miss Annacker, the number of Medallions and Proficiency Certificates gained this year exceeding that of last year. Eleven girls successfully passed the Proficiency test, and ten the Bronze Medallion. The land drills were thoroughly well-known and smartly and accurately performed; the answers to the questions on the theory of the subject showed an intelligent grasp of the essential facts; and the water work disclosed several strong swimmers who had all been excellently trained. May the good work continue!

THE LADIES' SECTION. Across the Golden Gate.

BUSINESS GIRLS' VIGOROUS PROTESTS.

SOME few years back the great ladies' race of the year in England was the contest in the Thames promoted by the *Weekly Dispatch* Swimming Club. Whether such race will be held again remains to be seen after the war. In this instance it is a genuine "Wait and See" but in the meantime an American paper has been following the worthy example of the *Weekly Dispatch*, for the *Bulletin* of San Francisco, on June 9, initiated a ladies' contest across the Golden Gate, for which there were thirty-one entries and over twenty starters. Among the competitors were Miss "Babe" Wright, Miss Vallery Mahn and Miss Alice Goodman, who had already done good swims, and Miss Frances Cowells, whose performances readers of the SWIMMING MAGAZINE are well acquainted with. But it was the first attempt of the last mentioned as a distance swimmer. Among the surprise entries was that of Mrs. Ernest Maynard Smith, who as Miss Margaret Brack had formerly been hailed as "Queen of the Quarter Milers," but she had not done any racing for two years.

* * * *

The race was over a course of a mile and a quarter, and not that of seven-eighths of a mile over which Miss "Babe" Wright established a record of 31.35.4 last year, which Miss Goodman swam in 32.21.2, and Miss Vallery Mahn, of the Dolphin Rowing Club, in 32.7, the last mentioned performance being accomplished on October 23 last. The experts claimed that the contest would be a duel between Miss Cowells and Mrs. Smith and so it turned out. Prior to the start instructions as to the tides and rules for finishing were read out, and had these been strictly followed the mishap which led to disqualification of Mrs. Smith would not have followed.

* * * *

It was a desperate race between Miss Cowells and Mrs. Smith. The latter was coached by Sidney Cavill, who took his charge out of course, and thereby lost her the race. A hundred yards from the beach he steered her around a buoy fifty yards away from the flag beacons marking the imaginary finishing line which the swimmers

had to cross and the officials had no option but to disqualify her. But like Dorando in the Olympic Marathon of London, she is to get a special cup. Unofficially her time is returned at 38.17.4 whereas that of Miss Frances Cowells, who gained the award, is given as 41.15. Miss Vallery Mahn came in second in 47.1 and Miss Catherine Flaherty, Center Club, and Miss "Babe" Wright, California Club, tied for third place in 47.2. It was a great race between the Misses Mahn, Flaherty and Wright. Miss Alice Goodman, who came in seventh, occupied 58.42.

* * * *

The 100 yards ladies' championship of the Northern Counties is to be decided at Stalybridge on September 4, 75 yards junior ladies' championship at Hyde on August 26, and the 100 yards ladies' breast stroke championship at Chester on August 1. Specially inscribed "War time," medals of reduced value will be given.

* * * *

Burton Ladies have been disporting themselves in the Trent of late, among them being Miss F. Dolman, the daughter of the Baths Superintendent, who recently swam a distance of a mile and a quarter in 28.30. This young lady when only fourteen years of age swam two and three quarter miles in capital time, and up to date has gained eighty or ninety prizes. But her best reward of learning to swim is a certificate for saving the life of a boy who was drowning.

* * * *

The need for all ladies to learn swimming was demonstrated in practical manner by the experiences of Miss Cicely Baker-Jones, a nurse on Red Cross work. She was on a British troopship torpedoed about ten miles from land, but which could not be beached in time, although the effort was made. The nurses and soldiers were all wearing life belts, and showed the usual British bravery and coolness. The life boat in which the nurse left the doomed vessel was overcrowded and became full of water from the heavy seas washing over them, and once Miss Baker-Jones was washed out of the boat by a wave. But she swam back and supported herself on an oar until picked up by a destroyer.

Windsor Ladies had their annual long distance race in the Thames on the morning of June 17, the course being 1 mile 600 yards from Boveney Lock. Miss Muriel Parsons was the first of the club to finish, taking 33.52, Miss Ivy Strange being second in 33.58 and Miss Missen third, 34.23. Miss E. Luff, a visitor, swam in the event and covered the course first in 33.33. A half mile handicap decided on June 26 in the river went to Miss G. Adams, 11.50, Miss M. Luff being second and Miss N. Luff third, and another long distance swim to Miss E. Wareham, 45.10, Miss N. Webb being second and Miss F. Luff third. They had an aquatic "At home" at the Baths on June 22, when Miss E. Quine won the Junior Challenge Cup, Miss I. Meredew the Junior Diving, Miss P. Mead, 23 seconds start, the Lady Dyson Challenge Cup, Miss I. Strange, 10 seconds, being second, Miss E. Wareham, 22 seconds, third, and Miss M. Parsons, scratch, fourth. Miss Strange beat Miss Parsons in the Senior Diving after a tie.

Business girls in Wakefield, Derby and other centres are complaining of the lack of facilities for bathing after business hours. The average girl, says one complainant, does not finish until close upon seven, and on the night the baths are available for women finds them crowded with school girls and others, who to all appearances could have bathed earlier in the day. The real fact is that bathing accommodation for women is far too limited and with the great progress made in swimming is becoming worse every year. The experiment of opening in the early morning for women might be tried so as to get over existing difficulties.

The English Ladies' Amateur records made up to December 31 last year and passed by the Amateur Swimming Association are: 100 yards, 1.11, Miss Daisy Curwen, Westminster (Liverpool) Ladies, at Liverpool, September 10, 1913; 150 yards, 1.56.1, Miss Connie M. Jeans, Nottingham Ladies, at Seacombe, December 31, 1915; 220 yards, 3.8.4, Miss Daisy Curwen at Liverpool, October 24, 1912; 300 yards, 4.23, Miss Connie M. Jeans, at Nottingham, October 30, 1915; 440 yards, no accepted record; 500 yards, 7.52, Miss Vera Neave, Enfield Ladies, at London, October 4, 1913; 880 yards, 14.31.4, Miss Vera Neave at Jersey, Channel Islands, August 25, 1913; 1000 yards,

16.25.4, Miss Vera Neave at Jersey, August 25, 1913; one mile, 29.54.1, Miss Vera Neave at Jersey, August 11, 1913; 150 yards back, 2.19.2, Miss Lucy Morton, Blackpool Ladies, at Blackpool, October 22, 1913.

Miss Greta Johansson, the famous Swedish lady swimmer, who won the Olympic Diving Championship at Stockholm in 1912, has been married to Eric Brandsten, the coach at Stanford University, California. In the Olympic Championship Miss Liza Regnell finished second to Miss Johansson, and Miss Belle White, Great Britain, third, but the following year in the Ladies' National Graceful Diving Championship in London, Miss Belle White was placed first, Miss Johansson second and Miss Regnell third. Mr. Brandsten, who was formerly well known in high diving circles in Sweden, is a member of the Olympic Club, San Francisco, and is largely responsible for the success Norman Ross, the new American champion, has achieved. He has been a staunch supporter of the SWIMMING MAGAZINE. We wish the pair a long, happy and prosperous career.

The Corporation of Worthing has this year greatly extended the facilities for bathing, by setting apart a number of machines on the beach for mixed bathers, and also opening the salt water swimming baths every afternoon for family bathing. This is an enlightened policy which seems highly appreciated by visitors who this year are more numerous than usual. The provision of accommodation for family and mixed bathing is desirable in every community and more particularly at the seaside where its enjoyment is considerably enhanced by the surrounding conditions. The close proximity of Worthing to London should attract swimming families who are able to make holiday in these strenuous times or desirous of recuperating in preparation for renewed working activity.

A dainty little lady named Mabel Bolton, only six years of age, a pupil of the Blackburn High School for girls and daughter of Second A/M Fred. P. Bolton, of the Royal Flying Corps, has just succeeded in swimming a quarter of a mile at the Blakey Moor Baths. When only three years of age she was able to swim a length of the baths. Miss Bolton has been trained by Miss Lois Hodgson, the swimming instructress at Blakey Moor.

Since the Australasian Ladies championship, Miss Elsie Venning has been rusticated, but she is developing and becoming stronger, and next season will, in the opinion of swimmers well qualified to judge, very likely carry off all the Queensland Championships. Next to her rank Miss Mabel Springfield and Miss Maggie Grant, but there is a youngster coming along and that is Miss Thea Cavill, whose famous swimming father is now in charge of baths at Brisbane.

The Misses Ward and Millier, who conduct the highly successful "Select School of Swimming and Life Saving" at Des Moines, Iowa, are this summer again holding the school classes in the lake at Okoboji, Iowa, but will re-open in Des Moines next month. The pupils who have passed through the school are highly advanced in swimming, the greatest number of points in their examinations being given for correctness of stroke, grace and form, not only in the swimming but also in the Life Saving.

Park Club held a delightful gala at the Municipal Baths, Tottenham Green, on Thursday, July 12, in aid of the Prince of Wales's General Hospital, Tottenham, to the funds of which institution £212 had been handed over as the results of previous galas. It was a remarkable programme, and as many of the competitors and officials travelled long distances in order to participate, for no remuneration whatever, as there were no prizes, it showed a very fine spirit in the swimming world. The baths were crowded in every part, and the gala should result in a great financial success. All the officials worked well, none more so than Mr. W. E. Bull, of the S.C.A.S.A. Executive, who was M.C. and starter, and every performer and competitor was received with enthusiasm.

In the absence of so many of the male members on active service, the management of the gala devolved upon Mrs. Jarvis Dickenson, Miss Jewell, Messrs. C. Hardwick, T. H. Bugbee, T. Lewis, C. Baker and A. N. Young, with W. W. Brown as Chairman, Mr. Robert W. Clark as Hon. Treasurer, and Mrs. A. White and Mr. Kingsley Wood as Joint Hon. Secretaries. Their work must have been onerous, but they must have felt well repaid by the unique success of the gathering, the best we should say the Park has ever had, and certainly the finest programme it has ever presented.

Chief among the events for ladies was the annual competition for the Hospital Challenge Cup presented by the Governors of the Prince of Wales Hospital to the Ladies' section of the Park for a Ladies' Life Saving inter-club race. This was won by the Park Ladies in 1915, and by the Clapton Ladies last year. Only the Park opposed the latter on this occasion, but Clapton, whose team consisted of Misses Ivy Grimwood, Pickering, M. Land and D. Tindall proved too fast for the Park, who were represented by Mrs. Jarvis Dickinson and Misses W. Mackay, A. Jenner and L. Pinnell. They all carried well and won on the first, second and fourth methods, the Park only scoring in the third. Thus Clapton won by five points to seven. Speed in reaching the subject largely contributed to the victory of Clapton Ladies.

Miss Ivy Grimwood gave a very graceful exhibition of swimming, and soon after we had the Park Ladies' 100 yards senior championship, in which Miss W. Mackay proved successful, Mrs. Jarvis Dickinson being second. Prior to that, the Park Ladies' 100 yards junior championship had been swum, and in this we saw a fine exhibition of back stroke swimming by Miss E. Magras, who won by twenty yards. She moved at a very fast pace in a style similar to that of Unwin, lifting her arms clear, and using a fine kick, with crawl flip, between each stroke.

Several military races and a water polo match were included. In one of the team races E. J. Meijer, of Amsterdam, whose recent visit to England is referred to elsewhere, competed for the Amateur Club against the Belgians, whom they beat. This is the first time the Dutch swimmer has represented the club, of which he became member some years ago. On this occasion the others in the team were H. K. Finn, E. Savage and C. Baker. In another of these team races the Canadian Artillery, represented by Capt. Watt, Lieut. Oliver, Sergt. Phinney and Sergt. Eastwood beat the New Zealand team, composed of Corpl. R. M. Bell, Pte. J. Enwright, Pte. Withers and Pte. Emms, and the Royal Naval Depot, who had O. S. G. Eagle, L. S. J. Coghlan, L. M. F. Unwin and P. O. J. Hughes as their representatives. The water polo match was between the Aldershot Command, who had a very warm side, and the Royal Naval Depot, the Command winning by five goals.

to one. Sergt. Glencross was particularly noticeable in his shooting, and scored two of the goals in very smart form. Included in the command team was Bomb. Prideaux, once a member of the Clarence and also the Amateur Clubs, and Sergt. E. Waghorn, who formerly held the position of Hon. Secretary of the Park Club. Lieut. Oliver, the old Welsh International, was again Captain.

There was a finished exhibition of diving by Miss Belle White, the famous English diver, assisted by Miss Pennington and Miss Winnie Smith, and a display of scientific swimming by Mr. William Henry and Mr. S. J. Monks. This was the first public appearance Mr. Henry had made since his severe illness of last year, for until this particular evening he had not given an exhibition since last April twelvemonth. But he had lost none of his old ability, and in conjunction with the Chairman of the Central Executive of the Royal Life Saving Society he gave the delighted audience one of the best and most instructive displays possible. Needless to say he received a great reception.

Bedford Ladies, who have now made the Holborn Baths their headquarters, intend to hold a gala again this year, but the date is not yet fixed. The proceeds will be devoted to the fund which the lady swimmers of the Southern Counties hope to raise for a "Swimmers' Hut," an excellent idea. A far broader scheme was mooted, but as it would have required a minor War Loan to carry it through, the ladies decided to work, for the present, on more modest lines.

Respecting the vigorous protests made by business girls in the leading provincial centres, much the same complaint arises in London through the closing of several baths and the refusal at many to issue tickets after seven in the evening. Very little consideration has been given to the woman worker whose opportunities for bathing are limited to a few hours a week, for even before the war the authorities never provided adequate accommodation, not realising how great and ever growing is the number of lady swimmers in this country. It is through them that the teaching of swimming and Life Saving has been kept going during these perilous times, yet no one in power seems to realise that in order to extend their work and sphere of usefulness, the opportunities

now open to them must be considerably enlarged. Moreover, dearth of bathing accommodation is a danger to national health, as witness the recently expressed wish of the London County Council that the bathing stations shall be used during the school holidays on account of the prevalence of scabies.

Lady members of the Amble Swimming Club have been enjoying some long distance swims. Last month Miss Rene Hall and Miss Bella Bailey swam from Warkworth Harbour to the Hermitage at Warkworth in two hours, distance not stated. The water was so cold that several of the gentleman members of the club, who essayed to accompany them, had to give up.

The Midland Counties Association has arranged for the furlong championship of the Midlands to be swum at Coventry on September 3, the 100 yards junior championship at Wolverhampton on September 7, and the furlong championship at Nottingham on September 10. Entries close ten days in advance of each event to Mr. J. Newton, Sykefield Avenue, Leicester.

The Invicta Swimming Club will hold a gala at the Woolwich Baths on Thursday, August 30, in aid of the St. Dunstan's Hostel for Blinded Sailors and Soldiers, and thereat will be decided the 100 yards ladies' championship of the Southern Counties, entries for which, with fee of five shillings, close to Mr. Harold E. Fern, Springhaven, High Barnet, on August 23. The 100 yards boys' championship of the Southern Counties will be decided the same evening. Notice is given to intending competitors that the championship races will be started about 8 p.m.

Birmingham Leander Club membership has been augmented by the election of over forty new lady members. The Ladies' Section is practically running the Club, as most of the male members are on active service. The usual sports will be held about the middle of September. The Gloucester Ladies have also had a large accession to their club, which now has a membership of about 250, and is doing useful work in the promotion of swimming amongst women and girls in the city. Both the clubs mentioned are very keen workers in the cause of Life Saving and hold several classes each year.

The Bath Club.

Lady Swimmers' Competitions. High Standard of Excellence.

THE Annual Competitions for the children of members took place at the Bath Club on June 18, and among those present to witness the events were:—Princess Patricia of Connaught, Princess Arthur of Connaught, Admiral and Lady Jellicoe, Sir Alfred and Lady Fripp, Lady Fitz-George, Commander and Mrs. d'Avigdor Nathan, Colonel and Mrs. Watt, Major and Mrs. Aitken Dick, Lord Portarlington, Lady Lytton, Dr. and Mrs. Fielding Ould, Mrs. Percy Barlow, Mrs. Hubert P. Munday, Mrs. Bruce Dick, Mrs. St. John Hornby. The Competitions were most keenly contested and a very high standard of excellence was shewn by the great majority of those taking part. The Life Saving rescue work was especially good—even the tiniest mite in the Children's Competition was able to carry a fully grown person easily on the surface. This has special reference to the display given by Miss Myrtle Jellicoe, daughter of Admiral Jellicoe, Miss Venetia Fripp, daughter of the eminent surgeon, and Master Colin Dick, son of Major Aitken Dick, three of the smallest competitors. The final results were:—

The Children's Challenge Shield (under 14 years of age), Miss Alice Brand first with 31 points, Miss Sybil Bruce Dick second, 30 points, and Miss Pamela d'Avigdor Nathan, third, 29 points; Lady Hermione Lytton and Miss Betty Fripp tied for the fourth place with 28 points each.

Among the other competitors, between whom there was little to choose in point of excellence, were Miss Myrtle Jellicoe, Miss Venetia Fripp, Miss Geraldine Watt and Master Colin Dick. The test for this event consisted of breast and back swimming, second Method of Rescue and diving, for each of which points were awarded according to correctness of detail and excellence of method.

The second Competition was for the "Maude Nathan" Cup. This event is open to children of members under 21 years of age. In this case it was also difficult for the Judge to decide as to the winner, and after a very close contest Miss Elinor Dodd was awarded the first Prize with 52½ points, Miss Gladys Munday was second with 50½ points and Miss Joyce Bruce Dick third, with

48 points. It will be observed from the closeness of the marks how equal the competitors were in point of ability. Mention must also be made of the excellent performances of Miss Diana Hornby, Miss Beryl Barlow and Miss Maude d'Avigdor Nathan. Miss Elinor Dodd, the winner of the Cup, was conspicuous for her extraordinary ability in the methods of saving life from drowning, for which she obtained the highest possible marks. The test for this event comprised swimming by the breast and back stroke, the latter without use of hands, second method of Life Saving, standing dive from the Spring Board, and a similar dive from a 6ft. firm board, as well as one movement in fancy swimming, which on the present occasion consisted of "Marching" a width of the Club Bath.

Mr. William Henry, Chief Secretary of the Royal Life Saving Society, acted as Judge, and Mr. Wilson Taylor as Referee. Miss Amy Daly, the Instructress of the Club, was cordially congratulated on the excellent performances of her pupils. Lord Desborough, the President, will present the prizes at a later meeting.

We are greatly pleased to learn that at a Brigade Headquarters in North Wales very keen interest is being taken in the instruction of the men in swimming and Life Saving, many classes having been started by Capt. P. Kemp Ruttle, of the Welsh Regiment, who is most enthusiastic in the work. It is now his intention to organise and hold several swimming galas, and in this project as well as the holding of the classes Capt. Kemp Ruttle has the hearty support of Brigadier-Gen. E. B. Cuthbertson, C.M.O., M.V.O., his Commanding Officer, who is taking very keen interest in this useful training for the men under his command. For the first gala, which will probably be held on the third day of this month, the Royal Life Saving Society has donated two medals for a special competition in Life Saving, it being particularly desirous of assisting and encouraging every movement which shall lead to the teaching of swimming and Life Saving becoming general in all units of the Imperial Forces. The letter from an officer serving in France, which appears on page 40, again shows how invaluable this knowledge is to any one in stress or difficulty, and how easily it may be adapted to relief from trouble under exceptional circumstances.

WORK IN THE SCHOOLS.

Developments Suggested by Pupils.

BOY LOSES SCHOLARSHIP TO SAVE LIFE.

THE remarkable record through which Leeds Training College retain possession of the Darnell Excellence Trophy, presented some years ago to the Royal Life Saving Society by the late Mr. W. F. Darnell, for the purpose of encouraging swimming and Life Saving in the Schools and Colleges as well as the Clubs of this country, was dealt with in our last issue, but space did not then permit of special reference to the work done in the schools who gained Honourable Mention, and whose systems of instruction may be of service to other schools desirous of emulating their records.

One of the schools which does not possess a bath, but which nevertheless always does well, is Rutlish, a Secondary School at Merton, near Wimbledon. They have about 330 boys, and have to carry on the work out of school hours at Wimbledon Baths, which are three-quarters of a mile away and often crowded. The aim kept steadily in view is that every boy in the school should learn to swim, and that the school should produce a large number of all round swimmers rather than a few racing experts, the general policy being to promote the practice of Life Saving and the more useful branches of swimming. The senior boys are encouraged to help as much as is possible in the organization, and to act as inspectors and instructors of swimming and Life Saving classes, and through this many excellent developments have been suggested by the pupils. In this scheme the Wimbledon Baths Committee have materially assisted by granting permission for six boy teachers to enter the baths free when taking their classes. So successful have been these boys that since 1915 nine of them have gained the Amateur Teacher's Certificate, and since 1910 all the Life Saving classes, with one exception, have been instructed by pupils. Although probably less than ten per cent of the boys entering the school are able to swim, the record at the end of July, 1916, was 61.07 per cent. of capable swimmers and life savers.

Ackworth School, Pontefract, holders of the Trophy in 1912, makes swimming and Life Saving compulsory, and for three months

there is regular teaching in the bath in school hours, and many odd classes are also held, when the bath is available, for boys who are backward or wish for more time for practice. Certain privileged boys get a bathe before breakfast, but the general school bathe takes place at 5.45 p.m., when the beginners have twenty minutes' instruction. They have regular places assigned to them at the beginning of the term, and are taught the leg stroke first, then the use of the hands and arms. No one is allowed in the bath premises whilst the beginners are learning, and everything is done to give them confidence early, and a liking for the water. Artificial aids are not used. As the boys learn to swim they are drafted into what are called the "jumpers" or those who have not passed a diving test from a board five feet above the water, and lastly they come into the "divers." In addition to these divisions there is a swimming club for which the tests are rather stiff, but as those who pass get the right to bathe in two of the divisions, and thus get twice as long in the water, they work hard for the privilege. As all the boys in the four upper forms of the school can swim, the time in these classes is devoted to Life Saving. In 1915 and 1916 the percentage of swimmers in the school was 99.

The Royal Hibernian Military School at Dublin is fortunate in possessing among its many admirable institutions for the training of the embryo soldier, an indoor swimming bath where swimming is taught and practised day by day throughout the year as part of the regular training. Two N.C.O.'s, ex-army Gymnastic Instructors, are employed exclusively for the teaching of physical drill and swimming, and a minimum of two hours, per day, except Saturdays and Sundays, is devoted to these subjects. The School accommodates 410 boys, every one of whom is obliged to learn swimming and Life Saving. The boys remain at the School on an average of from four to five years, and as nearly all of them learn to swim within a few months of joining, they are expert swimmers by the time they are due to leave the School. The majority leave

for the army at the age of fourteen, being thus debarred from taking the Bronze Medallion of the Royal Life Saving Society, but most of them take the Proficiency Certificate. The School is a training establishment for the army, and realising the importance of swimming and Life Saving to the soldier, stress is laid on the teaching of these subjects. The boys and young schoolmasters, with whom swimming is very popular, are encouraged to spread their knowledge amongst their comrades and pupils in the various regiments and corps with which they have to deal on joining the army. In this way a vast amount of good work is done throughout the service.

The London Orphan School at Watford is another of those institutions whereat a bath is provided. The teaching of swimming and Life Saving takes place out of school hours, but attendance at the bath is compulsory at least twice a week. Classes are held in the morning for seniors, and in the afternoon for juniors. The breast stroke is taught first, then the back stroke, both with and without hands, and when the boys have attained a certain degree of proficiency they are instructed in the methods of "Rescue" and "Release" in the water, having, of course, first practised the Land Drills. The first test for a boy after instruction is a 33 yards' breast stroke swim, then 66 yards on the breast and 30 yards on the back, and thirdly 100 yards on the breast and 50 yards on the back, after which at every attendance the methods of "Rescue" are practised in the water and also diving from the bank and surface. The number of boys taught to swim during the past two years is 130. A shield, called the Life Saving Shield, is competed for annually by teams of boys from each of the Senior Houses, and is one of the most popular competitions in the school. No boy leaves school without being able to swim 50 yards.

Every boy at Harrow, unless medically forbidden to bathe, is obliged to learn to swim. Reports of the boys' lessons are furnished weekly to the form masters, who punish any slackness or irregularity. The learning of Life Saving is, however, only voluntary. The lessons are given partly by the caretaker of the bath, and partly by an instructor engaged for the season. Boys who have not passed have to take three lessons a week. At the end of the summer term of 1915 all boys in the school, which numbers about 500, had passed the test of

swimming 70 yards, except 35, of which number 29 had been medically exempted, and at the end of the summer term of 1916, all had passed except 29, and of these 25 were unfit for training. The elementary test is held about once a fortnight, and there is no further compulsory test, but promising swimmers are encouraged to go in for a voluntary test. Those who pass this are termed "Dolphins." The test consists of swimming five lengths of the bath, 750 yards, under 19 minutes, candidates having to enter the water with a good dive from a high board, and in the course of the swim climb out at a low board and dive in again, dive neatly under a floating hurdle, and exhibit three strokes, breast, side and back; in order to pass it is necessary to satisfy the judges on all these points.

Manchester Grammar School lost their instructor last year, owing to the exigencies of National Service, but they nevertheless had a class of 52 boys for Life Saving this year. Swimming forms part of the school curriculum, and the School bath is constantly in use during term time from March to November. The Life Saving classes are, however, voluntary. The numbers passing were not large in 1915 and 1916, but the School won all the medals offered in each year by the Humane Society of Salford Hundred, and now that they have so many boys in training their record is likely to be considerably increased. In 1916 out of 1,100 boys in the School, about 80 per cent. could swim. One of the chief events of the year is a half mile race in the open for which in 1915 there were 59 competitors, only two of whom failed to finish, and 48 last year. On this latter occasion there were 115 entries, but the day was extremely cold. Still only one of those who started failed to complete the course. The school swimming test is called the "Roby Test," and requires each competitor to swim eight lengths of the bath on the breast, and then four lengths on the back with hands on hips, without stopping. A special costume is presented to those who pass the examination. The Scouts in the School are bound to pass this test apart from their own, and no boy of the School when in camp is allowed to go boating unless he has gained his costume. The School has the proud record of a boy who missed his scholarship in 1911, by stopping to rescue a boy from drowning in the vile stagnant water of the Rochdale Canal. He saved a life, but arrived too late

for his scholarship examination which he was on the way to when he heard cries of "Help."

At Framlingham College every boy is compelled to bathe, but there is no compulsory instruction in swimming and Life Saving. The arrangements for swimming classes are in the hands of the Swimming Instructor, who is a Master in the School and holder of the Teacher's and Hon. Instructor's Certificates of the Royal Life Saving Society. Assistance is afforded him by the captains of swimming in each house, and it is their duty to urge every member of the house to learn to swim, to join classes for Life Saving and attend all land and water drills. The test of ability in swimming is called "getting your leave" and consists of swimming about sixty yards after a dive, and no boy is allowed to wear the School colours until he has completed the test. The number of boys who can swim at the end of term is generally 90 per cent., but in some seasons it has been 95 per cent. As the School bath is an open air one the record is of course liable to be affected by bad weather. In the two years ending July, 1916, the number of Awards of the Royal Life Saving Society that were gained was 145, making a total of 1498 since the School started classes twenty-one years ago.

There have been comparatively few Public School races this year and from the reports one can hardly get any indication as to relative form. St. Paul's have had most of the fixtures and seem to have done well. In a contest against Charterhouse D. C. H. Ross, of St. Paul's, won the 100 yards in 1.12, but against Harrow Ross was beaten by D. Darroch in 1.20, 3, and Harrow secured four out of five events. Then against Merchant Taylors Ross won the 100 yards in 1.17.1 and against University College in 1.12. The race at Harrow was of course in open water straight away, hence the comparatively slow time.

The Public Secondary Schools of London have also held their annual swimming competitions, most of them being won by Latymer School. The 100 yards Senior Championship was taken by W. E. Peters, Latymer, in 1.9.4, a good performance, but not quite so outstanding as those of some of the boys we saw competing at the London Schools Swimming Association meeting last year in the same baths at Shoreditch, notably by A. Dickin and F. Drake, of St.

Stephen's School, Hammersmith, and H. Tilton, of Kennington Road School, Newington. The future performances of these three boys as well as those of Peters will be watched with interest.

Latymer must have a very strong percentage of good speed swimmers in the School for all the team events went to them, including the City of London Championship, and it was only in breast stroke events that their boys were unable to score first honours. There is quite a family of Peters at Latymer, each member of which appears to possess marked natatorial ability.

Some of the Colleges have Life Saving Clubs. That at Princeton University has the distinction of being the first of its kind to be promoted in any College in the States, and a Diploma is awarded to any student who passes the following test: (1) Swim 100 yards in 1.20 or better; (2) swim 440 yards in 8.0 or better; (3) plain front dive; (4) plain back dive; (5) front jack-knife dive; (6) back jack-knife dive; (7) 100 yards on back, using kick only (crawl kick barred); (8) swim 50 yards fully clothed, including shoes and (9) take off clothes in deep water without support; (10) surface dive in deep water and bring up subject to position to carry; (11) swim 100 yards carrying subject, using three methods, each 100 feet; (12) demonstrate correctly Schaefer method of resuscitation; (13) write essay on Schaefer method and after-treatment of the apparently drowned.

The jack-knife dive which is part of the Princeton test is what is known here as the pike dive. The heels are raised on tiptoe, eyes to the front, back hollow and arms at the sides. Then the arms are swung with force backward and upward and the spring is made off in an upward direction, legs close together. Then the body is suddenly bent forward at the hips and endeavour made to touch the toes with the fingers, otherwise the body is kept straight and legs rigid. Then the body is straightened from the hips, the feet and legs thrown upwards and the water is entered head first with arms extended beyond the head. This dive is also performed, entering the water feet first; entering the water with hands at the side, which should only be done when there is plenty of depth of water; and backwards. Somersaults are also often combined with it.

NOTES ON NEWS.

Interesting Items from Home and Abroad.

WE would again strongly impress upon all correspondents the necessity that exists, under present circumstances, of sending all matter intended for publication or notice before the middle of the month preceding the date of issue. We are actuated by the desire to obtain for swimmers all the latest news possible, but we regret that in many instances communications are not sent until after we have been compelled to go to press. The shortage of skilled labour and the difficulties which now surround the printing trade makes the co-operation of contributors very valuable to us in conducting the Magazine, and this note we are sure will lead to correspondence being much earlier in each succeeding month.

The D.L. Victoria Amateur Swimming Club of Motherwell was started by a few enthusiasts in the Dalzell Steelworks, whence it took its name. Conceived in the interests of swimming, it had no idea of confining its membership to steelworkers, and at present numbers amongst its members representatives of all trades and professions in the burgh. It is in fact the Motherwell Swimming Club. It is fortunate in having among its members a number of competent instructors, who under the direction of Mr. John Lamont, the Principal of the Scottish School of Swimming, are enthusiastic in their efforts to train learners in all branches of swimming.

Some well known swimmers were seen out at the Aldershot Command gala in June. Sergt. Instructor Yvon, Army Gymnastic Staff, winner of the National Graceful Diving Trophy and representative of Great Britain at the Olympic Games, won the high diving, and in the water polo teams were Lt. E. R. O. Cave, of the Priory and Dublin University Clubs; P.O. W. Griffin, of the Holloway United; Ldg. Mec. F. Unwin, the old back stroke champion; Sergt. Wilson, St. James'; 1st A.M. Paullie, Penarth and Polytechnic; Corpl. Walker, Hyde Seal; A.M. Savage, Sutton Dolphin; Sergt. Wagborne, Park; Sergt. Glencross, Transvaal; and Lance-Corpl. Woodhead, Durban. Against the Aldershot command the London League had a team including, R. C. Bott, Middlesex County; W. G. Emery, the old Polytechnic and Middlesex County player;

A. R. Ingersoll, Kent County; F. Giles, City of London Police, ex-Southern Counties Champion; S. Parvin, Polytechnic and Middlesex County; A. B. Christison, St. James's; R. E. Claridge, St. James's. Yet they were beaten by 3 goals to 1; Lt. Oliver, of the Canadian Artillery but an old Welsh International, scoring one against them; A.M. Loundes, Royal Flying Corps, Derby and Midlands, another, and Sergt. Wagborne the other goal.

It is pleasing to note that the London Water Polo League has been able to resume operations, and is doing its best to promote swimming amongst the military units. The London League has been lying dormant a couple of seasons, but some of its older members are now reviving its proselytising methods of the past. There is ample scope for energetic endeavour in this encouragement of swimming in the army, a subject we have never ceased to refer to, believing as we do that swimming is now a vital part of a soldier's training, not only from a hygienic but also from a military point of view.

Pte. T. Woods, Devonshire Regt., died from wounds, was the secretary of the Port of Plymouth Swimming Association and Humane Society for over ten years, and was previously assistant-secretary of the competitive branch of the Association. He had represented the Association at the meetings of the Western Counties, Devon County and Three Towns Amateur Swimming Associations and in many other ways did good service to the cause of swimming.

At Pittsburgh at the end of May last Louis Grupp swam 13½ miles in a bath in eleven hours and five minutes, and is now said to claim the world's amateur championship on the strength of this performance. For three hours of the journey Grupp swam on his back.

The majority of the American speed swimmers are said to be joining the Navy or else the aviation section of the U.S.A. service. Any of these swimmers who may happen to visit England will get a hearty reception.

In the "Recollections" of Mr. Archibald Sinclair which appeared in our last issue he said in reference to Mr. Davenport's swim from Southsea to Ryde and back that he had no record of it having been performed by any one else, although many had tried since Mr. Davenport made the journey in 1884 in 5.25.0. But we now find that Lt. Jabez Wolfe has twice completed the journey in attempts to lower the record, the first on May 29, 1913, when he accomplished the swim in 6.5.2, and the second in June 17, 1914, when he again completed the journey, this time in 6.43.30. Thus the journey has been made thrice, but Mr. Davenport still holds the record. In the "Recollections" Mr. Sinclair contributed to the May number he pointed out that many of the great long distance swims have been imperfectly chronicled or reported, and that as the governing body takes no cognisance of them they are almost forgotten. Doubtless by reason of this, notice of the swims by Lt. Jabez Wolfe escaped the attention of so careful a chronicler.

When Holbein first recreated interest in Channel swimming, it was customary for the London papers to send special correspondents to report the doings of all and sundry who contemplated the Dover to Calais feat, but as aspirant after aspirant cropped up without success the public interest died out, and this attention was dropped so that even when Burgess succeeded few accompanied him. In the interim there were many trial swims over courses previously well boomed, such as Dover to Ramsgate Harbour, first made famous by Webb, but very few records of them have been kept. The old Channel Swimming Club, of which Mr. Alfred Jonas was the pioneer, might perhaps have reliable records, but only one or two performances are to be found noted in the most up-to-date books of reference.

When Channel swims again come into vogue will they be, as the *Glasgow Herald*, once described them, "less spectacular than they were a few years ago, less concerned with the advertising of patent foods and tabloids, natatorial feeding bottles of the most approved design, patent masks with mica shutters, unguents as oleaginous as Mr. Lloyd George's pulpit manner, and accompanied by sympathetic pipers supposed to aid the swimmer in finding his second wind."

The Public Parks Committee of Scarborough has given as its opinion that the Bathing Pool shall not be let on any occasion for a gala other than a gala promoted by or on behalf of the Corporation. This dictum was expressed after a request for the privilege of using the pool free of cost for the holding of a gala on behalf of the Sea Scouts had been refused. We would direct the earnest and immediate attention of the Amateur Swimming Association to this new departure on behalf of a Baths Committee, for were it to become general the beneficent work of all clubs would be sadly hampered, if not stopped. And it is the clubs who have made swimming and popularised baths.

In an article entitled "Words of Advice for Swimmers," Instructor Richard Dungan suggests that beginners in the elements of the crawl stroke should try the dog paddle with the legs kicking up and down with the knees stiff, and the arms executing a little paddle like animal stroke. After this the arm stroke should be lengthened into the overarm crawl.

A large framed photograph of Lt. Clifford H. Williamson, Coldstream Guards, killed in action, has been presented by his parents to the Tunstall Amateur Swimming Club, of which he was a member.

It may not be generally known that meteorological statistics show that the temperature of the air and water in England, particularly the Southern portion of it, is almost invariably low during the last week in June and the first week in July. This fact should always be noted by all those who desire to promote open water events.

The Italian swimmer Cattanio, who trained very hard for the Channel swim, and who for some months prior to the outbreak of war resided on the coast of Northern France, where he swam daily in all weathers so as to accustom himself to the temperature of the water, must unfortunately have lost his reason, as the last heard of him was news of his arrest for riding a cycle through the streets of the town in which he was resident, in a complete state of nudity.

We have had the pleasure of a visit from E. Meijer, the well known Dutch long distance swimmer of Amsterdam. He was in London for several days, awaiting an oppor-

tunity to return home after a long stay in Italy, where he had some pleasant swims on mountain streams, which have the local reputation of being the swimmer's Lethe. Meijer, however, proved to the astonished natives that these waters have no terrors for those who know how to swim, although he admits the water is icy cold. With regard to water polo he is of opinion that the rule respecting the four yard line, free and penalty throws is most unfair to the player who acts fairly and is fouled, for Meijer contends that when a player receives a free throw he should be able to do what he likes with the ball from any part of the field of play.

Arrangements have been made by the London Schools Swimming Association to hold their annual competitions at the Fulham Baths on Friday, September 28 next, commencing at 6 p.m.

Remarkable improvement has been made in diving by the younger generation. A few years ago it was somewhat of a novelty to find good divers among the boys at our public baths but now it is by no means uncommon to see excellent diving by the majority of those who frequent such institutions. Particularly so is this noticeable among boys at the Secondary Schools, many of whom easily and gracefully perform feats which their seniors never even knew let alone practised. Much of this improvement is of course due to the teaching work of the Amateur Diving Association, whose members have for years given free displays at all important galas and have in many other ways greatly encouraged the practice and cultivation of the art of diving.

The Anchor Swimming Club of Port Elizabeth has no fewer than eighty of its members on active service out of a membership of about one hundred. Mr. James A. Gracey, who was the hon. secretary, had to resign on joining up. He served in East Africa, but since his discharge has re-enlisted. May good fortune attend him.

At a meeting held in France at which Captain Jackson Dodds, the well known member of the Otter, was one of the judges, a 160 yards race was won by Pte. Cooper, of the Victoria Manchester Club, Sergt. Patterson, Croydon Dolphin, being second. An 80 yards race went to Sapper Calton, of the

Centels Club. Water polo and Life-Saving Competitions were included in this gala programme. There has also been water polo in the Somme, in which Trooper James Riley, Imperial Mounted Police, who is a member of the Small Heath Harrier's Club, has taken part. In a team he was able to raise there were no fewer than four internationals.

A club has been formed for St. Anne's-on-Sea, under the initiative of Mr. J. Appleyard. At the inaugural meeting there was present Mr. Kerr, of Blackpool, a member of the Northern Counties A.S.A. Executive, and a valued Hon. Examiner of the Royal Life Saving Society. The new club will possess the advantage of a fine open air sea bath, and we heartily wish it success.

It was with very great regret that we recently received the news that Mr. Arthur Cook, of the Blackheath Harriers, and at one time assistant secretary of the Amateur Swimming Association, died suddenly on May 13 last. Mr. Cook took keen interest in all amateur sport and was very popular among his colleagues on the various executives on which he served. His chief connection was with the Southern Cross Country Association, of which he was hon. secretary for several years and later the President. In 1900, in conjunction with Mr. Archibald Sinclair, he compiled the "Swimmer's Handbook," published by *Pastime*, of which he was sub-editor. Mr. Cook, who was a Civil Servant, wrote on athletic topics for the *Field* and *Sporting Life*, until the pressure of official duties at the Patent Office compelled him to give up journalistic work.

For some time past Charles E. Durborow, a famous long distance amateur swimmer of Philadelphia, has had the idea of attempting to swim across the English Channel, but the war has, of course, put a stop to that. Durborow, who began his long distance work in 1908, weighs 16st. 5lb., and is six feet in height. His longest swim is one of between 42 and 43 miles across the mouth of Delaware Bay from Cape May, New Jersey, to Broadkill Shoals, Delaware, Atlantic Ocean and Delaware Bay, across salt tidal water, July 1, 1912, in 14.15.31. On September 9 and 10 of last year he swam 36½ miles in Delaware River in 13.30.36. This was in fresh water.

At Del Monte on June 22, Norman Ross, the Californian speed swimmer, won a 100 yards race, and continuing up to 120 yards, set up a new American record of 1.7.2, the previous best being 1.8.3 by Perry McGill-wray, of the Illinois Athletic Club. Ross also won a fifty yards back stroke event in 0.34.3.

George Cunha, the famous Honolulu swimmer, who accompanied Kahanamoku to Australia, is now located in San Francisco, and has become a member of the Piedmont Swimming Club.

The Olympic Club of San Francisco has presented Norman Ross with its honour medal for breaking so many swimming records, as a tribute of his ability and the manner in which he upheld the club colours in the meets of the American Athletic Union. Only one similar award has been made, this to Oliver Millard for victories on the track as a representative of the club.

In judging American claims to international records it should be remembered that whereas the International Federation insists on two timekeepers the A.A.U. rules call for three or more, and that the height of their take off is limited to 1ft. 6in. The Federation allows up to 2ft. 6in.

Mr. William Unmack, whose useful book of American records we recently referred to, informs us that during the past indoor season in America there have been more records broken than he can ever remember. In his listed records more than 40 per cent. of the men's have been lowered, and in the girls' records 70 per cent. is a very conservative figure. This gives one some real idea of how great is the swimming boom in the States, and how rapid is the improvement in speed rates.

The annual gala of the Twickenham Schools is to be held at the Mereway Bathing Place, the Green, Twickenham, on the first day of this month, and thereat will be decided the first contest for the Thorne Memorial trophy, given for competition in Life Saving in memory of a Twickenham resident who lost his life in the endeavour to save that of another. The lady he attempted to rescue was ultimately saved.

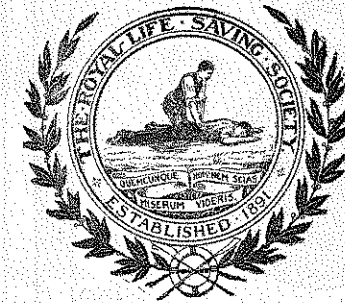
The Queen's Westminster Rifles will hold a gala at the Richmond Baths on August 13. Harold Goodworth is making the arrangements.

A gallant rescue was effected at Malta on the afternoon of Sunday, July 1, by Pte. C. W. Piggott, of the Royal Army Medical Corps, who is a member of a Life Saving Class now undergoing instruction at St. Elmo by Lance-Corporal George Probert, R.A.M.C., who is one of the Hon. Instructors of the Royal Life Saving Society. Piggott had been bathing, and was dressing when he heard cries for assistance. He at once returned to the water, and dived in the direction indicated to him. He found a boy at the depth of from twelve to fifteen feet, and after getting the body on the rocks he was able to restore life by means of artificial respiration, in the performance of which he was assisted by Lance-Corporal Cubbon. It however took twenty minutes' continuous exertion. Prior to joining the class, Pte. Piggott had no knowledge of surface diving or of supporting and bringing a body to land. Thus once again has the value of the methods advocated by the Royal Life Saving Society been nobly demonstrated.

At the fourteenth annual gala of the Halifax Ladies' Swimming Club, held on July 16, Mrs. Marshall emphasised the great importance of Life Saving instruction for girls and spoke of a conversation with men who had been on vessels sunk by U boats, and that the lesson learnt from experience was that the ability to swim and save the lives of the drowning would have resulted in many more survivors. Mrs. Marshall earnestly urged the girls to learn, pointing out that the instruction now gained might prove invaluable in the days to come, and that in any case their physique and general health would benefit very greatly.

Subscriptions for the Fourth Volume of the SWIMMING MAGAZINE, which commenced with the June number, are now due and should be forwarded at once to Mr. William Henry, Hon. Editor, 8, Bayley Street, W.C. 1. Owing to Government restrictions upon the output of paper it is necessary that orders should be renewed early, as arrangements for only a limited supply can now be made.

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AID
in cases
of
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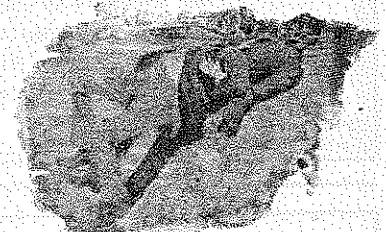


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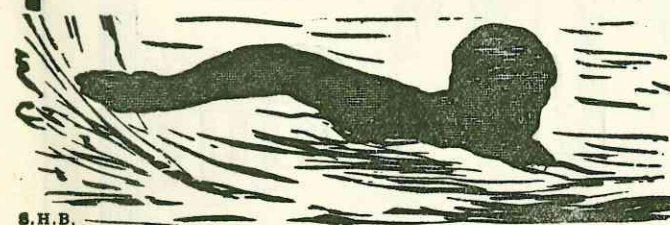
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