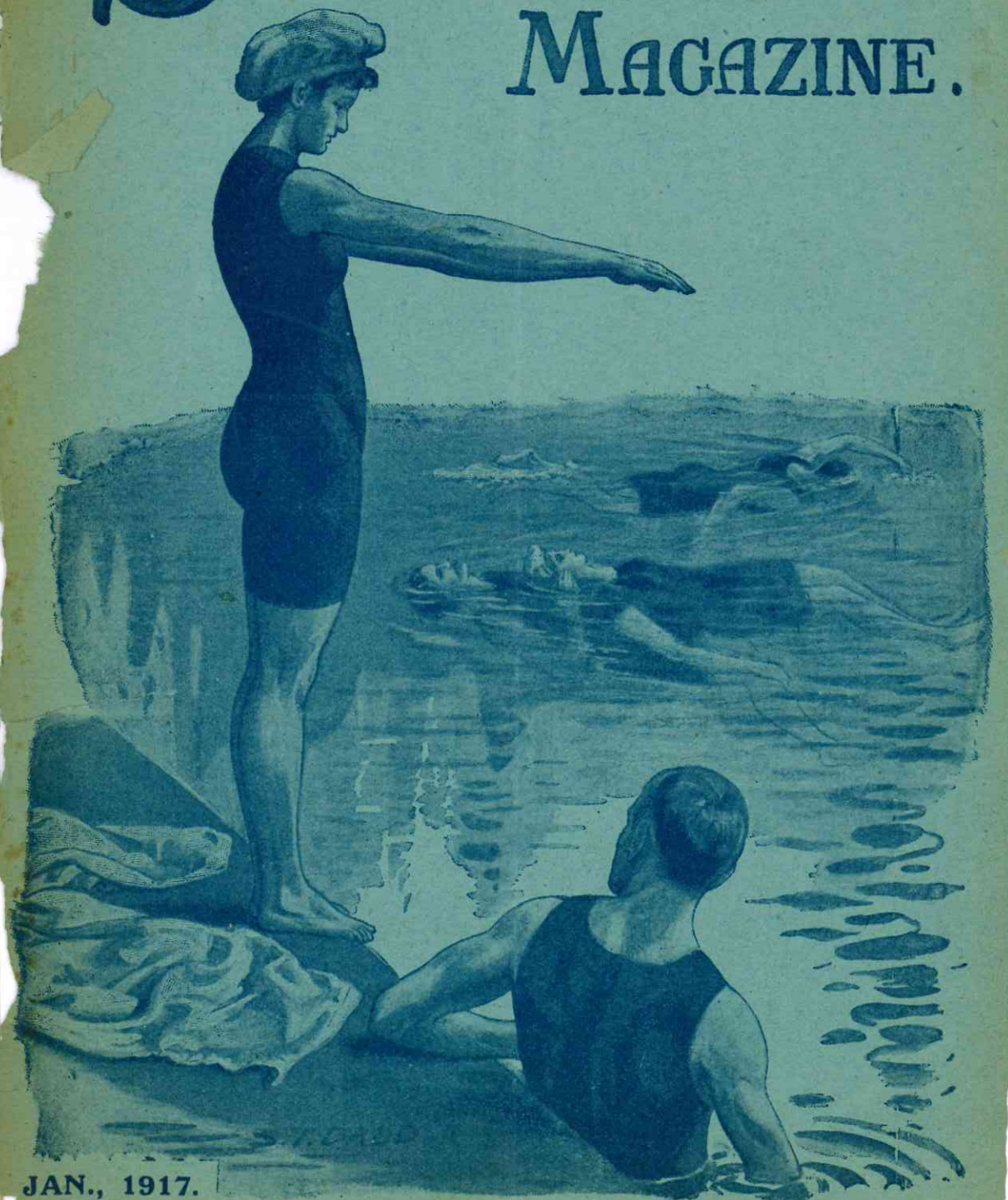


THE
SWIMMING
MAGAZINE.



JAN., 1917.

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The Swimming Magazine

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JANUARY, 1917.

THE OLD BRIGADE.

ITS DUTY TO THE PRESENT GENERATION.

DURING the past two years the teaching of swimming has, of course, been considerably lessened through our best coaches having joined the Navy or Army, but yet one is inclined to ask what the Old Brigade has been doing in the meantime. Many have given unending assistance to the Royal Life Saving Society in the promotion of its aims and objects, but there are hundreds of others who have taken things "lying down" as it were, and have not even attempted to keep their individual clubs going; a matter of comparatively very little trouble.

There has been and still is a wide scope for the exercise of the abilities of the Old Brigade, who ought certainly to remember what was done for them prior to the great world crisis, and ought to help those less fortunate than themselves in acquiring the knowledge which they have found so beneficial when seeking health or pleasure.

Plenty of opportunities have been open to them, especially in schools, from whose class-rooms well-known enthusiasts are now absent. Many of the places of the masters could have been filled by honorary teachers, all intent on the work, and no doubt this would have been done had any effort been made by the governing bodies or appeals sent out by head masters. In one or two instances voluntary help has been freely tendered and eagerly accepted, but in others red tape has barred the way.

The abandonment of championships was, of course, a necessity, but no reason has existed for the abandonment of teaching and the lessening of the influence of clubs. Rather should the old officials have endeavoured to create stronger organisations among the young while the older members were away, if only out of compliment to those who in the past have made the club name famous. Depend upon it, such apathy as now exists will be resented by those who left

the club interests in their charge, and the defence of its fair fame to those in whom they thought they could repose trust.

While we have been standing still, and, except in a few centres, leaving swimming to take care of itself, our American cousins have been rapidly improving and developing style, speed and stamina among their younger men and women. We should be doing the same, that is if we desire to keep in line with this progress, and thus maintain the supremacy of British swimmers in later years. The proof of progress is success in open competition, and this we are not likely to achieve if present methods are adhered to.

It must be remembered that of the four hundred and fifty million souls who inhabit the British Empire, or the forty-five million residents of the United Kingdom, only a small proportion are on active service. Surely something should be done for those who remain at home too old to serve or too young to shoulder a rifle, amongst the males, not forgetting, of course, our womanhood.

Had there been a lead given in the right direction this state of affairs could hardly have arisen. It is not the habit of the Britisher to take things lying down, and though difficulties have undoubtedly existed, and still exist, they could surely have been overcome by perseverance. Officials who are merely ornamental are of no use to a club, whose energies should never be stifled or allowed to lapse whatever may befall. But for the splendid work of the ladies during the past season the progress of swimming would have been immensely retarded in many parts of the country. It is time that this lethargy be abandoned and that effort be made by the individual clubs to stir up more enthusiasm among the young. Such action will not interfere with war work and will be highly beneficial to the health of a very large section of the nation.

The Royal Life Saving Society.

A WONDERFUL ORGANISATION.

AN APPRECIATION OF MR. WILLIAM HENRY.

By Archibald Sinclair.

A QUARTER of a century ago a few energetic amateur swimmers who desired to teach those able to swim the best and safest way of rescuing a drowning person, and also the most approved method of resuscitation, formed a small body for the promotion of their objects, little dreaming then that Mr. William Henry, the man who had summoned them together, possessed such organising power that in a comparatively brief space of time the Society would receive Royal recognition for its work, and that under his guidance it would open out a world-wide sphere of usefulness and influence for good.

Yet such was the inception of the Royal Life Saving Society, which in its infancy received substantial help and support from medical men, a support which has proved invaluable throughout its career, and which has enabled it to place before the nations of the earth the essence of the well-considered views of all recognised authorities on this all important subject.

But without its Chief Secretary it would never have achieved its "Place in the Sun" in so comparatively brief a period, for he is the "Prince of Organisers," and has the merit of attracting to his personality all the well and tried workers in the swimming world, and to those who belong to the craft it will be an immense pleasure for them to know that he is now W.M. Elect of the Royal Life Saving Lodge of Freemasons for the ensuing year, this Lodge being one of the many fruitful outcomes of the munificent work of the Society.

The friends of Mr. William Henry reside in every part of the globe, and hardly a day passes but some one from a far-off land is making call at headquarters in Bayley Street, Bedford Square, London, with messages from other friends and fellow workers. Indeed it may truthfully be said that the headquarters of the Royal Life Saving Society have become the headquarters of all that is good in swimming, and all that humane effort leads to throughout the world.

And this is all due to the concentrated energy of one man, who never relaxes effort and whose brain is ever working towards the welfare of the Society. Small wonder therefore that when he was suffering from serious illness in the spring of last year, grave anxiety was expressed on all hands and in every communication from the Overseas.

The work of keeping in touch with the vast ramifications of the Society is one which might well appal a man of less strong thought and enthusiasm, but Mr. Henry has wonderful memory for the details of the organisation, and by careful and methodical tabulation keeps every thing at his fingers' ends, so much so that his mind is a storehouse of the world's swimming knowledge, and it was with the desire of giving this knowledge wider publicity, and cementing the bonds of friendship which exists between all members of the Society, that he took over the Hon. Editorship of the SWIMMING MAGAZINE at its commencement some two and a half years ago, quite unmindful of the extra work and anxiety it would cause him, so long as he could make it a real method of interchange of views with swimmers in all parts of the globe, of real service to them, and a means of inducing them to assist in the promotion of the aims and objects of a Society whose history comprises the major portion of his own life's work.

Born in London on June 28, 1859, Mr. Henry had residence as a youth in Russia, and did not return to this country until 1877, by which time he had learnt to swim. Joining the Zephyr Club he soon had constant practice at the Fitzroy Baths, and quickly reached the front rank of English amateur swimmers. His successes in all parts of Europe have been numerous, his chief having been the winning of the quarter mile salt water championship of England in 1889, the long distance championship in 1890, the 150 yards championship of London on many occasions, finally, in 1891, the winning outright of the National Graceful Swimming Shield presented by the Bath Club, and the Life-Saving Championship at the Olympic

Games of Paris in 1900. In other events during his career he has secured over six hundred prizes, which are now used for the decoration of his office.

Mr. Henry was also a very keen water polo player. He early recognised the value of the game as a means of improving the stamina of a swimmer, and aided largely in the promotion of it. In 1885 he played for All England against Birmingham Leander at Portsmouth, and in 1890 he was selected as one of the team in the first International against Scotland, this being played at Kensington and won by the men from across the border. But in 1892 Mr. Henry was chosen as captain, and that year, at Westminster Baths, Liverpool, his side proved victorious. During all this period Mr. Henry was playing regularly for London and Middlesex, and then, being hon. secretary of the Royal Life Saving Society, he had ample opportunity of promoting its aims and objects, and wherever he went a team always followed to give demonstrations and exhibitions.

The formation of the New South Wales Head Centre, in 1893, seems to have impressed more than ever upon Mr. Henry the high importance of the work of the Society, and we find him making constant tours in Great Britain and Ireland in pursuance of its consolidation and the widening of its objective. The Manchester Branch had been formed in 1894, but in 1895 we find the work started at Toronto, Canada, and in Cape Town, South Africa, in addition to Naval and Military Centres. A Scottish Head Centre was founded in 1897, and also a Centre at Christchurch, New Zealand, whilst two years later the Birmingham Branch was founded.

As the work was rapidly progressing a team was sent to Sweden in 1898 to demonstrate the methods of the Society, this in response to a request from Swedish swimmers who had come over to give displays of diving at a great gala organised by the Society and held in London in 1897, at which their Majesties the King and Queen, then the Duke and Duchess of York, were present.

The tour was a great success and as a result the Swedish Life Saving Society was founded at Sandhamn, and the Handbook of Instruction was later translated into Swedish.

By this time a Centre had also been formed at Malta, but the crowning work of this period was a visit to Italy at the invitation of the Societa Italiana Di Salvamento, which had been founded at Ancona in 1899, on the



Founder and Organiser of the Royal Life Saving Society.

same lines as our Society, the visit thereby greatly cementing the kindly feeling already created.

Mr. Henry had been unable to make this journey, which took place in 1901, but the following year he headed a tour to Germany and Austria, and the team gave displays at all the important swimming centres. In 1903 his Majesty the late King Edward had become Patron of the Society, and presented it with a perpetual Challenge Cup. These marks of Royal approval following on a long hon. presidency of the Society by H.R.H. the Duke of York, and many visits to demonstrations, were most gratifying to the Society, and acted as a warm incentive to higher work. A Sheffield Branch was formed in 1904, and also one in Victoria, and the following year a Queensland Head Centre was formed, while Mr. Henry organised and piloted a demonstration tour through Sweden and Finland. This was in response to an

invitation by Col. Viktor Balck, and the tour was again productive of the most gratifying results. Many excellent British swimmers took part in the pleasant missionary tour, among them being the late B. B. Kieran, of New South Wales, who happened to be in England at the time. On this occasion Mr. Henry was presented at Stockholm with a beautiful silver cup of Swedish design "in token of esteem and in recognition of his services rendered to the sport, from Swedish swimmers and Life Saving friends."

The German Association sent a team to compete at the Society's gala at the Bath Club in 1906, and a return visit was made the next year to their championship meeting, and also to Holland, Denmark, Sweden and Finland, and in the last mentioned country Mr. Henry framed the first handicap ever decided there. Among those representing Britain in this tour was Mr. "Snowy" Baker, so well known now as head of the Stadium at Sydney. During this tour the new method of resuscitation advocated by Professor Schäfer and adopted by the Society was demonstrated in all the countries visited.

After this tour Mr. William Henry's energies were for some months concentrated on the organisation necessary for the Olympic Games of London, at the Stadium, Shepherd's Bush, in 1908, and also the holding of the various sports in connection with the Franco-British Exhibition of that year. What days and nights of unwearying activity and ever present anxiety were caused Mr. Henry, is only fully known to those who were his selected colleagues for this colossal work.

And all this time the work of the Royal Life Saving Society, as it had been graciously commanded by King Edward, its first Patron, to be termed since 1902, had been going on with increased activity and rapid progress, and other Branches had been formed in Ulster and Ontario, Canada. But this did not satisfy Mr. Henry, and no one was surprised when at the annual meeting in 1909, Lord Desborough proposed that he be asked to accept an invitation to visit Canada on behalf of the Society.

That visit was productive of splendid results because the head officer of the Society, Mr. Henry had now been appointed Chief Secretary, came into direct touch with the workers of the Dominion, and during his tour was instrumental in the founding of branches in the Province of Quebec.

In September of the following year Mr.

Henry started on the second of his official visits, this time to Australia and New Zealand. This tour was a protracted one, and did much to advance the work of the Society, Mr. Henry meeting the various Ministers of Education, and placing before them his views and also giving lectures and demonstrations almost daily, while the travelling necessary was enormous. As an outcome of his visit to New Zealand, branches were formed in Auckland, Wanganui, Hawkes Bay, Wellington, Canterbury and Otago, and he examined no fewer than 437 successful candidates. While in Australia he made acquaintance with all the enthusiasts in Sydney, Melbourne, Adelaide, Perth, Brisbane and numerous other towns, besides renewing many old friendships. The South Australian and West Australian Head Centres had been formed the year before his visit, and while he was away another Branch had been started at Saskatchewan, Canada. The swimming season of the following year was devoted largely to the instruction of lock-keepers on the Thames, and through the advocacy of the Right Hon. Lord Desborough, the President, who was on a visit to Canada, a Branch was formed in British Columbia, and in the same year one was opened in Manitoba.

At the annual meeting in 1913 Lord Desborough submitted a unanimous resolution of the Central Executive that Mr. Henry be asked to pay a visit to South Africa, thus completing the tour of the Overseas Dominions in the interests of the teaching of Life Saving, and Mr. Henry accordingly left England in October of that year. The tour was productive of high results, and at Cape Town, Port Elizabeth, Durban, Johannesburg, Pietermaritzburg, Bloemfontein, Kimberley, East London, Newcastle, Ladysmith and other places visited the receptions were most hearty, and the subject of teaching Life Saving enthusiastically taken up, new Centres being formed at Durban, in the Western and Eastern Provinces of Cape Colony, Pietermaritzburg, and the Transvaal.

These educational tours have perforce come to an end for the time being, but in the meantime the Society has continued to make progress against heavy difficulties, the reports from nearly all the Centres are highly encouraging, and Mr. William Henry still continues his beneficent work with unflagging energy, with the result that the work of the Society is now being taken up in America.

THE HERO OF BEAUCOURT.

It is with pleasure that we refer to deeds of Lieut.-Col. B. C. Freyberg, of Wellington, New Zealand, who has seen service at Antwerp, Gallipoli, and in France, and is now referred to as "The Hero of Beaucourt," who, although wounded four times, rallied his men, and with great gallantry and bravery carried Beaucourt. He was twice wounded in Gallipoli and mentioned in dispatches, also was awarded the D.S.O. for swimming ashore in the Gulf of Saros and lighting flares which caused the Turks to believe that a landing at this point was contemplated. Prior to the war, and before he became an officer in the army, he was well-known as an expert speed swimmer, and competed in the New Zealand Amateur Championships. He is only twenty-seven years of age, and has commanded his battalion for nearly a year and a half. We first met our hero in 1910 when on tour in New Zealand representing the Royal Life Saving Society. We then had the pleasure of testing the first class in Wellington for the Society's Awards, of which he was the teacher. He himself also took part in the Examinations and easily qualified for the Proficiency Certificate, Bronze Medallion and Teacher's Certificate. Shortly afterwards he entered for, took the test and easily passed for the Award of Merit, which is granted for special ability in Swimming and Life Saving. Prior to our visit to Wellington a shortage of Handbooks was experienced, but not to be beaten in the efforts to carry out the objects of the Society, and in order that the work should have a good start, Mr. W. C. Collier, the present Hon. Secretary of the Wellington Centre, typed fifty copies of the Handbook, and it was from these typed copies that this gallant officer taught his first class of candidates for the Society's Awards. Every member of the Royal Life Saving Society and all swimmers, those in New Zealand in particular, will feel proud that such an heroic character is associated with them. He certainly adds lustre to the work in which they are engaged.

We learn with pride and pleasure that Lieut.-Col. Freyberg has now had the distinction of V.C. conferred on him. His brilliant career should act as a stimulus to all young swimmers, and the story of his plucky deeds might well form the theme of part of the instruction in every school, and the virtue of his deeds be inculcated into the mind of every scholar.

WANGANUI HEAD CENTRE.

In making their seventh annual report, the Committee of the Wanganui Head Centre state that during last season the number of Awards granted was 304, an increase of 196 on the number granted the previous year. Wanganui obtained 179, New Plymouth 96 and Eltham 29. The Awards were made up as follows:—Award of Merit, 15; Hon. Instructors' Certificate, 4; Hon. Teachers' Certificate, 4; Bronze Medallion, 70; Proficiency Certificate, 110; Elementary Certificate, 101.

Rescues were effected by J. Coull, Stanley Annabell, Dorothy Mackay and Reginald Thomas, all of whom are holders of Awards. The last mentioned rescuer received the Bronze Medal of the R.H.S.

Messrs. R. F. Johnston, J. Coull, N. McCartney, and N. F. McDowell, members of the Executive, have joined the Colours. Past members who are serving are Messrs. C. Swan, M. H. Richardson and J. Goss.

A special note of congratulation is given to New Plymouth, who have successfully established a new Head Centre, thus still further spreading the good work in New Zealand. Thanks are also accorded to the Wanganui Borough Council for its continued support in granting free season tickets for one season to all who gain a Proficiency Certificate.

Dr. A. H. Wall, the president, Mr. L. V. Kerby, the hon. secretary and treasurer, and the other gentlemen associated with them are to be heartily congratulated upon the eminently successful results achieved.

AUCKLAND CENTRE.

The Auckland Centre has an energetic committee and is fast moving ahead. It has the Hon. A. M. Myers, as Patron, Mr. H. G. Gunson, Mayor of Auckland, as President, Mr. A. Fernandez as Chairman, Mr. E. Walters as Hon. Treasurer and Mr. H. M. Wright is the Hon. Secretary. Mr. R. F. Burlinson acts as Chief Instructor and Mr. Wright as Examiner.

Messrs. D. B. Anderson, W. R. Jerome and A. W. Blennerhassett have passed for Hon. Instructors' Certificates, and Mr. D. B. Anderson for the Award of Merit.

When the mail left the Centre was hopeful of starting a ladies' class, for which an entry of fifteen had been received, and endeavour was also being made to secure the loan of hall from the Y.M.C.A. for drill purposes. Many members were in training for Awards and a considerable number had passed for the Proficiency Certificate and Bronze Medallion.

WELLINGTON HEAD CENTRE.

The work of the Wellington Head Centre has been pretty arduous for its officials owing to their own ranks having been heavily depleted during the war. One whose loss is keenly felt is Mr. J. A. Duffy, the Chief Hon. Instructor, who has joined up, but in his absence Mr. J. W. Collier, the Hon. Secretary, has further interested himself in teaching and has piloted through nearly 80 successful candidates for Awards.

The Centre has been particularly busy, one of its great and successful efforts being a Carnival held at the Tepid Bath on August 16 last. Mr. J. P. Luke, the Mayor, presided, and among those present were the Hon. J.

ment and this is a recreation that can be enjoyed both winter and summer. Lawn tennis does not allow high heels but it does allow tight waists. But in swimming the body must be entirely free and untrammelled from the tips of the fingers to the tips of the toes and every muscle is thrilled by its action. It is the finest tonic you can possibly find. I am quite sure that if swimming were taught as a regular subject in our schools there would be an enormous improvement in the health of our women."

The Hon. J. A. Hanan, who also addressed the spectators, said: "Dr. Platt Mills has dwelt as a professional doctor can do on the benefits to be derived from swimming. Let me say as a layman that I believe swim-



Drill Inspection, Boys' Training Farm, Weraroa, 60 miles from Wellington, New Zealand.

A. Hanan, Minister of Education, and Dr. Platt Mills, the last mentioned, is a vice-president of the Centre, and a lady generally recognised in Wellington as the champion of the agitation to bring home to women the very great benefits to be derived from the art of swimming.

Dr. Platt Mills said: "Swimming is the best of all sports and recreations. I think there is no form of exercise so adapted to girls as that of swimming and there is nothing that will so fit them physically to carry out their responsibilities as the exercise of swimming. Therefore I think it should be the leading sport of the children of our Island Dominion. Girls lead very much less active lives than boys, therefore their sports should aim at all round develop-

ment is the most useful of all athletic accomplishments. It enables the person who has learned the art not only to save his or her life but also the lives of others. The Doctor has stressed the importance and the value of swimming from the point of view of the girls, and rightly so. If there ever was a time when it was necessary to promote all agencies that make for physical fitness it is to-day. I hope the time is not far distant when swimming will be made compulsory on the part of all our young people. Where facilities exist they should receive instruction and I hope that the time is coming that we will recognise in regard to examinations the advisability of giving marks in respect of the athletic side of the individual, because we want to secure an all round manhood and

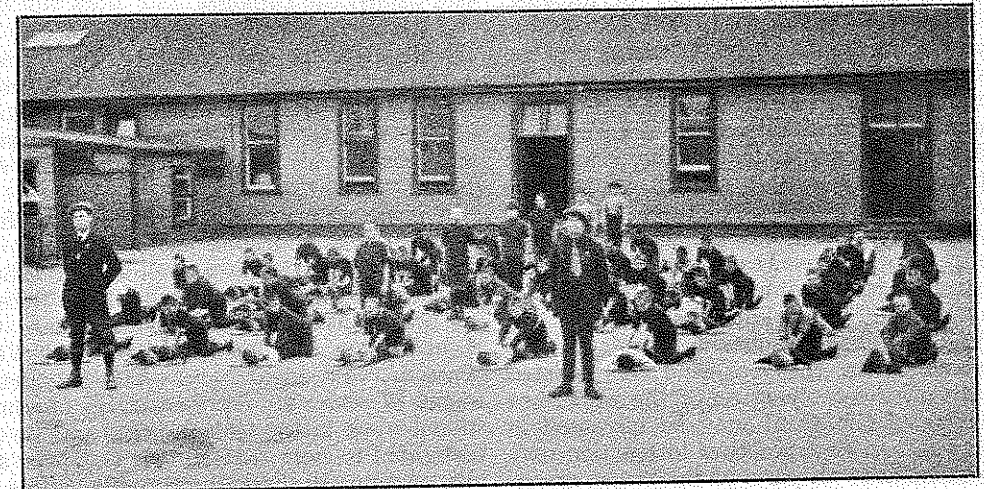
womanhood. The future of this country largely depends on the kind of mothers we have for our children."

Large classes have been formed at the Boys' Training Farm, Weraroa, of which Major G. M. Burlinson is the head. He has made compulsory training in swimming and life saving part of the farm routine, and as a result 26 Awards have already been gained by the students.

At the Local Boys' Institute marked progress has also been made, no fewer than 67 Awards having been secured and another 60 boys being in training.

One of the Hon. Instructors of the District, Mr. Rupert F. Burlinson, son of Major Burlinson, has gone to Auckland, where he

is being done under the direction of Major Burlinson. There is an agitation afoot for the provision of a large bath, and the Minister of Education, the Hon. J. A. Hanan, has expressed his entire sympathy with the work, and the Centre is relying upon him to pave the way to the introduction of swimming and life saving in all special and public schools. The campaign in this direction has already started, and with such energetic workers as those we have named at its head it should meet with early success. It is very pleasing to read of these energetic efforts Overseas, especially in such times of stress, and the excellent records to hand reflect and speak highly for the enthusiasm of the workers.



Resuscitation Drill, Boys' Training Farm, Weraroa, 60 miles from Wellington, New Zealand.

has done fine work with the Auckland Centre, to which he has become the Chief Instructor, and has been training Boy Scouts, Senior Cadets, and in Schools as well as helping the senior candidates.

The Centre is doing a good deal of propaganda work, and just before this report was despatched Mr. W. C. Collier was lecturing at Wellington College. He is the hard working Hon. Secretary of the Centre and to him and Mr. G. S. Hill much of the great success achieved since its formation is due.

The photographs we reproduce were taken during a visit of inspection to the Boys' Training Farm at Weraroa, which is about 60 miles from Wellington, and afford clear evidence of the very excellent work which

A remarkable case of resuscitation of a boy who had been under water fully fifteen minutes, occurred at Skipton in Yorkshire last month. When the boy's body was brought to the Canal bank Mr. L. Varley, instructor of the Skipton S.C. for twelve years, was on the spot, and at once applied the Schäfer method of resuscitation, with the result that success attended his effort in about half an hour. It is worthy of note that Mr. Varley had never taken the awards of the R.L.S.S., but had often been present at the Classes of instruction conducted by the Skipton S.C., which is affiliated to the Society, and in that way gained a knowledge which has proved so extremely useful.

NEW SOUTH WALES HEAD CENTRE.

The oldest of the Centres of the Royal Life Saving Society is that of New South Wales, which was founded in 1893, and in its twenty-third annual report, presented at the Annual General Meeting held in the New South Wales Sports' Club, Sydney, on September 21 last, it was announced that since its institution it has issued no fewer than 11,686 Awards.

Last season 176 Classes were examined, and 1,437 Awards gained, these consisting of 2 Diplomas, 2 Certificates of Commendation, 9 Hon. Associate Certificates, 29 Honorary Instructors' Certificates, 36 Awards of Merit, 11 Teachers' Certificates, 469 Bronze Medallions, 703 Proficiency Certificates, and 175 Elementary Certificates.

Owing to the majority of the active members of clubs being on service the "Roth" Challenge Shield for men was not competed for last season, but the "Hendry" Challenge Shield was won by a team from *H.M.A.S. Tingara*, and the Ladies' Challenge Cup by Misses Fanny P. Durack, Wilhelmina Wylie, Jessie Evans and Hilda Robertson, under the command of Miss Ella M. Gormley. We are greatly pleased that such accomplished Australian lady swimmers have taken high rank in Life Saving knowledge.

A Government subsidy of £150 was received during the year, and this assisted greatly in the carrying on of the work, but it is hoped the grant may be increased in later years so that practical instruction may be extended to all parts of the State, especially among the public schools in country districts and the distant river towns.

The revenue for the season was £428 17s. 8d. and the expenditure £439 19s. 6d., but the surplus of assets over liabilities was £74 1s. 5d.

Valuable assistance has been given by Mr. James Mitchell, Inspector-General of Police, who has encouraged his men to become proficient and has notified them that all examinations passed are carefully recorded and that he is particularly anxious that all policemen should be trained life savers.

During the year Messrs. W. A. Proudfoot, Pyrmont and J. J. Cummings, and W. G. Johns, Stockton, were recipients of Awards from the Royal Shipwreck Relief and Humane Society of New South Wales, making in all a total of 78 since the formation of the Centre.

The Awards gained by candidates at the Centre examinations in 1895-6 were only 17, but in 1913-14 they mounted to 1,540,

and though they dropped in number in the first season following the opening of the war to 1,223, they rose last season as stated to 1,437. This was greatly due to increased activity in the Ladies' and the Teachers' sections, and the Executive of the Centre pays high tribute to the work of Miss E. M. Gormley, and the Misses L. Addison, I. Bray, L. Bradshaw, M. Jeffery, M. M. Maloney and J. Tyler, the lady teachers of the Department of Public Instruction.

It is gratifying to note that large classes of police were also instructed, the teacher being Sergt. James Fraser, and that no fewer than 101 Awards were gained, these being presented by His Excellency the Governor. Among the successful candidates was Constable W. F. Harmer, of Bulli, who had gained the Diploma.

Special thanks are tendered to W. H. Hellings, the popular chief of the Domain Baths, for his valuable assistance in examinations. Mr. Hellings holds the Diploma of the Society, and has always been most assiduous in his efforts to promote its well being.

We are pleased to note that Mr. William Henry Cooke continues as Chairman of the Executive, for he is a well-known ardent worker, and has the interests of the Society at heart. We also must congratulate the Centre upon the fine list of Patrons, Vice-Patrons, President and Vice-Presidents, many of whom are representatives of educational work in the Government, and we are delighted to note that Mr. H. D. Spyer and Mr. Arthur B. Parker are again acting as Chief and Deputy Officers in connection with instruction and examination. Both are known as pioneers. Further we desire to congratulate Mr. George H. Williams, J.P., the secretary, upon the flourishing condition of the Centre, and return our thanks to the Executive Committee for placing on record their appreciation of his devoted services to the cause of Life Saving in Australasia and adjacent islands. The Centre is in a flourishing position, under highly efficient management.

Mr. G. H. Ainsworth, a member of the Thorley Club, Yorkshire, has been awarded the D.C.M., and Captain and Adjutant J. Sugden, Irish Rifles, who was hon. secretary of the Starbeck Club, the D.S.O. Captain Sugden has unfortunately since been killed in action.

A very interesting class of the Royal Engineers at Dover, held under the instruction of Sergt.-Major Godfrey, has been brought to a satisfactory conclusion, which resulted in fifteen Proficiency Certificates, fifteen Bronze Medallions, and one Hon. Instructor's Certificate being awarded. The examination was conducted by Mr. Frank Wood, Hon. Representative of the Royal Life Saving Society at Canterbury. We learn that quite a number of those who passed for the Bronze Medallion now propose to swim for the Award of Merit. From the Manitoba Branch, whose officers are at Winnipeg, Canada, reports of examinations have come to hand which include successful candidates for seven Awards of Merit, twenty-five Proficiency Certificates, twenty-two Bronze Medallions, and one Hon. Instructor's, also a number of Elementary Certificates. The officers of this Branch are very optimistic as to the future progress of the work, and the Branch is receiving encouraging financial support; whilst Mr. A. Galbraith, Hon. Secretary of Glasgow and District Centre, has also sent in reports from over sixty awards gained in recent examinations. The work of life saving has made fine progress this season in Scotland, particularly the Edinburgh and Glasgow district. Another feature which has provided much pleasure is contained in the fact of the formation of a large number of naval and military classes, which goes to show that the men who previously gained their knowledge of the subject and are now serving their country are doing all they can to further the aims and objects of the Society wherever they may happen to be stationed, at home or in distant parts of the Empire.

Reports have been received from Mr. Conduit N. Eddy of the progress of life saving in connection with the Peckskill Military Academy, U.S.A. The examination for the R.L.S.S. awards was held at Camp Poko, Moonshine, and resulted in nine Proficiency Certificates and one Bronze Medallion being gained. The members of the Society will be interested. Its aims and objects are making good progress in various parts of the United States of America.

The Jarrow Ladies' S.C. continues to conduct classes of instruction in Life Saving at a recent examination for the Proficiency Certificate and Bronze Medallion of the Royal Life Saving Society at the Corporation Baths, Jarrow, Mrs. Edith Pugh, Miss Ethel

Blake, Miss Nellie Small, Miss Mary U. Welch succeeded in passing the test. The hon. instructor was Mr. M. L. Hodges, the bath superintendent; and the examiner was Mr. Geo. Tinnion, Hon. Representative of the Royal Life Saving Society for Newcastle and district.

Some excellent work has been done during the past season by Mr. David Brown, the popular superintendent of the Hamilton Baths, particularly among the military frequenters of the bath. As an incentive to them to learn Life Saving Mr. Brown gave exhibitions and advocated the claims of the Society, and as a consequence a small class was formed which, after careful tuition, was examined by Sergt. Lamont, the Instructor of the Lanarkshire Constabulary, and Mr. Charles Burgess, the Superintendent of the Paisley Baths, with very successful results.

There was an interesting examination in November at the Alloa Baths for Certificates and Bronze Medallions of the R.L.S.S. The result was that eight candidates passed for the Proficiency Certificate, seven for the Elementary, and eleven for the Bronze Medallion. The class had been taught by Mr. R. Hardie, of the Alloa Baths, and the examination was conducted by Sergt.-Major Jas. H. McCracken, of the R.A.M.C., who, prior to the war, was the Society's Hon. Secretary for Edinburgh and district. Since Mr. McCracken joined the Forces the duty has been conducted in a most efficient manner by Sergt. James Grant, who is keeping the work going in a whole-hearted manner, and produces really fine results.

The South Australian Life Saving Society and A.S.A. has hitherto paid little attention to the subject of teaching in schools, but Mr. William Ashworth, the hon. secretary, informs us that during the present season in Australia an attempt will be made to form a Schools Swimming Association, and that if the movement be successful an annual Carnival, solely for schoolboys, will be promoted. Mr. Ashworth has already been the means of instituting an annual school boys' team race, for which a handsome shield has been presented by a prominent resident of Adelaide. We hope the South Australians will also bear in mind the fact that girls should also be taught to swim.

OUR ROYAL FAMILY OF SWIMMERS.

A Great and Worthy Example.

IT is a special pleasure and privilege of all who are interested in the art of Swimming and Life Saving throughout the Empire to be able to refer to the British Royal Family as a family of Swimmers. His gracious Majesty the King learnt to swim at an early age, and has put his knowledge of the art to a practical test by saving life from drowning. When on a voyage round the world in the *Bacchante*, one day a blue-jacket fell overboard and would have lost his life but for His Majesty's prompt action in quickly diving after him and holding him up on the surface until aid arrived. H.R.H. the Prince of Wales is a keen swimmer, so also are his brothers, who take advantage of every opportunity to indulge in a swim and when in town are often to be seen practising their favourite pastime at the famous Bath Club in Dover Street. The many ladies also, who take such a deep interest in the art and devote so much attention to the spreading of the knowledge, will be pleased to learn that Her Majesty the Queen and Princess Mary are fond of swimming and patronise it on suitable occasions.

The members of the Royal Life Saving Society owe a deep debt of gratitude to His Majesty, for his interest in its work has continued for many years. He became President in 1893, and with the Queen has been present at several displays, the first occasion being at the West India Docks in 1897, as Duke of York, and he graciously continued as its Head until his accession to the Throne, when he was pleased to become its Patron, with the Rt. Hon. Lord Desborough as President. At annual meetings of the Society Lord Desborough has often had the privilege of conveying messages of encouragement and congratulation from His Majesty, and it is worthy of note that since King George first became associated with it its influence increased rapidly, with a world-wide reputation as the medium through which the knowledge of how to save life from drowning is made known in all parts of the Empire, also in many foreign lands. At the present moment the work is making most gratifying progress in the United States of

America, and proposals are under consideration to have the Handbook of Instruction translated into several languages; this has already been done in Italy and Sweden, where kindred Societies have been formed.

No notice of the Royal encouragement extended to the art of Swimming would be complete without reference to the example set by King Edward, father of our Gracious Patron. This encouragement has brought the practice of swimming prominently to the front; it caused it to be lifted into a higher sphere, with the result that countless thousands engage in its practice, which has the effect of creating a healthier and stronger people, also preventing much loss of life. For this reason the year 1902 will ever be regarded as marking a new epoch in the practice of the art of Swimming and Life Saving. It was in this year that the Reigning Monarch of the British Empire, for the first time in its history, gave his powerful aid to the cause by presenting the King's Cup for open competition, by being present at the Bath Club with the majority of the members of the Royal Family, which included Her Majesty Queen Alexandra and H.R.H. the Prince of Wales, now His Majesty King George, in order to witness a display of the ability and knowledge promoted by the Society, and finally by commanding that in future the word "Royal" should be added to its title. Thus in quick succession three great favours were conferred, and it will be a source of much gratification to the thousands at present engaged in its work, to know that His Majesty King George continues his interest as Patron. In the last letter on the subject, received by the Rt. Hon. Lord Desborough as President, His Majesty congratulated all workers on the marked success achieved. Let us cherish this interest and sympathy from one so high and by our attention to detail, as well as exercise, cause others to improve in a subject which has for its aim the cause of those who may happen to be in danger or distress, remembering that our Royal Family have set a great and worthy example which we trust may cause us to become an Empire of Swimmers.

THE LADIES' SECTION.

Fine Collection for Star and Garter Fund.

THAT energetic worker, Mrs. Lyon, the honorary secretary of the Ladies' Committee of the Southern Counties Amateur Swimming Association of England, her equally enthusiastic committee and the ladies' clubs generally deserve all the praise one can bestow for their wonderful success in the Galas and Flag days they organised on behalf of the Star and Garter Home at Richmond. Once Mrs. Lyon and her committee had started on their scheme to hold ladies' club galas for the provision of funds to build a special lift and ward in the Star and Garter Home they never relaxed effort, and during the six months their galas were in progress it was an exceeding pleasure for us to be witnessing the bright-hearted girls doing their best to make every meeting a success and every one take part in a good work.

Not the least pleasing feature of these galas was the ready response of the lady swimmers to the repeated calls made upon them by Mrs. Lyon. They simply grew to love her for her sparkling nature and sympathetic care for the wounded soldiers always invited to the galas, and now they know her by an endearing term long to be remembered, in fact never to be forgotten, for she was the life and soul of some of the pleasantest social swimming meetings ever held, though all presented ultimate benefit to the fund.

That Mrs. Lyon did not forget the kind-hearted support she received was evidenced by her speech at the cheerful dance she organised for December 9, at the Holborn Restaurant, and which, known as "The Swimmers' Dance," attracted all the enthusiastic swimmers, workers and supporters of the Galas and Flag days. It was a fitting medium for congratulation and re-union and as such afforded all of us great delight to be present. Of course the big function of the evening was the presentation of a cheque to the amount of £1,218 16s. 10d. to Lady Cowdray, the Honorary Treasurer of the Fund, whose happy task it will be to present it to Her Majesty Queen Mary on behalf of the lady swimmers of England. The expenses of the Committee were defrayed by the dance, not a

penny of the collection received from Galas and Flag Days being deducted for expenses. It was a "full moon" night, but getting home was not so easy; there were so many good friends to converse with.

The ladies' clubs who assisted in this big collection were the Barry, Battersea, Beckenham, Bedford, Christchurch Perseverance, Clapton, Dartford Premier, Eastbourne, Excelsior, Finchley, Fulham, Gravesend, Hammersmith, Holloway United, Ilford, Isis, Liverpool Victoria (London), Mermaid, Naiad, Natantes, Park, Public Trustee, Romford, Sarnian (Guernsey), South Norwood, Southwark, Surrey and Westcliff, the Ladies' Diving Association, and the Ladies' Committee of the Southern Counties.

At Seacombe on December 6, Miss Lucy Morton lowered the ladies' 150 yards back stroke record, held by herself, from 2.19.2 to 2.17. Miss Morton belongs to the Blackpool Swimming Club.

The Leicester Ladies have this season held two galas in the interest of wounded soldiers. The first one had 580 and the second one 440 present. The programme of swimming was the usual one, including polo matches between lady players, but at each gala tea and other refreshments were provided for the soldier guests. The expenses incurred in connection with these galas were covered by a collection organised by the lady members of the club, and in order to continue these treats, which are much appreciated by the men, they have already raised a further sum of £11 to be expended in conducting a further gala early in the spring.

As a result of the gala at which Miss Daisy Curwen and Miss Constance Jeans met in a 100 yards race, which was reported last month, we are pleased to be able to state that the Nottingham Ladies S.C. have been able to hand over the sum of £28 15s. to the Christmas Gifts Fund for Notts and Derbyshire soldiers and sailors and prisoners of war, which is highly satisfactory, and we heartily congratulate the Nottingham Ladies upon the success they have achieved.

While the swimming season in Birmingham and District has, in a competitive sense, been the worst on record, it has been quite the best recorded in the history of the city, so far as the attendance of women bathers is concerned. Swimming among the fair sex has grown in popularity to a remarkable extent during the last two seasons. The baths receipts have been exceptionally large. The presence in the city of so many thousands of women munition workers is probably responsible for an increased patronage; the official view is that "mixed bathing," which is very popular, has given to the pastime a distinct impetus.

* * *

The girls of the Higher Grade School of Blackburn have repeated last year's achievement of winning four Cups offered for the encouragement of Swimming in Schools. The Shepherd Cup for squadron teams has now been held by this school for five successive years. Florrie Livesey is this year's school-girl champion of Blackburn, having won the Nuttall Cup as well as the Rosseter Cup for breast stroke, and the Holden Cup for children under 13 years of age. This is the second year she has won the Holden Cup, and in the Nuttall Cup race she beat all previous records by two seconds. If this progress continues she may become a champion of England. The girls of this School are evidently well tutored.

* * *

We heartily congratulate Miss Ivy Jagger, of Blackpool, on her obtaining the vellum certificate of the Royal Humane Society for her efforts at rescue at Bispham on August 17 last. Her work on that occasion created much attention and the Chief Constable of Lancashire strongly recommended her to the R.H.S. Miss Jagger is a Bronze Medallion holder of the Royal Life Saving Society, and has stated that she could never have accomplished her task but for her training for the Medallion. We hope she may long enjoy the honour that has been accorded.

* * *

The Bronze Medallion was gained by Miss Jagger in 1915 at Elland, Yorkshire, the class being taught by Miss Woodward, of Halifax, and the class examined by Miss Sutcliffe, of Halifax. In 1907-8 Miss Jagger won the School Girl championship race for the "Sherratt" Cup, a perpetual trophy given by Councillor Sherratt for competition among all girls attending the Elementary Schools in Elland.

The Young Women's Christian Association of Los Angeles have issued a leaflet broadcast, entitled, "Learn to Swim Gracefully, Without Exertion," which contains the following statements:—

"Swimming is an unsurpassed physical exercise; and all women need exercise; for health's sake swim. Lessons every forty-five minutes from 9 a.m. to 9 p.m. daily. Water is always clean and warm. Six individual lessons for \$6 (including suit and towel). In small private classes each pupil pays \$4 for six lessons (including suit and towel). Special low rates to School Clubs and large classes of over twenty pupils. You will float and swim easily in one lesson. Proficiency guaranteed in six lessons. Diplomas awarded. Teachers trained and certified. We have secured the services of Prof. T. Wilkinson, R.C.S., the expert instructor with a worldwide reputation." As a token of appreciation for his six years of loyal service at Bimini Baths, employees, owners and former pupils of the Professor have presented him with a massive silver cup. Large classes of girls have already been registered for instruction, from the L.A. Junior College, Polytechnic, Manual Arts and L. A. High School.

* * *

Miss Gladys B. M. Hodges, a member of the Hounslow Ladies' Swimming Club, has been presented with the vellum certificate of the Royal Humane Society for saving life in the sea at Hastings last September. Three ladies were in difficulties and Miss Hodges went to their rescue. One of them clutched her but she made good use of her life saving knowledge and brought all three to shore. This young lady had the advantage of instruction from Miss Nora Pennington, and says that the knowledge gained was exceedingly useful to her in her successful rescues.

Subscribers to the SWIMMING MAGAZINE, who have done so much to keep this journal going, are respectfully reminded that the third volume commenced in June last. They will greatly assist the future of this journal, which is the only one of its kind in the world, by kindly posting their renewal subscriptions to the Hon. Editor without delay.

(See notice facing page 160.)

CUSTOMS OF THE ANCIENTS.

Bathing and Swimming a Religious Observance.

IN many places scattered through the pages of the ancient history of the world are to be found references to bathing, swimming and washing, generally on religious grounds, but when the art of swimming is mentioned it is in most cases referred to as being of great utility during periods of war. It is certain that bathing among the ancient Syrians, Greeks, Romans and Persians was commonly practised as a means of purification. There is an ancient Arabic proverb which states that "Cleanliness is the key of prayer," the Brahmins have also always held bathing in high esteem. For centuries past and up to the present time, great religious festivals are common in India; the most important of these take place in the River Ganges, when at stated periods thousands plunge into its waters, which are regarded as sacred. The Egyptians, as recorded in the Book of Exodus, for the same reason were in the habit of bathing in the Nile, and that the practice was probably also common among the women of the period is evidenced by the fact that the daughter of Pharaoh habitually indulged in the pleasure of a bathe in the great river, whose waters, like that of the Ganges and the Jordan, were also regarded as sacred.

It seems that from the earliest ages the active form of bathing was required by the law givers, in order to symbolise with greater distinctness the idea of religious purification. It is for this reason perhaps that the Pharisees among their other additions to the law of Moses, introduced a ritual of bathing into the sphere of everyday life, which doubtless was popular with all classes, particularly in such hot, arid and dusty regions as those of the East. In those days, when visiting or entertaining, it was regarded as a mark of incivility to neglect it, and we know that at the last Passover, our Lord turned this custom into symbolised action, for He Himself washed the feet of His disciples, in order to teach them how constantly they would need cleansing, not only in a spiritual, but also in a corporeal direction.

The methods of the ancients as regards bathing and washing in connection with religious ordinances in various ways are

practised to-day among followers of Christian and other religions. We know of baths in use in London built as part of the Public Baths and Washhouses, which are specially fitted for the total immersion of individuals undergoing a religious observance of corporeal and spiritual purification. In many instances the ordinary Public Swimming Baths have also been used for similar purposes not only in England but elsewhere. In connection with these observances of the ancients, it is worth noting that the waters of nearly all the big rivers in Assyria, Mesopotamia, Egypt and India were, and to this day are, regarded as sacred by followers of various religions, and as such were much used. This point suggests the idea that from the dawn of history to the present day, the knowledge of the art of swimming must have been fairly general, otherwise a great many of the participants in religious bathing observances would have risked their lives in the waters recommended for their purification. Yet on purely religious grounds we have failed to note a single recommendation in the interest of the knowledge of swimming, but in favour of efficiency of the individual for war, there are a great many which date back to the remotest era. For instance in the British Museum there are some interesting bas-reliefs depicting fugitives swimming for refuge to a fortress; also the crossing of a river by an army of an Assyrian king. The probable date of these bas-reliefs is about 880 B.C.; one of these represents three warriors escaping from an enemy, two are depicted crossing the stream on inflated skins in the mode practised by Arabs even to this day, whilst the third, pierced by an arrow, is apparently getting along well by means of the now famous crawl stroke, which suggests that the older swimmers were not altogether deficient in the knowledge of the strokes that in our time are often regarded as being quite a modern development, consequently are named locally after various individuals, in a manner similar to many inventions. That the swimming strokes now popular are not so new as many imagine can be further proved by a mosaic still remaining at Pompeii which gives almost

the exact position of the stroke known to most of us as the "trudgen," which is the name of an Englishman who, because of his speed, made it popular.

It is to our mind certain that as swimming and bathing was practised from the remotest era, its introduction as a religious observance followed in due course, and in this way the people of the day were reminded of the duty they owed, not only to themselves, but also to the state. If we read ancient history with care, we will learn that those states which gave the subject the greatest encouragement were the most powerful; they made it part of their military training, and held it in high esteem as an accomplishment. If therefore modern nations will take a hint from the distant past, they will hasten to make this knowledge of the same importance in the education of the people, as was the case in the days of the ancient Greeks, Romans, Egyptians, Assyrians and other nations of the period who, to keep the subject always before the people, wisely decided to make it of considerable religious importance.

New South Wales A.S.A.

25th ANNUAL REPORT.

THE twenty-fifth annual report of the New South Wales A.S.A. presented at the annual meeting held at the Sports Club, Sydney, on October 12, is to hand, and it records a restricted season, both from a sporting and financial standpoint, yet it is satisfactory to be able to note that, notwithstanding the European crisis and the support accorded the Mother Country by the large number of members who offered their services and joined the Australian Expeditionary Forces, the work of the Association has continued with satisfactory results, and all Clubs, despite depleted ranks, catered regularly for their members, particularly the junior portion, whilst the Drummoyne and Pyrmont Clubs held Patriotic Carnivals, with the result that the various funds were materially benefited. With regard to School Swimming a further advance in every branch of the art still continues, which augurs well for the future history of swimming in New South Wales, for it is through the schools that the Association hopes to keep the subject in a high

place. For that reason every encouragement is given for its cultivation. As in the Metropolis of Sydney, so in the country districts, several clubs, which had their ranks depleted by many swimmers enlisting, did not open their books during the season under notice, with the result that the Association possesses twelve less affiliated clubs as compared with the previous season. Furthermore all the Championships and Challenge Cup competitions were again abandoned. On the other hand the "Kieran Memorial" race over 220 yards, open to Public School boys, was held as usual, and resulted in a win for M. Crakanthorp, of the Fort Street High School, Sydney, in 2.59½. The 100 yards Junior Championship of N.S.W. resulted in a win for W. Herald, Manly S.C., in 1.5, and in order to give swimmers who had not reached the statutory military age an opportunity of taking part in a scratch race, the Association promoted a special event at 100 yards, in which all the best swimmers who were eligible to compete started, including W. A. Macdonald, holder of the 100 and 220 yards Northern District A.S.A. Championships, who won in the excellent time of 1.2.4. G. Lyons, Sydney S.C., was second, and N. Longworth, Rose Bay S.C., third. Great hopes were entertained as to the winners' success in big swimming events in the near future.

In connection with the war we note 588 affiliated swimmers have enlisted in the Expeditionary Forces, and twenty-two names are recorded in the Roll of Honour who have given their lives in defence of the Mother Country, including G. T. Hill, the ex-Hon. Registrar of the Association, the members of which extend to the relatives and friends their most sincere sympathy, and like sympathy is accorded to the relatives in regard to the death of Mr. A. B. Pyke, one of the founders and first president of the Association, who took an active interest in the sport in the early nineties. After returning thanks for services rendered, Mr. E. S. Marks, as Chairman, on behalf of the Council, makes a call to officials of affiliated Clubs to endeavour to keep the sport alive among their fellow-members during these times of stress, and thus be prepared to continue their former activity after the cessation of hostilities. The Balance Sheet shows the Association in a sound financial condition; the assets amount to over £273, including cash at bank £231 10s. 1d., and the liabilities are nil.

THE CAUSES OF CRAMP. Their Effect and Prevention.

PRIZE ESSAY OF W. ASTON-LEWIS, Esq., J.P.

CRAMP has been called, with some reason, "the swimmer's bugbear." The irrational terror with which it has come to be regarded is largely due to the unwarrantable assumption of irresponsible paragraph-writers, who never fail to attribute to this one cause all sudden deaths occurring in river or sea. The most enthusiastic advocate of swimming would scarcely claim for those who exercise the art an exemption from all liability to fatal disease, and the cause of a death in the water is as much a matter for inquiry (where investigation is possible) as that of any which, occurring on land, form the subject of coroners' inquests. The fact, though obvious, is constantly overlooked, and it is time that all who are interested in the promotion of swimming as a recreation should unite in opposing the erroneous notion that cramp is universally prevalent, entirely without remedy, and instantly fatal.

Before entering upon the three-fold division of the subject suggested by the title, it may be well to attempt a reply to the preliminary question, "What is cramp?" The scientific answer may be given in the words of an eminent French physiologist, who states that "cramp is merely involuntary and exaggerated muscular contraction." It is unnecessary to describe the symptoms, since they are of a character so pronounced as to leave no room for doubt in the mind of the sufferer. The point of attack, in the case of a swimmer, is nearly always the upper part of the calf of the leg—the "gastrocnemius" muscle.

The physiological cause of cramp has been explained by the authority just quoted to be the friction of the sensory nerve-filaments which traverse every muscle, by the continued or repeated (or excessive?) contraction of the muscle. This seems to point to an intimate connection between cramp and fatigue, and experience has shown that the latter is at least a predisposing cause; most cases of cramp occur during long swims, or towards the end of games of water-polo, etc. Other forms, as for instance that commonly known as "writer's cramp," are frequently the result of over-work, producing fatigue. The sudden, voluntary

contraction of an already tired muscle, as by a sharp turn in water-polo, or the like, may bring on an attack in a moment.

Cold may be numbered among the causes of cramp. Whether by prolonged immersion in water at a low temperature, or by a sudden change, such as is often experienced in the neighbourhood of cold springs, in rivers or lakes, the muscles are chilled, and their liability to attacks of cramp is thereby increased. The practice of "cooling off," when arriving in a heated condition at the scene of the proposed swim, is a fertile cause of chills.

Indigestion has been suggested as a cramp-producer. Indeed, Mr. Holbein, the Channel swimmer, attributes "nearly all cases" to this one cause. The indigestion itself is tolerably certain to be the consequence of entering the water too soon after a meal. The result is easy to foresee. The process of digestion necessitates the determination of a considerable quantity of blood to the stomach and other digestive organs. The bather, by immersing the whole body in cold water, and exerting the limbs in swimming, causes the flow of a large proportion of this blood to the skin and the extremities. This results first in imperfect digestion, and secondly in failure to maintain the bodily temperature and the muscular power: each process, in fact, interferes with the other. It is scarcely to be wondered at, if cramp should ensue, though perhaps in strict accuracy the indigestion should be regarded less as a cause than as a concomitant result of the same indiscreet action.

The first effect of which the swimmer becomes aware is a sudden and very acute pain in the locality affected. This is usually so severe as at once to stop the action of the limb, and necessitate the immediate application of one of the remedies to be mentioned below. The pain is accompanied by immobility of the muscle attacked, which remains in a state of contraction.

Too often, the third effect is a condition of panic fear, which prompts the swimmer to abandon all attempts at remedy, and resign himself to his fate. As one writer truly remarks, "Losing presence of mind has undoubtedly been responsible for more deaths

than the actual seizure." Since this fear is mainly based upon incomplete knowledge, it is to be hoped that the spread of the art of swimming may lead to its gradual extinction.

Strictly speaking, there is no infallible means of prevention. But it cannot be doubted that by careful avoidance of the various errors noted above as contributory causes, the liability to cramp may be reduced to a minimum. By way of recapitulation, we would say to the swimmer, avoid the chills produced by either staying too long in unusually cold water, or waiting to "get cool" before beginning to swim. Avoid bathing soon after a meal; generally, an hour and a half or two hours should be allowed for the initial processes of digestion. Dismiss from your mind, once for all, the idea that cramp is in itself a dangerous disease. A very celebrated swimmer is reported to have stated, only recently, that he has swum three miles while suffering from cramp. A writer says that "except for the pain, he has never felt particularly inconvenienced."

Though the cure of cramp is seldom mentioned in medical works of reference, no attempt to deal with the subject would be complete without some suggestion as to the course to be pursued by a swimmer when attacked. The first thing is to stretch the limb affected, so as to overcome the undue contraction; this may require strong and even violent action of the opposing muscles, and is sure to cause pain, but it should be persisted in, with repeated efforts. Secondly, the hands should apply friction to the spot, if it can be reached; if this prove impracticable, much good may be effected by striking the cramped limb on the surface of the water. Thirdly, no time should be lost before seeking the shore, for it should be remembered that when once an attack has been suffered, even if it has been overcome, a continuance of the same conditions will make a return of the affection highly probable.

Finally, let every swimmer realise the importance of making a careful study, as early as possible in his career, of what is known as scientific or fancy swimming. He will thus become accustomed to dispensing at will with the use of one or more of his limbs, and will be able on occasion to vary his mode of progression in such a way as to remove the strain from a threatened muscle in time to avert attack. This is where the practice and study for the Award of Merit

and the Diploma of the Royal Life Saving Society is of much value.

The writer is acquainted with young men, devoted to all forms of aquatic recreation, who, after a single attack of cramp, entirely abandoned a promising career as swimmers. This surely is a deplorable attitude for any healthy man to adopt, and is not to be justified by the facts set forth above. Rather let us draw from those facts the conclusion that by the use of a little common-sense, and of that habit of self-reliance which is naturally fostered by the practice of the finest athletic exercise known to mankind, the cramp bogey may be effectually abolished.

A letter has come to hand from Mr. F. Vance Veith, of the Los Angeles Athletic Club, in which he states that he has taken up water polo, and after much careful coaching his team has won the first game of the season by 9 goals to nil. He has been conducting a gala regularly each month in the Club Bath, with large crowds present on each occasion. Since Mr. Veith has had charge of swimming in the Club he has made it one of the most "live" sports in the city. He is much interested in the knowledge of life saving, and gives it ungrudging support, and we hope soon to note some big classes of instruction, not only in the Club, but also at the other Baths of this fine city.

We have had the favour of a visit from F. Schryver, of West Australia, who came over with the Australian Forces, and has seen service in Egypt, Gallipoli and France. He was on short leave in England, and during that time called upon the friends he made when in London in 1912, on which occasion he represented West Australia in the King's Cup Competition, and on points tied for second place with S. Blutherwick, of Sheffield. W. Morris, of the Amateur S.C., London, was the winner.

We learn that Company-Sergt.-Major G. E. Billson, once a city of London Police champion swimmer and later Hon. Secretary of the Royal Life Saving Society's work in New Zealand, and Diploma Holder, expected to leave New Zealand last November with the Forces for the front; and therefore some of us who know him well may have the pleasure of meeting him soon. Sergt.-Major Billson was Superintendent at the Christchurch Baths before the War.

PLEASURES OF SURF-RIDING.

SURF-RIDING is a most invigorating, entertaining and enthralling sport, which is practised by thousands upon thousands, not only in Hawaii, but also in Australia, South Africa, and many parts of America, yet it must be regarded as being somewhat dangerous, not only for the novice but also the expert. The former may be caught by a dumping wave and sent to the bottom with tons of water pounding down upon him, whilst the latter may perhaps go out too far from the shore and become prey for sharks. However, the element of risk seems to add zest to the pastime.

The beaches on which surf-riding is practised are generally semi-circular, a mile or more across, with a shelving sandy bottom, free from rocks or hard projections. The waves take definite shape far from land, sweep across the bay in regular order, breaking over the sands in shore with a roar, tossing foam and spray before them right up the beach. It is when the incoming waves rise to a height of ten to twenty feet that the greatest amount of pleasure is provided, and it seems that the rougher the sea the finer the sport. It was just in such a sea that the writer had his first introduction to surf-riding, and in a very short time was caught by a "dumper" which made him feel that the end had come, for every limb seemed to be dragged out of its joints, and he was finally deposited high and dry, wondering what had really happened. It was a never-to-be-forgotten experience, which amused the onlookers greatly. This took place on Manly Beach, near Sydney, where surf-riding is the chief pastime. The water was so rough on this particular day that the programme of sports, fixed by friends for his entertainment, had to be postponed, but the time that was to be devoted to sport was spent in his initiation to the vagaries and science of surf-riding, which made a lasting impression, not only on his own, but also on other minds.

For the privilege of riding in upon a wave the swimmer must go out beyond the second or third line of breakers, and this is done with the utmost ease, by simply diving under each incoming wave. These waves never retard this outward progress, neither do they give an unexpected slap in the face, if the dive be properly carried out. As one watches, the swimmers' heads appear and disappear with every approaching roller,

and the rapidity with which they go out against the incoming sea, it seems no effort whatever, but the thud and roar with which the waves break on shore gives one the idea that a gale is in progress, as one after another enormous billow comes plunging along. When the swimmer has reached the desired distance out from shore he selects his wave; it is generally the largest one that rises high above him, a short distance away, then he turns his face shoreward and swims the crawl or trudgen stroke as fast as he can, until he is caught by the lifting water to be borne along on the crest of the wave with great speed to land, where it breaks and drives the swimmer practically high and dry on the sands.

All this is done without any artificial aids such as are in use in say Hawaii, America or South Africa; in fact, I have heard that surf-boards are prohibited on the beaches around Sydney, because they are calculated to hurt other bathers, yet I saw some in use at Manly, but these were quite small, only about a foot square. Those, however, in use in Hawaii are generally about seven or eight feet long, and from one to two feet six inches wide, with all the corners cut away and rounded, whilst in South Africa the boards in use are about four feet long and one foot wide, which the surf-riding takes out to the incoming wave of his choice. Just as the wave begins to curl above his head, and the surf-riding feels its lifting force, he makes a jump as quick as lightning and lies full length on his board, face downwards, in front of the wave. It requires considerable practice in order to always keep the board in position in front of the wave pointed well downwards. In this way the surfer is propelled with extraordinary speed by the pressure of the water upon the underside of the board, and as the wave breaks on shore he is carried high and dry on the foam. In Hawaii most of the surfers stand on their boards as they are carried along by the rushing waters; we have seen several photographs of Miss Dorothy Becker, of San Francisco, who during a short visit to Honolulu, learnt to surf by standing upright on the surfboard. The art of surfing is not difficult, but it needs dexterity in balance and quick application of the proper movement in swimming, in order to take the incoming wave at the right moment.

NOTES ON NEWS.

Interesting Items from Home and Abroad.

THAT enthusiastic swimmer, Mr. E. J. Tackley, a Vice-President of the Royal Life Saving Society, for very many years hon. secretary of the Southern Counties Amateur Swimming Association, hon. secretary of the Amateur Swimming Association from 1887 to 1892, and its president in 1910, has three sons on active service, his second son, who was hon. secretary of the Finchley Swimming Club till the war broke out, being a Second Lieutenant in the Royal Garrison Artillery; the eldest son, founder-captain of the club, being a Lance-Corporal in the Royal Army Medical Corps; and the third son a Second Lieutenant in the Hampshire Regiment. All three are swimmers, and so is Mr. Tackley's daughter.

With regard to the work which has been done by the ladies during the past season, Mr. Tackley writes: "I am sure that you will agree with me that while the boys are away the Ladies' Section of the Southern Executive is doing well both in the water and in filling the purse for the comforts of our wounded. I am proud of them. Who would have thought twenty years ago that they had such capabilities? Years ago Mr. Harry W. Fisk, the hon. secretary of the Portsmouth Swimming Club, sent out a leaflet, 'Shall the Ladies Sink or Swim?' I think they have answered it to the full; they can take care of themselves, aye, and assist others, both in and out of the water."

When Mr. Tackley first possessed a "clock" for timing, he was for timing anything, the speed of a train or the rate he was walking. It gave him excellent practice. Lyons O'Malley, who used to be a prominent member of the old Ilex and Cadogan Clubs, used to start and time races without a stop watch. On one occasion, when down to start a race of the old Imperial Club at the Welsh Harp, Hendon, he had no watch, and although Mr. Tackley offered him his, he declined saying he was better without one, for the things somehow stopped of their own accord. In the race in question he counted the time from the start on his fingers, and to the surprise of Mr. Tackley was quite accurate. This crude method of starting used often to be adopted in club races.

Among sports which Mr. Tackley delights in other than swimming is that of angling, both in fresh water and the sea. During a visit to Weymouth this year he captured five skate of 14½lb., 14lb., 8lb., 7lb., and 5lb.; three congers, the best 11lb.; one tope of 26lb., 4ft. 6in. in length, and a fine specimen spotted dog of 14½lb. By the way, in 1885, Mr. Tackley hooked a golden gillaroo trout weighing 10lb. 11oz. in Lough Conn, County Mayo.

It is perhaps not generally known that before the formation of the Irish Amateur Swimming Association, Mr. Tackley paid several visits to Ireland, and at last was successful in getting the Irish Clubs to adopt the idea of an Association of their own, and at the first meeting of the clubs in Dublin Mr. Tackley was honoured by a special vote of thanks to be recorded in the minutes as the first resolution of the Association.

In Spain they have an old proverb, often quoted, to the effect that

"There yet may be peril,
But no man is able,
To learn how to swim
On his library table,"

which to a certain extent is quite true, but it has often been successfully demonstrated that by constant practice of the swimming movements on land, the lessons are made much easier for the pupil who, when in the water, instead of waiting to be told what to do, at once starts to use the stroke taught him on land, and as a result learns to keep on the surface in a few lessons.

Staff-Sergt. Ernest Victor Todd, who has been home on leave from France, will be remembered by many as the Hon. Secretary of the Blackpool Amateur Swimming Club and the North Lancashire Water Polo and Squadron League. We remember his great assistance to us with gratitude, when we were engaged in the organisation of the big King's Cup Gala, held at Blackpool in 1905, which created a world-wide interest. The call for action was so strong that he gave up his position and joined the Royal Engineers, where his ability and sterling qualities have been recognised.

The members of the Manchester Corporation Baths Committee regard their Baths as of national importance, and rightly so, as these were always intended as such. At a recent meeting they decided that members of the forces are to be admitted to the second-class swimming and wash baths free of charge, half-rates being charged for the first-class baths. Wounded men will have free use of the first-class baths. We hope that other boroughs will follow this excellent example, but it is doubtful, for we know many owning only one bath yet these have been closed, and will remain closed for many months to come, but the payment of the rates on same will be demanded just as if they were in full use. What Lancashire does to-day, it maybe the pinchfists may do to-morrow, and for that reason we welcome the popular policy of the Manchester Corporation Baths Committee.

In his report on examinations held at the Rutlish School, Merton, near London, Mr. F. C. Bennett, the Official Examiner of the Royal Life Saving Society, states that he has "much pleasure in drawing attention to the work of this school in the interests of Life Saving. I lived in Merton for some time, and had many opportunities of observing. The masters, particularly Mr. Carey, take the greatest interest in the work but do not interfere with the instructors, who are entirely taken from the senior boys, in my opinion an excellent method of arranging the classes. The boys who act as instructors are, therefore, entitled to the whole of the credit. The general policy of the school as regards swimming is to encourage boys to take the more useful branches of swimming rather than racing."

We heartily agree with Mr. Bennett regarding the excellence of the work done, and congratulate the senior boys on the success they have achieved since life saving has become a prominent feature of their labours.

The Guildford Corporation instead of closing down for the winter, as is the case in many London districts, have allowed the use of the public swimming bath to troops billeted in the town at a charge of one penny each.

The Midland district of the A.S.A. has had five new Clubs affiliated to it and made a small profit on the year. Its work during the past season has been practically confined to ladies and juniors, who have done well.

Every reader of this Magazine will be pleased to learn of its success. There has been a great demand for back numbers, which we have been unable to supply, as the stock has been exhausted, with the exception of a few bound copies of the second volume, which contain many interesting articles and records. As we shall soon have to take steps to make arrangements for the future, we shall be glad to learn from new and old readers, particularly from the over-seas, who should note, that in order to secure the delivery of the Magazine regularly each month, we must be informed of their wishes early. We hope, therefore, that they will be so good as to communicate with us without delay.

We regret to announce that Private William Slater, of the King's (Liverpool) Regiment, has been killed in action, after twelve months' service at the front. Private Slater was an accomplished devotee of swimming. He was in the Birkenhead squadron team which won the local championship in 1911, and in polo contests had often represented Port Sunlight in their matches.

We have had the pleasure of a visit from Company Sergt.-Major G. A. Wheatley, of the Victoria Amateur Sports Club, and Q.M.S. G. Stevenson, Civil Service R.C., Melbourne, both of whom have seen service in Egypt and Gallipoli and France with the Australian Forces. We first met G. A. Wheatley at Athens in 1906, and later in London in 1908. On both occasions he represented Australia at the Olympic Games. Many in Melbourne will be pleased to learn that they look none the worse for wear and tear.

Lady swimmers should read the advice tendered them by Dr. Platt Mills, an extract from whose speech at Wellington, New Zealand, appears in the report of the Wellington Head Centre of the Royal Life Saving Society.

Quartermaster-Sergeant Arthur Watson, of the Lancashire Fusiliers, a well-known member of the Heywood Grundy S.C., has been awarded the Military Medal for gallant conduct on the Western front. When he joined the forces he was captain of the Heywood Grundy team of swimmers and water polo players.

The American Athletic Union has decided that a person acting as a life guard, who does not give instruction and does not accept compensation, except as a policeman on the water front, is an amateur.

One of those who have recently passed for the Award of Merit is Mr. D. B. Anderson, swimming instructor at the Tepid Bath, Customs Street, Auckland. Mr. Anderson saw Mr. William Henry give an exhibition at the Gorbals Baths, Glasgow, some years ago, and then determined to try and do the same work. That he has succeeded is evident by the position he has attained. The story of his career is one of perseverance, and Mr. Anderson should rightly adopt that as his motto. He was placed in the quarter mile and half mile Championship of Scotland, but left that country for New Zealand in 1907, and some few years later adopted the teaching of scientific swimming as a profession.

After an affiliation of fifteen years and taking part in many county and national events, the Yorkshire A.S.A. has decided that the Bradford S.C. is not a properly constituted body.

We extend our hearty congratulations to Sergt. Harold Goodworth, of the Queen's Westminsters, on his recovery from wounds received in the fight for Combles, when he was shot through the side of his body, also on his marriage to Miss Ida Pritchard. Before the war his fame as an expert diver of the Amateur Diving Association and the High-gate Life-Buoys was well known, and he had the honour of being one of the selected to represent Great Britain in the Olympic Games, besides which he has won many diving and swimming trophies, and we are glad to learn that his recovery is such that the wounds he has received will not interfere with his favourite pastime.

Barrow Amateur Swimming Club held a highly successful gala on November 27. The Club was only inaugurated after the opening of the Baths in 1915, but so strong has it become that it has already been able to hand over £40 to the Red Cross Fund and £23 to the Star and Garter Fund, through galas previous to the one under notice. There is also a Ladies' Club, of which Mr. A. R. Shaw is Deputy, and which has made even more rapid progress than that of the men. One of the principal members is the Australian

swimmer, R. Meredith, who is over here on war work and who has greatly popularised the art of swimming in Barrow. At the gala Meredith won the four lengths senior championship, H. Arthur the junior championship over the same distance, and Miss Hoyland the ladies' handicap.

Some of the American organisations are averse to registration cards being issued to women swimmers, and at the last annual general meeting of the American Athletic Union, which governs swimming in the States, the Metropolitan, Pacific-North West and Southern Associations tried to get women barred, the idea apparently being that it would be better for the ladies to withdraw and form an allied body of their own. The New England, Middle Atlantic, Central and Hawaiian Associations, and the Catholic Young Men's National Union strongly opposed the suggestion, Mr. Lorrin Andrews, of the Hawaiian Association, speaking very strongly against the recommendation, which was lost.

All naval and military swimmers who may be in London are invited by Mr. R. Sandon, president of the Amateur Club, to attend the Club Meetings held every Friday night at the Prince of Wales Road Baths, Camden Town, N.W.

Sgt. H. Dunk, who has been killed in action, used to play water polo for Gloucestershire and was also a useful footballer.

We are pleased to learn that the belief that Lieut. Cecil L. Roberts, Royal Flying Corps, had been killed in action, is incorrect. He is a prisoner of war in Germany, but wounded in both legs. Lieut. Roberts, who is a member of the Everton Club, won the Mersey Defence Swimming Championship last June.

We have received a letter from Mrs. E. Fullard-Leo, of Honolulu, forwarding a further batch of annual subscriptions to the SWIMMING MAGAZINE. On a previous occasion we forwarded a supply of handbooks of the Royal Life Saving Society, which we learn reached their destination safely. Perusal of them aroused such interest that a further supply has been requested, and we also learn that through them the Boy Scouts of America (Honolulu Section) have decided to adopt the teaching of the Society as a regular subject of instruction.

The Swimming Magazine.

(Fourth Volume commences 1st June, 1917.)

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

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William Henry

Hon. Editor.

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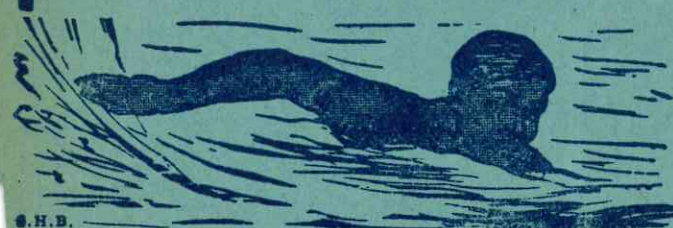
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