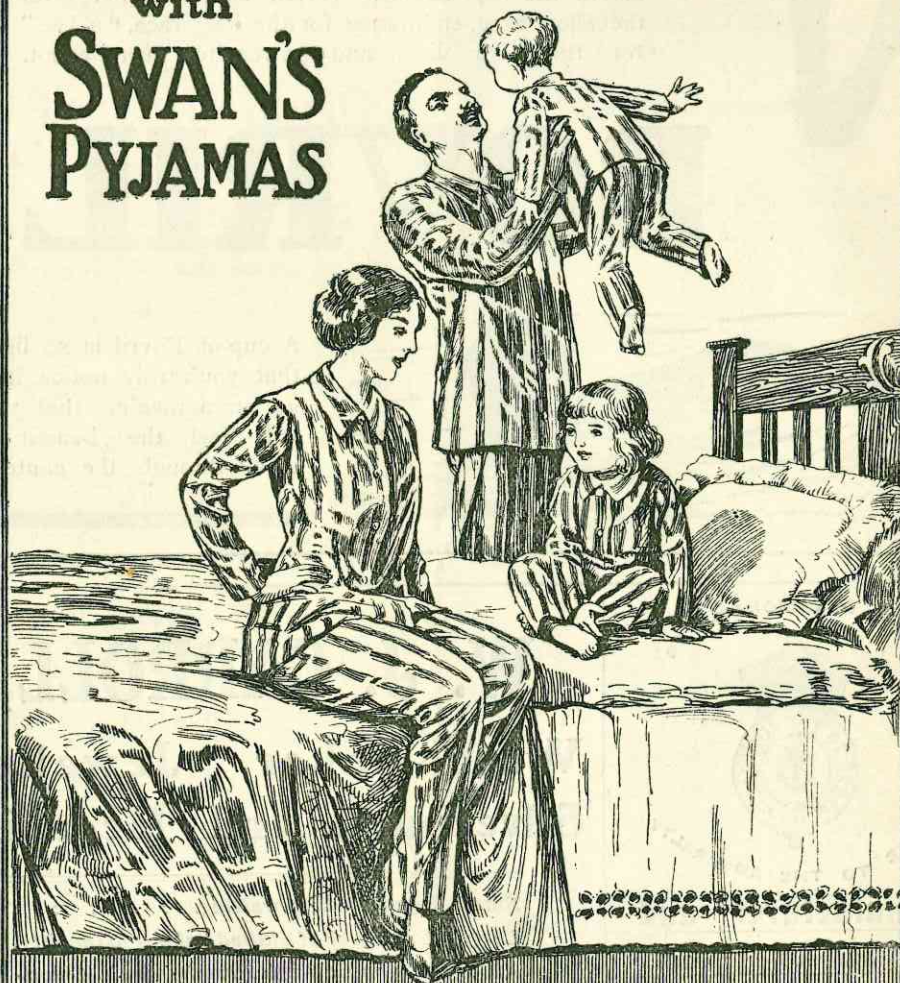


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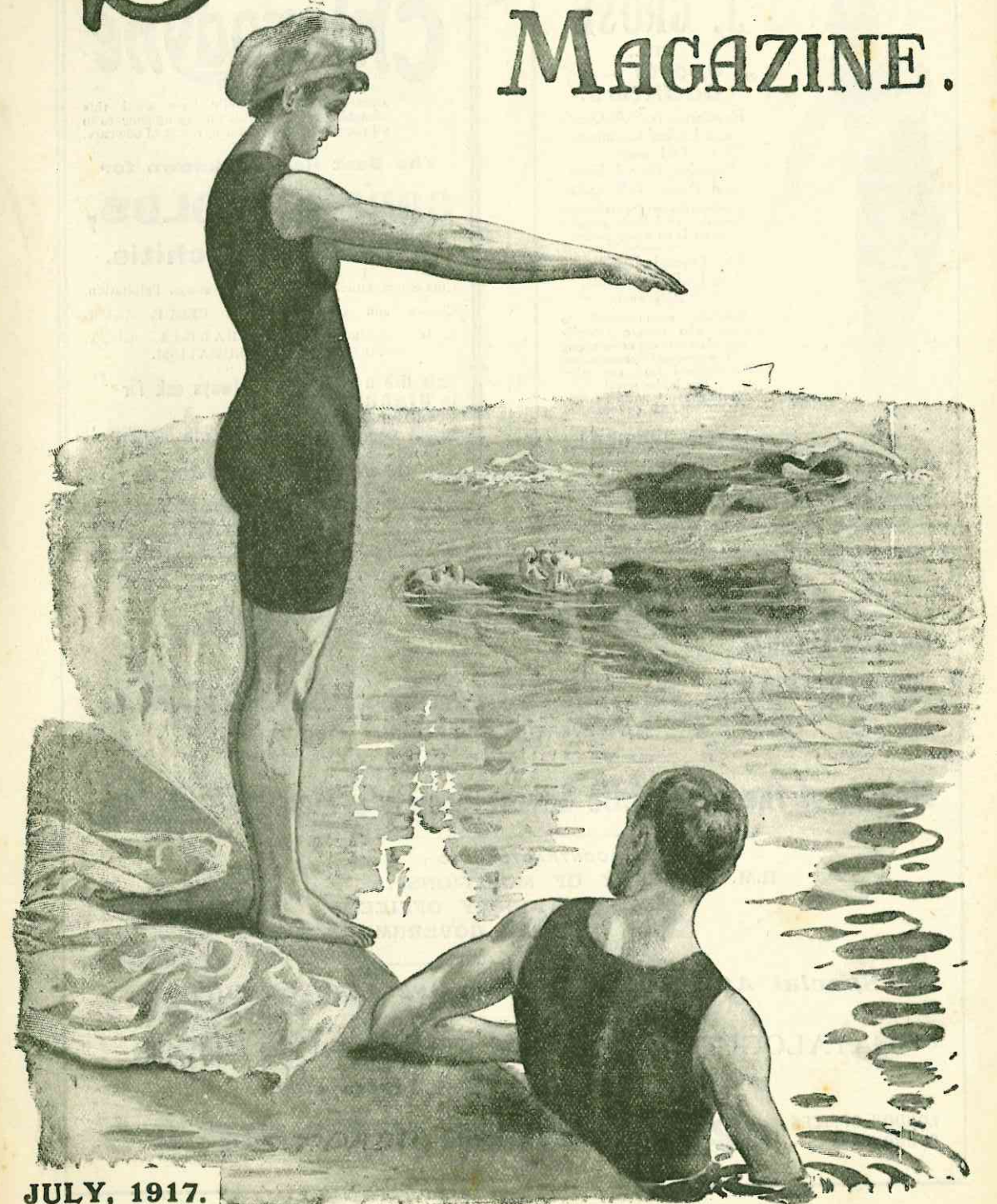
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THE SWIMMING MAGAZINE.



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The Swimming Magazine

(The Official
Organ of The
Royal Life
Saving Society)

No. 2. VOL. IV.

JULY, 1917.

OPEN WATER BATHING. Greater Utilisation of our Rivers.

TWENTY years ago it was quite an uncommon thing to see ladies bathing in English rivers, and mixed bathing was an almost unheard of proposition. But with the spread of bungalow and camp life it has gradually come upon us, and many riparian authorities have even gone so far as to provide dressing accommodation on the main rivers or their back waters for the bathers of both sexes.

The present season has brought us a great increase in river bathing, it has in fact become quite common, especially away from large towns, and we feel that the practice has come to stay. This great increase is no doubt due to the lack of facilities for travelling to the seaside under present circumstances, which has induced ardent swimmers of both sexes to seek their bathing pleasures nearer home. This will in the long run tend to make river bathing fashionable, which no doubt will lead to the establishment of many excellent and healthful institutions.

Taking the Thames, for an example, it has long been a matter of wonderment that the facilities which lay at the doors of residents in London were almost neglected or unknown, and that but few indulged in week-end river bathing. In the Lower Thames Valley the Surbiton Swimming Club and the Thames Camping and Boating Association set an example, and it may be that their unostentatious method of progress has gradually led to recognition of the value of the river as a bathing resort. Be that as it may, it is now patronised very largely, and there seems every probability that in the future the leading clubs will have their river headquarters, or that special clubs will be formed, having for one of their objects the conservation of the rights of open water bathers.

About the most gratifying part of this river work is the spread of mixed bathing

from an almost unknown quantity into one which has commanded the attention of the authorities of riverside towns. Special care has been taken to avoid possible danger, suitable spots marked out and neat bathing chalets erected. The authorities in question appear to have recognised that by catering for bathing they are attracting people who in the absence of facilities would go elsewhere. But they can do better than this, for by fostering clubs they will lead to continuous patronage. It is even now quite common for youths of both sexes to make a Sunday morning trip up river for a good swim instead of as in the old days rushing off to the seaside on the chance of a five minutes' dip. Of course sea bathing will ever have an attraction for swimmers but there is no reason why river bathing should be neglected now that splendid opportunities are open to us.

We have persistently advocated the holding of river races in the summer time in preference to contests in baths, and the formation of river clubs or the acquisition of river headquarters would do much to foster this healthy spirit of competition, which should make big headway now that river bathing has become immensely popular and likely to be more so. Old timers have, of course, been surprised, and have shaken their heads in disagreement, but we welcome this river activity as evidence of an increased interest in swimming, and the determination to use every possible facility that can be obtained for its practice. Those who oppose mixed bathing in the river forget that it is common at the seaside, and much more open there than it can possibly be at most riparian resorts. The days of successful opposition to mixed bathing are gone, and those who still object to it might well hide their light under a bushel, or else extinguish it in prurient ignominy.

THE ROYAL LIFE SAVING SOCIETY.

Great Progress in Australia & New Zealand.

AT the meeting of the Central Executive, held at the head offices of the Society, 8, Bayley Street, London, W.C., on Thursday, June 21, the claims sent in for the Darnell Excellence Trophy awarded this year to the School or College with the best record, were fully considered and Leeds Training College, the present holders, were again deemed to be successful, their record being a remarkable one. Correspondence from the Branches and Head Centres was read to the meeting and much satisfaction was expressed at the glowing report of the work done in New Zealand under the present difficult circumstances. Great regret was expressed over the recent illness of Mr. Harry J. Barclay, the esteemed hon. treasurer, and his sad family bereavements, and an expression of sincere and heartfelt sympathy was accorded to him. From Mr. J. H. Millett, hon. secretary West Australian Head Centre, a letter was received, ordering a number of copies of books for military and other libraries, and stating that the Awards granted will reach nearly 600 as compared with 396 last year; also that the Diploma test of Mrs. Rosamond De Mouncey had been completed and the Award was granted. A record application for copies of the SWIMMING MAGAZINE for subscribing members was also made.

NEW ZEALAND

DOMINION EXECUTIVE COUNCIL.

At the meeting of the Dominion Council held at Christchurch on Wednesday, March 21, under the chairmanship of Mr. K. Bassett, Otago, there were present Mr. P. N. Rundle, Hon. Secretary, N.Z.A.S.A., representing Auckland, Mr. B. S. Knox, North Taranaki, Mr. B. O'Neill, New Zealand A.S.A. Council, representing Wanganui, Mr. J. Wyn Irwin, Wellington, and Mr. B. J. Ayer, Canterbury. Mr. Walter Johnson, Hawkes Bay, was absent, owing to his son having been wounded on active service, and a letter of sympathy was forwarded him.

It was reported that the Minister of Internal Affairs had forwarded a Government grant of £75, and that the New Zealand A.S.A. had also sent a grant of £45 for Life Saving in Primary and Secondary Schools.

The annual reports of all the Head Centres were considered, and a summary compiled, showing the Awards granted to be as follows:—Wellington, 231; Canterbury, 153; Wanganui, 304; Otago, 117; Auckland, 175. Hawkes Bay report was not available, and North Taranaki had not completed their first year. The Government grant was then divided between the Centres as follows:—Wellington, £15; Canterbury, £10; Wanganui, £12 10s.; Hawkes Bay, £7 10s.; Otago, £10; Auckland, £12 10s.; North Taranaki, £7 10s.

In addition each Centre was allocated £6 8s. 7d. out of the Educational Grant on the terms of the bequest, that the amount be expended in the Primary and Secondary Schools, and that a balance sheet be forwarded for submission to the trustees of the Grant, showing how the money is expended.

On the proposition of Mr. Wyn Irwin, seconded by Mr. Knox, it was decided to recommend the Head Centres to provide a competition for girls if boys are already provided for, between teams of two or four, the competition to be for a pennant or cup to be competed for annually.

Mr. G. S. Hill, Chairman of the Wellington Head Centre, reported fully on the Conference between the Director of Education and representatives of the New Zealand A.S.A. and the Royal Life Saving Society, as detailed in our report of the Wellington Head Centre.

As Mr. Kennedy Bassett, the Chairman, required some assistance with the great amount of work now to be done, for amazing progress is being made in New Zealand, the duties of Hon. Secretary and Treasurer were kindly undertaken by Mr. B. S. Knox.

A particularly heroic rescue was performed by a boy from a pond formed by the Keithing Burn near Inverkeithing Station. The boy was travelling in a train, when he noticed a child struggling in the water and jumping out, he plunged in and succeeded in bringing the child to the embankment, afterwards coolly rejoining the train, which had been brought to a standstill by a fellow traveller pulling the communication cord.

WELLINGTON HEAD CENTRE

The continued loss of workers by enrolment for active service or who, by reason of the shortage of men, are so busily engaged at their daily work as to be unable to spare the time to actively assist the Society, has been keenly felt by the Wellington (New Zealand) Head Centre, whose sixth annual report, covering the work done up to July 31, 1916, could not for the foregoing reasons be presented until early this year. Those who have filled active positions have been kept very busy, especially among the young people, and so excellent has been their work that a record in the matter of Awards has been established despite all drawbacks. As the work becomes more generally known there is no dearth of candidates, but the provision of instructors becomes a very difficult problem.

Propaganda work has been done in the remoter parts of the Centre's territory with very gratifying results. That done by Major G. M. Burlinson, manager of the Boys' Training Farm at Weraroa, and his son, Mr. R. F. Burlinson, has been of inestimable value as also that of Mr. E. M. Bish in the Wairarapa District.

In the city of Wellington the work has been introduced into many new schools and other organisations by demonstrations and short lectures. "Generally speaking," say the officers of the Head Centre, "schoolmasters are sympathetic with the desire that all school children should be taught swimming and Life Saving, but they find that the school curriculum does not allow time for the practical work necessary to obtain satisfactory results. Medical inspectors of schools admit that among those school children who are swimmers there are pronouncedly less physical deformities and mental weaknesses than among those who cannot swim, and the time has undoubtedly arrived when the Government should be impressed with the urgent necessity of making provision for swimming and life saving instruction in all schools where facilities obtain. The country is asking the supreme sacrifice of thousands of its healthiest manhood, and it is the urgent and solemn duty of the State to ensure the continuance of the stamina of its future generations. In face of the medical testimony it seems incredible that the educational authorities of this Dominion do not insist upon the compulsory education of the children in the valuable art we teach."

This strong appeal by the Head Centre followed an interview a deputation consisting of Mr. G. S. Hill, representing the Dominion Executive of the Royal Life Saving Society; Mr. F. H. Bowler, President; Mr. P. N. Rundle, Hon. Secretary of the New Zealand A.S.A., had with the Director of Education, who said that for racing purposes swimming did not attract him at all, or only in so far as it is a means to encouraging enthusiasm, in fact he would rather get rid of the competitive element in sport. He, however, saw no reason why swimming should not take the place of the ordinary physical exercises during certain days of the summer. Later the Minister of Education wrote that he was greatly impressed with the value of the teaching of swimming, and was prepared to approve of the inclusion of provisions in the syllabus of instruction for public schools, making the teaching of swimming during the summer months practically compulsory where facilities exist.

The Blenheim Sub-Centre accomplished splendid results during the period under notice, no fewer than 8 Awards of Merit being gained, whilst in the Marlborough district, a large one, 47 Awards were granted. This gratifying result is due to the energetic efforts of Messrs. W. A. Bartlett, Hon. Secretary, W. M. Lambie, Hon. Examiner, and Messrs. Bacon, Beasley and Letcher, the Hon. Instructors.

No fewer than 43 classes were formed by the Head Centre, 38 of which came up for examination, and obtained 231 Awards. Thanks to the good offices of Instructor Constable A. Dickson, the methods of instruction were also introduced to the police force with good results.

The Awards during the year ending July 31, 1916, were:—Elementary Certificates, 45; Proficiency Certificates, 97; Bronze Medallions, 59; Teachers' Certificates, 8; Hon. Instructor's Certificates, 9; Award of Merit, 13.

Special praise is given in the report to the work of Miss M. Nolan, the Lady Instructor, who has carried out her duties in most excellent manner and with gratifying results.

Since the report was issued Mr. W. C. Collier, the worthy Hon. Secretary, has issued a supplementary statement of work done up to March last, in which it is shown that the Awards from the previous 1st of August were:—Elementary Certificates, 84; Proficiency Certificates, 116; Bronze Medal-

lions, 28; Teachers' Certificates, 4; Hon. Instructor's Certificates, 2; Award of Merit, 2. Total, 236.

Messrs. J. A. Duffy and Alex. H. Ross have left New Zealand with the Forces. Both are valued members of the Head Centre Executive, and most enthusiastic, the former being the Chief Hon. Instructor. During his absence Mr. Collier has added this work to his other numerous duties.

The Centre had received a visit from Mr. George L. Chesterton, one of the English individual members.

BIRMINGHAM BRANCH

Unfortunately the work of the Birmingham Branch has been greatly hampered through the war. The number of Awards gained during the past two seasons has greatly decreased from that of former years, but fortunately the lady swimmers have taken more interest in the matter of instruction, and out of 204 Awards granted in 1915 they obtained no fewer than 101, whilst last year they took 68 out of a total of 110.

The report which is presented for the past two years shows that in 1915 the Awards were as follows:—Elementary Certificates, 16; Proficiency Certificates, 88; Bronze Medallions, 72; Awards of Merit, 19; Instructor's Certificates, 3; Diplomas, 5; Hon. Associateship, 1. Total 204. And in 1916:—Elementary Certificates, 17; Proficiency Certificates, 38; Bronze Medallions, 36; Awards of Merit, 15; Instructor's Certificate, 1; Diplomas, 2; and Hon. Associateship, 1. Total, 110.

The Birmingham and District Championships were abandoned, but the contests for the Aston Schools Shield were decided. Alma Street won in 1915, Lozell's Street being second, and the same schools were respectively placed first and second last year.

Congratulations are extended to Mrs. Tonks and Mr. W. Smith on obtaining the Hon. Associate's Badge and Certificate.

Walsall Schools have been active, and have passed fourteen boys for the Elementary and Proficiency Certificates, whilst the Boys' Life Brigade, who have taken up this useful work in very energetic fashion, have already gained Awards. The spread of the work in the Schools is highly satisfactory, and should give encouragement for further energetic work in Birmingham.

Staff Paymaster Percy Nisbet, Royal Naval Volunteer Reserve, effected a splendid rescue in the Thames off Tagg's Island on Whit Sunday, diving in full uniform into the river to the aid of a member of the Royal Naval Air Service who had been in a canoe that capsized. The man rescued could not swim. It seems strange that any one should be allowed to join any branch of the naval service who is not proficient at natation, but no heed to that seems to be taken by the authorities, and as far as we have been able to ascertain no regular tuition is given after joining. Paymaster Nisbet is known to many old swimmers as an enthusiastic member of the Royal Canoe and the Ilex Swimming Clubs, and years ago was a frequent competitor in the open handicaps at the Otter, Cadogan, Imperial and other galas. He has long been a member of the Royal Life Saving Society, holding its Bronze Medallion, and for a time served on the Central Executive.

The Normal School, Christchurch, New Zealand, has again won the Sir John Hall Life Saving Shield, this being for the fourth year in succession. The competition is of an exacting character, and the judging is exceptionally strict. The competing teams are required to appear twice before the judges—once in the land drill—the various methods of rescue, release and resuscitation—and in practical work in the water. The water test comprises all the methods of rescue and release, object diving and back and breast stroke swimming. The winning boys were—J. Ashman, H. Reynolds, J. Gasson, R. Hitchings, and the Instructor was Mr. J. Wyn Irwin.

Dr. Rex H. White, Director of Hydrotherapy. Business Men's Health Club, Central Y.M.C.A., Nashville, Tennessee, U.S.A., has passed for the Elementary Certificate, Proficiency Certificate and Bronze Medallion of the Royal Life Saving Society, and now intends practising for the higher Awards. The Y.M.C.A. of Nashville has a Swimming and Life Saving Club, which is a branch of the Y.M.C.A. International Swimming and Life Saving corps, and it is of this club that Dr. Rex H. White is the Instructor. A preliminary examination has to be passed before one can become a member, the tests being: swimming, 60 yards, using three different strokes, changing every 20 yards, or swimming

100 yards, using two different strokes; swimming on the back 20 yards; illustrating three dives from springboard; diving from surface into eight feet of water, and bringing up a ten pound sandbag; plunging thirty feet and towing a person of own weight thirty feet.

That enthusiastic teacher of children, Mr. Septimus Billson, Superintendent of the Featherstone Baths and Hon. Instructor under the Encouragement of Swimming Scheme, has been presented by the parents of the children attending the Featherstone Swimming School with a gold pendant specially designed by Mrs. Chesney, wife of the Surveyor to the Council. Councillor Evans, who made the presentation, said that during the six years Featherstone had possessed baths 150 children had won the Elementary Certificate of the Royal Life Saving Society, 313 the West Riding County School Certificate and 617 the Featherstone Urban Council Certificates for Swimming and for "grace, form and speed." These remarkable successes he attributed to the tact, patience and teaching ability of Mr. Billson, who was ever willing to devote his time and skill to anything appertaining to swimming, particularly where children were concerned.

Swimming is booming more than ever in Mr. Billson's district this season. The Ackton Hall Colliery Club has over 80 members, which is more than in any year since it was instituted. Mr. Billson has a Life Saving class of over twenty in hard practice, and the local club has formed a ladies' section, and had fifty members after being started only a fortnight. Then Mrs. Billson has also a class of ladies working at Life Saving, so progress is certain. The Encouragement of Swimming Scheme has had good trial at Featherstone five years past, and with success. Last year three taught under the scheme were sent to Brighouse, and did well, the two boys of 16 years of age gaining second and third places in a 100 yards' race open to youths under 18 in the West Riding of Yorkshire, and a girl of 15 taking second place in the Ladies' 50 yards race. At present Mr. Billson has fifty school children training for the Elementary Certificate of the Royal Life Saving Society.

From the report submitted by Captain Commandant E. P. Bertholf, of the United

States Coast Guard, to the Hon. W. G. McAdoo, Secretary of the United States Treasury, we learn that in the year ending June 30, 1916, the Coast Guard was responsible for the saving of 1,216 lives, and that assistance was given in various ways to 15,742 persons on board vessels. It cannot, of course, be stated or even estimated what proportion of the latter number would have lost their lives had it not been for the timely aid rendered by the Coast Guard, but it is reasonable to assume that the loss of life would have been considerably augmented.

During the past two years the activities of the York Amateur Swimming Club have been mainly confined to teaching swimming and life saving amongst juveniles and ladies, and no galas have been held. In connection with the schoolboys' and schoolgirls' championships, there were 48 boys entered from fourteen schools in 1915, and 13 girl competitors from six schools; in 1916 there were 36 boy competitors from ten schools, and 13 girls from four schools. The club has also been actively associated with the Swimming Scholarship scheme. In the two seasons 42 awards have been made to members by the Royal Life Saving Society, including two Awards of Merit. The Faber Shield Competition for methods in Life Saving has been suspended for the duration of the war. The Club House on the Esplanade, used by both sections, is now fully equipped with all necessary conveniences for swimming, diving, etc. Special reference is made in the last report to the excellent work of the club instructors, Miss Watt, Instructor Pearson, and Mr. T. L. Aydon. The last-named is congratulated on his work, having been recognised by the Royal Life Saving Society, who have conferred upon him an Hon. Associateship.

Holders of the Award of Merit of the Royal Life Saving Society must be proud of the further distinction conferred on the "Hero of Beaucourt," one of their number, for Captain (temporary Lt.-Colonel) B. C. Freyburg, V.C., D.S.O., West Surrey Regt., the famous New Zealander, has been promoted Temporary Brigadier-General at the early age of twenty-eight. What an object lesson his life is to the youth of every nation! Swimming first brought him into prominence, his brilliant swim ashore to mislead the Turks in the Gulf of Saros gaining him his D.S.O.

LONDON SCHOOLS ASSOCIATION.

Useful Criticism of Life Saving Drill.

IN the twenty-fifth annual report of the London Schools Swimming Association it is recorded that 8,886 First Class Swimming Certificates were issued last year, and 2,218 for Life Saving, whilst 18 boys have been added to the Roll of Honour for courageously risking their own lives in rescuing, or endeavouring to rescue, others from drowning. The report of Mr. Walter W. Jones, of the Council School, Gayhurst Road, Hackney, on the Life Saving Competitions of last year, is particularly interesting, and contains practical hints which should prove of immense service to those training the teams of the future, no matter whether at school or otherwise, for Mr. Jones has been most observant of the teams that have come under his notice.

He points out that in Resuscitation Drill the movements should be carried out with due deliberation, and that they should not be hurried so as to resolve into a *scramble*, but he found this done in some cases, also that there was a tendency to place the hands in position too near the pelvic bones, and that the thumbs were not kept parallel, and slightly apart in order to clear the vertebral bones. The *swing* he found excellent and remarks that jerkiness and unevenness should be carefully avoided. In *turning the subject* many of the competitors did not, however, exercise sufficient care, not seeming to realise that the subject was supposed to be practically unconscious, and, therefore incapable of helping himself. Of course, attention to detail is very necessary in this movement, as carelessness may entail the dislocation of a limb or other serious injury.

Mr. Jones considers that there is much room for improvement in the matter of *promoting circulation and warmth*. He found an absence of vigour and briskness, patting being done rather than rubbing, rubbing from the ankle to the knee only instead of all along the limb, and rubbing outside the limbs. This last mentioned was very apparent when attempts were made to rub the sides. The operator often commenced half-way down on the outside of the thighs and finished at the hips.

In the water work, anticipation of orders and movements was a marked feature.

The competitors failed to realise the necessity of precision in drill methods, and in several cases the rescuer stepped to the edge of the bath immediately the subject took the water, and without waiting for the order "Rescuers Ready!" Probably this was due to over anxiety, but nevertheless it was responsible for the loss of marks. Again the subject on the near approach of the rescuer repeatedly half turned himself. This was not only a mild form of assistance, but led to an imperfect turn on the part of the rescuer, "a one arm" turn being the inevitable result.

Shoulder turning was also a prominent fault, though not as evident as in previous years. Turning by the shoulders invariably means downward pressure, and is responsible in most cases for the "duck" or "dip," one of the great errors in Life Saving.

With regard to *Carrying* Mr. Jones had little fault to find in the first two methods, although in one or two instances the hands of the rescuer were not sufficiently near the crook of the subject's elbow to ensure perfect control. Carrying in the third method was not so well done. The fact that the subject is supposed to be violently struggling and must be firmly held or become a source of real danger to the rescuer, seemed to have been lost sight of, for no matter how well the subject was under control at the commencement of the return journey, the rescuer's hands in many cases eventually found their way under the armpits of the subject, and so complete control was lost.

Most of the faults enumerated were in the opinion of Mr. Jones due to over anxiety for speed. In many instances, however, a high standard of perfection was reached by the competing teams, which gave evidence of patient and careful teaching.

The Canadian Sports Club has been carrying out good entertainments at Hastings, most of the competitors being men who are convalescent, and in the matter of arrangements the Hastings Club has been giving great assistance. About the best man seen competing to date is Sergt. Hyslop, who is also a worthy exponent of Life Saving.

DARNELL EXCELLENCE TROPHY.

Another Win for Leeds Training College.

SYSTEM OF INSTRUCTION ADOPTED.

THE competition for the Darnell Excellence Trophy, awarded once in two years to the School or College which has the best record of work done in promoting the knowledge of swimming and Life Saving, has again resulted in Leeds Training College obtaining the Award and the right to hold the trophy.

Among others who submitted their results were the London Orphan School, Manchester Grammar School, Royal Hibernian School, Dublin, Ackworth School, Pontefract, Rutlish School, Framlingham College and Harrow School, all of whom have exceptional records, but none quite so excellent as those of the victors.

Although swimming and Life Saving are not part of the enforced curriculum at Leeds College, the enthusiasm displayed is, nevertheless, great. As a result of the war the College has lost practically the whole of its male members, and the work in swimming has to be carried on by the women alone. In 1915 the total number of Awards for the previous two years was 463, with 180 males and 300 women at the College, but this time with 306 women and no males taking part the number of Awards has been increased to 567.

The tests applied to prove the ability of a swimmer are those of the Royal Life Saving Society. In order that there may be useful training for them the baths are open every day in winter and summer, except Sundays, and there is an instructor in attendance each day.

For the purposes of the Life Saving classes the College is divided into three terms, and during each term classes are held on five days a week under the direction of the Instructor, Mr. Fred. Boyd, himself a Diploma holder of the Society. As soon as the candidates are ready to be presented for the Royal Life Saving Society's Award an examination is held. Four lectures a week are given on the various land drills and the candidates also receive instruction in the physiological details of circulation and respiration. One day a week is also set apart for instruction of candidates for the Award of Merit, and a half day to lectures and instruction for the Hon. Instructor's Certificate. As most

of these candidates afterwards become teachers in the Elementary Schools of the country, demonstration lessons are given by Instructor Boyd, to classes of children, and those who are in training for the Hon. Instructor's Certificate attend this course of lessons. Consequently the work has far-reaching effects.

The Awards gained during the qualifying period were Elementary Certificates 131, Proficiency Certificates 131, Bronze Medals 130, Teacher's Certificates 103, Awards of Merit 71, Diploma, 1; total 567.

The Diploma was gained by Miss Winifred Scott, of York, a young lady who has shown exceptional ability, and has now received an appointment as teacher under the York Education Committee.

Some of the regulations pertaining at the Schools and Colleges who entered for the competition are well worthy of notice, and form excellent examples for schools who have not taken up this important work. Those institutions that have private baths are of course at an advantage over those who have to make long journeys as in the case of Rutlish School, whose nearest bathing place is the Wimbledon Baths, distance three-quarters of a mile. Yet it has a great record. The Royal Hibernian Military School, Dublin, is the one we must look to for progress in the Army, for as the boys join the Colours, they take with them the knowledge and spread it broadcast. The systems of training and teaching adopted at these and the other schools receiving Honourable Mention will be dealt with in a special article next month.

A swimming club has been formed in connection with the South African Hospital in Richmond Park, Surrey, the members practising at the Richmond Baths on Mondays and Thursdays. A water polo team has been started and matches with clubs or regiments are desired. There is to be a gala at the end of this month. One of the active spirits in connection with the club is Pte. R. V. Doyle, who was formerly a member of the Sandycove Club, Dublin, and the Cape Town Leander and Woodstock Clubs.

NATIONAL PHYSICAL TRAINING.

Swimming Coming to Its Own.

THE war has taught the authorities the great lesson that physical training is highly essential to the well-being and future of the nation. For many years past there have been ardent advocates of its adoption as compulsory in all our schools, and many have in addition put forward the suggestion that excellence in physical fitness should count for high honours equally as mental proficiency. Some such consideration has been given in the selection of men for the Rhodes scholarships at our Universities, but generally speaking the cultivation of physical ability has not been reckoned an advantage to the student.

But we are now promised that in future schemes for education the question of National Physical Training shall rank high. This is as it should be, for there is no more important equipment for the business of life, now strenuous in the extreme, than a sound healthy body; more so than in the days of the Greeks and Romans, when, though luxuries became great, they could not have been anything as now, and when the vitiated air of our modern cities, factories, business houses and workrooms was unknown.

Much has been done by sanitary and other hygienic legislation towards overcoming the ill effects of ordinary industrial life and the overcrowding of masses of the people, and compulsory physical training, worked out with intelligent observation and thoughtful consideration for the differences in the build of human bodies, will prove a valuable assistant in further promoting the health of the nation, because it will strengthen the body for resistance against possible contamination and enable it more easily to throw off those elements of disease so deleterious to existence.

No schedule of ideas has yet been promulgated, but in any event swimming must assuredly find an important place, and at last come to its own, for the first thing in physical training is the proper ablution of the body, and that subject of education has been neglected. The Greeks and Romans considered swimming an important part of training, and it was made a military exercise. Any one who knows anything about this pastime admits that it is one of the highest forms of exercise and that

its regular practice leads to the general development of the whole body. But so far as England is concerned its regular teaching has been hampered by many restrictions and the lack of encouragement from those entrusted with powers for enforcing the education of the young. For some reason or other swimming has been looked upon as rather a supernumerary factor in the general system of education, and though succeeding Ministers have expressed *sympathy* with the idea of its systematic teaching the exigencies of party or else the absence of *genuine sympathy* have caused the question to be relegated to the background and conveniently forgotten. There is no greater tergiversating memory than that of the party politician.

Experience has however taught us that the wilful neglect of physical training in our schools has been almost criminal, and the present Minister of Education seems to be of mind to root out those deadly weeds of apathy and opposition which have so long encumbered our educational system, and his fervid public utterances on the subject give hope that we have at last a man of set purpose, upon whom has been thrown enlightenment as to what real education means.

In recent speeches the Minister has strongly animadverted upon the codes of the past and the utter uselessness of them, based as they have been on antiquated ideas, and never with a thought for future progress. It is through them that other nations have made much more rapid advance in industrial progress, and had it not been for enlightened teachers they would have surpassed us in the field of physical fitness as well, for with all our love of sport and devotion to it, the records of the Olympic Games were becoming sign warnings. But our great opportunity seems now to have arrived.

There is however fear that in the first instance cranks and faddists will have sway and that real experts will not get the chance to demonstrate ability and to make good in the interests of future generations. There is always so much jealousy in these new educational systems that it is generally those of self-conceit and little real ability who get appointed to the higher positions,

and by their undetected ignorance, influence in harmful manner the whole work of painstaking and efficient instructors, whose self-advertising abilities are not great, but whose knowledge is of a high order. That is the great fact that the Minister of Education will have to keep in mind when his scheme comes into operation, not only as regards swimming but also as regards every other form of physical exercise.

At the same time we welcome the new movement as one certain to prove highly beneficial to the nation and conceived with great ideals. Naturally we place swimming in the foreground, firstly because it leads to general daily ablution and secondly as a means of saving life. The idea of National physical training is to breed up a healthy race and to save its members for good national work in the future. Consequently the ability to save one's own life or that of another is one of the first considerations in any such scheme, and swimming should therefore now come into its rightful place in the education of the people. Its general teaching will lead to the building up of a cleanly race, the first factor, as we have previously said, in the development of physical fitness and one which should inure the body to many hardships as well as tend to avoid disease.

The provision of proper facilities for the teaching of swimming will be a question of high import and will doubtless lead to much discussion and possible opposition by local authorities, who, in many instances, have woefully neglected the opportunities for good open to them and have hampered well meaning and enthusiastic school teachers in every possible way. But the difficulty may be overcome by provisions in any future Act of Parliament, that local authorities shall be compelled to provide accommodation for teaching to all scholars of both sexes in their district, and there should be no question of grants on the subject. The burden should be thrown on the locality itself unless it has to provide accommodation for children from other districts. By such method multiplication of accountancy and officials, that great drawback of all beneficent legislation, can be avoided.

Life Saving should of course form a highly important part of the swimming curriculum. That it is already so in many school and colleges is evidenced by the strong support the Royal Life Saving Society receives from such institutions. But this

work has been purely voluntary and the children should now be generally instructed in its knowledge and encouraged to pass the examinations. In the Life Saving instruction is weaved in a practical test of their instruction in physiology, and thus two important subjects are combined in a valuable and healthy exercise. In most of our Oversea Dominions grants are made by the respective Governments for the propagation of this work, but in this country no such assistance has yet been given. With the opening out of a more enlightened policy in the matter of National Physical Training the question might now be impartially considered by those in whose charge the scheme is, and to whose lasting credit its adoption will be attributed.

There will, of course, be some opposition to this new scheme; there always was and will be a section of the official community out for spoils at the ratepayers' expense, or else for notoriety as laudable checkers of expenditure. But in most instances their minds are ill informed, and their arguments badly balanced and weak in the extreme. We must, however, be prepared for this opposition, and it, therefore, behoves us to carefully watch the methods adopted by antagonists to the bill, and to counteract them by strong and accurate representation of facts to each of our Members of Parliament.

The honorary workers of the past will rejoice that their strenuous endeavours to get swimming, and Life Saving made subjects of national education are now likely to meet with success. It has been a long and trying fight against ignorance, prejudice and parish politics, but the struggle has been waged in earnest endeavour to do good, and the results have been far reaching. Many a life of great value to the nation at the present time has been saved through their energies and they should therefore work all the harder in support of the adoption of the great proposals for educational reform now put forward. Those of us who have children are compelled by law, in most enlightened countries, to send them to school: why not also make the parent equally responsible that his child shall acquire the ability to swim? It is the finest and most profitable exercise of all, for once learned it never can be forgotten, besides which the knowledge is most essential to all people, whether they be denizens of an island home or on some huge continent, and of the highest importance to every sailor and soldier.

SWIMMING FEATS.

Practical Hints for Diploma Candidates.

AMONG swimming feats which are not often practised but ability to perform which are useful in passing tests for the Diploma of the Royal Life Saving Society are what are known as the "Propeller" and "Imitation of the Torpedo." For the latter a correct knowledge of floating is not essential, but for the former it is vitally so in order to balance the body on the surface.

In performing the Propeller the swimmer first of all turns upon his back, places the hands at the side of the body, keeps the head back and the feet closed. A slight sculling motion of the hands from the wrists will keep the body in position on the surface. Once the body is steady the arms are swung with a sweep from the body, under the surface of the water, until they are at full stretch beyond the head. This movement sends the body forward feet first, and the performance of the propeller is thereby commenced, for directly the body begins to travel the hands are moved by the wrists and forearms only, in semi-circular, spoonlike sweeps, the palms being turned outwards and the thumbs to the front. It is now that the value of floating comes in, for the movement has a tendency to raise the head above the level it ought to be in order to allow the body to lie along the surface of the water in proper position, and thus causing the sinking of the feet.

If it be desired to turn the body round it is only necessary to slacken the movement of one hand and increase that of the other, the body then turning to the side on which the slower movement is taking place. The speed of progression can also be regulated by reducing the vigour of the action of the hands, or the body may be made to stop by bringing the arms to the side.

Considerable practice is required before the Propeller can be performed neatly, and it is rather a difficult feat to learn, but trouble may be overcome if the swimmer studies floating in the early stages of his career and also becomes an expert in Sculling, which though simple is often performed in very clumsy fashion, and without regard to the position maintained by the body on the surface. The hands can be so regulated in Sculling as to maintain the equilibrium of

the body whilst moving quite slowly, and thus aid in getting the body properly balanced in readiness for the initial swing of the arms to the back of the head.

Although floating ability is not wholly essential to giving an "Imitation of the Torpedo," it is, of course, valuable as an accessory to correct performance. The movements in the Torpedo are very similar to those used for the Propeller, but the feat is, perhaps, harder as the head has to be kept under water during the continuance of the exhibition.

The body is first brought to the Sculling position, and made steady, when the palms of the hands are turned upwards and the arms brought quickly through the water until they are beyond the head. Then the legs, which should be close together and held firmly, should be raised from the hips, this action causing the arms, head, trunk and the legs as far as the ankles to become submerged, the ankles and feet alone showing above the surface of the water. Then the hands are worked almost in the same way as in the Propeller, except that at the end of each stroke upward, but not vigorous pressure is made with the palms of the hands, so as to keep the head and body in its position just below the surface.

As soon as the hands start moving the body progresses feet foremost, and should be directed in a straight line, for the swimmer can easily see through the water, and so steer his course. The rate of progress is pretty rapid and good swimmers can easily cover twenty yards. But there is no need to do more than ten yards when other feats have to be performed.

In "Sculling" the body is laid on the back with legs closed, head slightly bent forward, arms laid near the sides of the body, hands in line with the thighs, palms downward, fingers together and slightly pointing towards the surface. Then the hands are moved from the wrists in semicircles from right to left, and feathered through the water as the return is made to the body. With a little practice you can so regulate these wrist movements that the body will remain almost stationary and thus be in the correct preliminary position for the performance of the feats above described.

NOTES ON NEWS.

Interesting Items from Home and Abroad.

WE greatly regret to learn that Pte. Percy Courtman, Manchester Regiment, has been killed in action. This famous English breast stroke swimmer first won the 200 yards breast stroke championship in 1907 in 2.55.2, and the following year he retained the title, beating E. Toldi, of Hungary, in 2.47.1. But in the Olympic Games of London he fared very badly, being beaten in his heat by F. Courbet, of Belgium, in 3.18.2, the distance being 200 metres. F. Holman, of Exeter, won the final for Great Britain in 3.9.1. In 1909 Courtman won the championship in 2.46.1, in 1912 in 2.47.4, and in 1913 in 2.43. He was chosen as one of England's representatives at the Olympic Games at Stockholm in 1912, but his performances were again disappointing. In his heat in the 200 metres he swam second to Walter Bathe, of Germany, his time being 3.9.4, and that of Bathe 3.3.2, third to the same swimmer in the second round, and fourth also to Bathe in the final won in 3.1.4, the Englishman's time being 3.8.4. He won his first heat in the 400 metres in 6.43.4, but although he reduced his time to 6.36.3 in the second round he could only finish third to Bathe, who won in 6.32 and the final in 6.29.3, Courtman being third in 6.36.2. Yet whilst unable to obtain premier Olympic honours Courtman held three world's records, these being 200 metres, 2.56.3, July 28, 1914, Garston, Liverpool; 400 metres, 6.14.2, December 11, 1912, Manchester; and 500 metres, 7.51, December 11, 1912, Manchester, as well as the English record of 2.41 made on July 28, 1914, at Garston, Liverpool.

Birmingham Leander Club, founded in 1877 by six gentlemen, one of whom, Mr. J. Bates, is as enthusiastic as ever, and is doing good instructional work in Birmingham, met first of all at the Shakespeare Inn, Pope Street. By the end of the year it had 52 members, and in 1879 no fewer than 84 new members were elected. The following year the Midland Counties Quarter Mile championship was instituted by the club, and carried on successfully until 1907, when the trophy and management was handed over to the Midland Counties Associa-

tion. A mention of a water polo match between Dudley and Birmingham Leander is found in 1881, and then later the club played all England at Portsmouth as related in the history of water polo published in the first volume of the SWIMMING MAGAZINE. In 1905 the club inaugurated the 100 yards Schoolboy Championship of Birmingham, and last year the Schoolgirl Championship was instituted. Early in 1912 a Ladies' Leander was founded by Mrs. George Russell, and with mixed bathing an accomplished fact the two clubs have been amalgamated, and great success was achieved last season. Both sections of the club have always been staunch supporters of the Royal Life Saving Society, and many members hold the Proficiency Certificate and Bronze Medallion, whilst several have been instrumental in saving life. The men's section has, of course, suffered through the war, many members being away, but the ladies are determined to keep the old club going, and are working strenuously for a successful season this year. Much of their effort is worthily devoted to contributions to War Funds, but the instruction of the young is, of course, their primary object, and in that cause much energy is expended.

It is pleasing to find old members retaining love of their home club, and supporting its activities even when far away from headquarters. Such a one is Mr. W. H. Thorne, of Johannesburg, who still has kindly thought of the Serpentine, the oldest all-the-year-round open-water bathing club in our midst. Proud indeed, therefore, must they be who win his prizes. That there is keen competition for them was evidenced by the 55 yards race in the Lake, Hyde Park, decided early one Saturday morning at the end of May, for Walter Legg and C. M. Reed dead heated for first place, whilst just behind them were Tom Bradshaw and A. Millard, who dead heated for third place. In addition to the interesting nature of the event it was a triumph for Mr. Handicapper A. Rowley, the genial Hon. Secretary, who has by his energy placed the old club in a position higher than it ever held before, and that is saying much, though the praise is well merited.

Exmouth Swimming and Life Saving Society opened the season at the end of May. Its membership has considerably decreased, but its ladies' section is making headway, and its financial position is also good, it being able to make investments in the War Loan. In order to encourage swimming among schoolboys Mr. J. Barber, the Chairman of Committee, has presented a cup to be won either twice in succession or three times in all. Another West of England Club that has also started again is the famous Plymouth Amateur, there being a goodly muster at the opening dip under the Hoe. One, however, missed the usual jolly breakfast, which was not held owing to food restrictions.

It is pleasing to learn that Mr. Alfred Jonas, the founder of the Channel Swimming Club, and to whose enthusiasm is due the placing of a memorial to Captain Webb on the Parade at Dover, has written an account of the first great Channel swim ever recorded, compiled from authentic sources. We await its publication with very great interest.

Wilts County Amateur Swimming Association will endeavour to carry out the championships in connection with the schools in the county, but otherwise its work is reported to be at a standstill, so many men being away. No affiliation fees were applied for last year, but donations were made by the Chippenham, Swindon and Lechlade Clubs.

Chippenham Swimming Club was the only club in Wiltshire last year that applied for learners' certificates. The number they obtained was 50, all for children who had learned to swim a distance of 50 yards during the year. The Committee issues free tickets to boys and girls attending the elementary schools, and in addition finds a lady instructress to teach the girls.

Chesterfield Swimming Club, which has no fewer than 200 members serving with His Majesty's Forces, had a deficit of £5 11s. 2d. on last year's working, but as it has invested £100 in the War Loan and also made generous donations to the War Fund, Chesterfield Hospital and the Red Cross Society, its record on a greatly reduced income is exceptionally good, and reflects high credit upon Ernest White, its Hon. Secretary.

Hyde Seal will hold a gala on July 14, when the race for the North of England Back Stroke Championship will take place. Another gala will be held on August 25, when the chief item will be the North of England Junior Ladies' Championship. The programme in both cases will be made up of local races for school children, and members of the Hyde Seal and Hyde Women's Clubs. The free use of the baths has been granted the club for both galas.

The South Shields Swimming Club opened its fifty-sixth season at the beginning of last month with a dip in the sea. Owing to the war the Club is being mainly carried on for the boys of the town, for whom two contests are to be arranged this year. There will, however, be no gala.

The fact that a swimming club for the blind has been formed at Burnley, the instructor being sightless, may serve as a hint to the authorities at St. Dunstan's Hostel, for many of the brave boys who row in their regattas on the Thames are keen on swimming, and have frequently been heard to express the wish that they could have a race.

In the final of the Queensland Water Polo Championship, played at Brisbane in March last, the Commercial Club beat Thames Valley by 1 goal to 0, the scorer being Reg. Healy, a brother of Cecil Healy, winner of the furlong championship of England in 1906, and who is now serving with the Australian Forces in France. This is the first time Thames Valley, in whose team is included F. W. Springfield, winner of the English long-distance championship, 1908, has been beaten for eight years.

In the good old days at Eton the method of teaching swimming was a bit crude. Mr. B. P. W. Smyth, an old Etonian, who recently died at Boscombe at the age of ninety-seven years, used to say, "Swimming was taught in a rough-and-ready way. A bigger boy would say: 'Can you swim?' On being told 'No,' he would reply: 'Then it's jolly well time you learned,' and you were 'chucked' into the Thames and left to scramble out as best you could, choking and half-drowned. We never changed our clothes afterwards, and would sit for hours in our half-dried garments. It was certainly in those days the survival of the fittest."

The Council of the Newspaper Proprietors Association has passed a sincere vote of sympathy with Mr. Lincoln W. Springfield, *London Opinion*, on the death in action of two of his sons. Mr. Springfield is the uncle of the famous Brisbane swimming family of Springfields, one of whom is serving with the Australian Forces in France.

We regret to learn that Lance-Corpl. W. D. Burnside, missing since July, 1916, has now been reported killed. He was an official starter and judge of the Midland Counties Amateur Swimming Association, and Hon. Treasurer of the Birmingham and District Water Polo League, also Hon. Secretary of the Victoria Swimming Club.

It is understood that the Twickenham Boys and Girls Regatta will not be held this year, but that arrangements will be made to decide the races for the Phoenix Challenge Swimming Cups, which are handicap events for boys and girls. As there are age limits to these events the holders might lose their right to compete, were the contests postponed until next or a possibly later season.

Lieut. Morrell, Munster Regt., attached Royal Flying Corps, who is now interned in Holland, recently effected a gallant rescue. He was walking along a pier when he saw a man in the water who was drowning, and although the seas were rough and the pier quite forty feet above the water, he at once jumped in and rescued the man with great difficulty.

In the daylight air raid on London on Wednesday, June 13, severe injuries were sustained by P.C. Blackmore, one of the best known of the present members of the City of London Police Swimming Club, and who has made several gallant rescues and attempts at rescue from the River Thames, at times under very trying and difficult circumstances.

Major J. C. Scoular, Royal Garrison Artillery, who has been wounded, swam for Cambridge against Oxford in 1906 and won the fifty yards swimming race. Major Scoular is perhaps better known as a Rugby Blue, he representing Cambridge against Oxford in 1905, and playing in all International matches for Scotland in 1906. In the following year he played against South Africa.

St. Paul's School had its annual match with Dulwich College at West Kensington on the first Saturday in June. S. R. C. Shaw, of St. Paul's, won the 50 yards in 0.36, D. E. Abercombe, Dulwich, the 100 yards in 1.10.1, D. J. Wiseman, Dulwich, the 50ft. plunge, S. R. C. Shaw, St. Paul's, the diving, and St. Paul's also won the team race, whilst a water polo match ended in a draw of two goals each.

Great progress has been made in America during the recent indoor racing season, and the following performances are to be submitted to the Amateur Athletic Union of America for Confirmation.

FREE STYLE SWIMMING.

*220 yards, 100-foot pool, 2.21.3.—Norman Ross, San Francisco.

*220 yards, 75-foot pool, 2.22.1.—Norman Ross, San Francisco.

*220 yards, 100-yard open water course, 2.24.4.—Perry McGillivray, Chicago.

250 yards, 75-foot pool, 2.48.2.—Tedford H. Cann, New York.

300 yards, 75-foot pool, 3.28.—Tedford H. Cann, New York.

*440 yards, 100-yard open-water course, 5.17.3.—Ludy Langer, Los Angeles.

500 yards, 100-foot pool, 6.16.—Tedford H. Cann, New York.

500 yards, 75-foot pool, 6.5.1.—Norman Ross, San Francisco.

RELAY RACING

*200 yards, four men, 75-foot pool, 1.42.1.—L. Ferguson, C. Schlaet, R. Mayer, N. Thomas, Yale university.

*400 yards, four men, 60-foot pool, 3.42.3.—P. McGillivray, H. Hebner, A. Raithel, D. Jones, Chicago.

BREAST STROKE SWIMMING

*200 yards, 75-foot pool, 2.39.4.—Michael McDermott, Chicago.

PLUNGING FOR DISTANCE

*75 feet, 75-foot pool, 2.46.—Frederick Jorn, Detroit.

UNDER WATER SWIMMING

324 feet, 60-foot pool—Samuel Williston, Chicago.

* Claimed as world's records.

We regret to learn that the well known Italian swimmer, Lt. Enrico Rossi, has been killed in action in the Carso. Rossi was an excellent long distance exponent of the art and in 1900 he competed in the Olympic games of Paris, but did not take part in those held in London four years later.

There are six ladies' swimming championships to be decided in the Southern District this season, including the hundred yards and furlong senior championships, the others being the 100 yards junior, 100 yards junior back stroke, the ladies' team swimming and the ladies' junior team swimming. Those who intend to train for them should write to Mr. Harold E. Fern, Springhaven, High Barnet, Herts., for the approximate dates, and club secretaries should also remember that entries for the team events close the first of next month, also to Mr. Fern at the address given. It is hoped that great support will be given the various events this season, especially the senior, which have been in abeyance so long. All clubs affiliated to the S.C.A.S.A. should also note that the levy of 6s. each for 1917 should now be paid to the Hon. Treasurer, Mr. R. W. Jones, 9, Princes Gardens, Castlebar, Ealing, London, W.

The Coventry Ladies have just carried through a successful Life Saving class, in which Miss A. Wells, Miss G. E. Wills, Miss E. Throne, Miss E. M. Chislett, Miss M. S. Griffin and Miss N. Cramp, passed for the Proficiency Certificate and Bronze Medallion. These candidates were admirably trained by Mrs. W. R. Griffin, the Hon. Secretary of the Coventry Ladies, and Miss M. S. Harrison, the professional instructress to the Coventry Swimming and Life Saving Society.

Some of the members of the Christchurch (New Zealand) Ladies' Swimming Club recently had an endurance test, they swimming thirteen lengths of a bath 33½ yards long, fully clothed, and then carrying a subject the fourteenth length. The test was excellently carried out, and demonstrated that the members of the club are thoroughly competent in Life Saving work.

Windsor Ladies' Swimming Club have fixed their usual gala for Wednesday, July 25. The club hopes to start an advanced Life Saving class again this year, that instructed by Miss Nora Pennington last year having proved so successful, all those competing gaining the Award of Merit, and Miss I. Strange being specially commended.

Southport Ladies has an average membership of 300, and is agitating for leave to practise in the baths three evenings a week. At present only two evenings are available. Every Saturday afternoon, how-

ever, the members swim in the Bathing Pool, where they have better opportunity of practising Life Saving, in which the club has a wonderfully fine record. Miss May Leigh is captain of the swimmers, and intends going for championship honours, whilst Miss L. Pemberton, the diving captain, is practising hard at plunging, and will later make an attempt to beat the ladies' record.

The old Birkenhead Ladies' Swimming Club having been disbanded, a new club has been formed under the same name, with Miss G. Ellis as captain, and Miss A. Cave, 284, Old Chester Road, Tranmere, as Hon. Secretary. Many of the members of the old club have already joined.

Among those who have recently become Life Members of the Royal Life Saving Society is Miss Wilma Yarborough, an American lady, who has passed for her Proficiency Certificate, Bronze Medallion and Award of Merit, and is now in strenuous practice for her Diploma.

There is said to be a dearth of attendants for many bathing establishments now provided up the River Thames, and that in declining acceptance of a position one man excused himself on the ground that his wife greatly objected to mixed bathing. Such notions appertain to the last century.

Happiness and health to Mrs. Agnes Evelyn Dowlen, the only daughter of Mr. Edward J. Tackley, who has been so many years connected with amateur swimming, and is one of the respected vice-presidents of the Royal Life Saving Society, and also to Corporal Edward H. N. Dowlen, King's Own Lancashire Regiment. The marriage took place on June 9 at Finchley. Another marriage we have to record is that of Miss Vera Neave, who holds many ladies' distance records, which took place last month to Lt. Hill, R.A.M.C. May every good wish be fulfilled to this accomplished young lady swimmer and her husband.

The death has occurred, at the age of 82, of Charles Whyte, sen., for many years instructor at the old Bayswater Baths, now the premises of Messrs. Whiteley. We also regret to record the death of Harry Davy, aged 64, formerly of the Neptune Club and winner of the Ulph Cup at Great Yarmouth in 1891.

RECOLLECTIONS.

By ARCHIBALD SINCLAIR.

AMONG some of the old programmes treasured by me are several issued in connection with the long-distance championship, bringing back memories of the great performances of Horace Davenport, of the Ilex Club, who after swimming second to Dave Ainsworth, of the Serpentine, in the English Mile Amateur Championship at the Welsh Harp, Hendon, in 1873, followed up with a victory the next year and retained the title until 1879, when he retired from active participation in championship swimming. But he by no means relinquished his interest in the pastime, and was frequently a competitor in club events after that, whilst to-day he is one of the most ardent supporters of the Royal Life Saving Society.

In the mile race of 1877 Horace Davenport put up a record of 29.25½ for the mile, and this record stood for no fewer than fifteen years.

In 1890 S. W. Greasley, a Leicester swimmer, began to make up leeway on the amateur time, and at Edgbaston Reservoir on July 19 of that year won the mile championship in 29.32.3, this closely bordering on Davenport's time. The following year, at Turf, near Exminster, when in company with Eddie J. Plumbridge, I timed Greasley to win the half-mile championship in 13.42.2, which was then English record. What a glorious time we had with the Exeter Club that week end. The same course was selected for the mile championship of the following year, and then Greasley swam over in the record time of 28.18.2, thus lowering Davenport's long standing record. That performance has of course since been well beaten but the staying Trudgen and the Crawl strokes were not then known. By the "staying trudgen" stroke I mean that style of distance swimming which was evolved by the development of water polo.

To Horace Davenport the Amateur Swimming Association owes a great deal, even for such material assistance as contributions to its funds to provide the mile championship trophy which he won outright and which would not have been forthcoming had he

not provided the wherewithal for the governing body to keep faith. Swimming was not however so well regulated then as it is now, neither was it so extensively practised, and it was largely left to clubs and individuals to run championships. Such was the case in the foundation of the Long Distance Championship, the first cup for which was presented by members of both Houses of Parliament in 1877, for a race from Putney to Westminster, and thus for three years, until the Cup was won outright by Horace Davenport, the contest was known as the Lords and Commons race, the late Sir John Astley being one of the most generous donors.

Subscriptions for it were solicited by a man named J. Garratt Elliott, whom I can only remember as the runner of shows at the Chelsea and the old Charing Cross Floating Baths, but who was an indefatigable promoter of swimming races and other sporting events for his own benefit. One of his great ideas was to hold a "fight in a chapel." This was at Archdeacon Dunbars', near Burton Crescent. Needless to say there was a raid by the police and consequent trouble.

After winning the Long Distance Championship Cup outright Horace Davenport was rarely seen, except in races of the Ilex, Otter, Imperial and Cadogan, the latter a Chelsea Club of good standing, whose captaincy race in the Serpentine I once had the honour of winning against M. W. Mossop, bow of the winning London Rowing Club eight in the Grand Challenge Cup at Henley in 1890. Davenport was essentially a distance swimmer and he it was who gave the study of distance swimming so strong an impetus. In the eighties he went in for the plunging championship and won this three years in succession, his winning plunges being 64ft. 8ins.; 64ft. 11ins. and 67ft. 11ins. without time limit. Against him in his last year he had the late G. A. Blake, of the Lewisham Club, who plunged 66ft., but who afterwards won five years in succession, his best championship plunge, made in the year succeeding Davenport's retirement, being 73ft. 10½ins. at the old Lambeth Baths.

One of the feats credited to Horace Davenport is that of swimming from Southsea to Ryde and back, a feat which I have no record of having been performed by anyone else, although many have tried since Davenport made the journey in 1884, in 5.25.0. The tides are very tricky and a good deal of skill is required in negotiating them. But at that time Davenport was in his prime and no task seemed too hard for him to accomplish. He was the best of our long-distance swimmers of his day. From 1889 to 1894 he was the President of the Amateur Swimming Association and for many years he has been one of the Vice-Presidents of the Royal Life Saving Society. Among his gifts to the Association are perpetual cups, as challenge trophies for the quarter mile salt water, mile and plunging championships.

Perusal of the article on "American Water Polo," which appeared in last month's issue, brought vividly to my mind the play in the first county match between Middlesex and Hampshire, which took place at Portsmouth on the August Bank Holiday Festival of 1890, Middlesex winning by three goals to one. It was in this match that the Metropolitan contingent first saw S. J. Monks, then of the Bournemouth Club and now of the Amateur, as well as the honoured chairman of the Central Executive of the Royal Life Saving Society. This particular player we were warned to watch as being highly skilful. It was a game which those who took part in it have cause to remember, for it was played on a falling tide, and as the depth of the water decreased it degenerated into a wrestling match, whilst the players' knees and shins were torn on the rough beach, for by the time the "no side" whistle went the water was not two feet in depth. There was a great outcry as to rough play on the part of Middlesex, all of us coming in for scathing comment, and it was this experience which led to immediate improvement in the rules, for in the same year the Otters played the Tadpole and Nautilus Clubs test matches under new conditions, drawn up, if I remember aright, by some of the delinquents in the Middlesex match.

The cause of the rough play was undoubtedly the unallowed for fall in the water, the game being played inshore. The Middlesex players were all heavy men and most of them long legged, and in the second half of the match their knees were grinding

in the shingle. Anyhow the conditions served a good purpose and gave us a lesson in sportsmanlike behaviour which we did not forget. I note that the Bournemouth paper of the day says that I played a "very gentlemanly game," but I expect I was as bad as the rest though not detected. The referee was Mr. C. E. Macrae, of the Otter, who like myself at that time, was officiating day after day and night after night, and I know it would have been his delight to caution me. He was for ever on my track whenever referee in a match in which I was playing, but only once did he catch me napping, that was at Plumstead. I can see his expansive smile now.

It was at a school at Mossbank near Glasgow, in 1887, that I first became enamoured of water polo. I had been up to a meeting at Holtons Hotel, Glasgow, as representative of the English Association with a view to getting the Scottish Clubs to work in harmony with those of England, and had been successful. My old friend the late Mr. William Wilson then suggested an outing to Mossbank with I think the West of Scotland Club, of which I had been made honorary member, and it was at this outing that I saw the game played under Scottish rules, the goalkeeper standing on the side of the bath. That match led me to join with the advocates of an English Championship, and we had one the following year, Burton-on-Trent beating Otter in the final at the old Lambeth Baths, which were forty yards long and very shallow at one end; in fact in races your legs often dragged on the bottom. Years after the baths were used by a printing firm, and in an office on the bottom of the old bath I for a time acted as editor of a hockey paper owned by the firm.

In the "Memoirs" of the late Robert Patrick Watson I read that over seventy years ago the Holborn Baths, which were on the site of the present Holborn Restaurant, were the scene of many great contests. In 1845 George Poulton won the championship for scientific swimming, and in 1851 T. Young won the 400 yards championship, C. Steedman, being second and F. Beckwith third. Steedman afterwards went to Australia and won the championship of Victoria. In 1867 he published a valuable "Manual of Swimming," a copy of which I had, but like everything else you lend—

Steedman who was born at Cirencester, in 1830, learnt to swim at thirteen years of age, and won the championship of England in 1849. Beckwith, who was frequently beaten by him, I knew very well and somewhere at hand I have a few of his old Westminster Aquarium programmes. His daughter Lizzie won a race at Boyton's Water show at Earl's Court, under circumstances which, had I been judging, would have led to disqualification and the swimming of the race over again. When others were leading—I think the actual leader was Miss Violet Meredith, she cried lustily for "Help" and we went to her assistance, Miss Meredith and other competitors turning back. Then Miss Beckwith started swimming in speedy fashion and came in an easy first. That was in a race for a trophy given by the *Star* newspaper, Mr. G. L. Chesterton being judge. Beckwith, who was born at Ramsgate in 1821, died in 1898. He was the father of William Beckwith (contemporary with Captain Webb), Charles Beckwith, and Agnes Beckwith, who made several long distance races in the Thames and performed for several years at the Hastings Baths.

The famous English water polo goalkeeper, C. S. Smith, of the Wigan, Salford and Southport Clubs, has been invalided home from the front, suffering from a severe attack of trench fever. Smith has played in Internationals since 1900, in which year he appeared against Scotland at Leicester, England winning by five goals to nothing. In 1902 and 1908 he captained the side against Wales, and in the latter year was also deservedly chosen as captain of Great Britain's team for the Olympic Games. Great Britain only had to play once as they drew a bye in the first round, and Austria scratched to them in the semi-final. Belgium first of all beat Holland by 8 goals to 1, and then after Hungary had scratched to Sweden the Belgians beat the latter country by 8 goals to 4, and thus qualified to meet Great Britain, by whom they were defeated by 9 goals to 2. Smith was hard pressed in the first half when the two goals were scored against him, but he saved many excellent shots. Smith was selected as the goalkeeper for Great Britain at the Olympic Games at Stockholm in 1912, and also played against Ireland, Scotland and Wales in the same year and against Wales the following year.

We are sorry to learn that Sergt. I. Bentham, Royal Field Artillery, has been killed in action. Sergt. Bentham played polo for the Wigan Club, and against Scotland and Ireland in 1912, whilst the same year he was selected as one of the representatives of Great Britain at the Olympic Games at Stockholm.

In the matches at the Olympic Games Sergt. Bentham played forward with G. Wilkinson, of Hyde Seal, and P. Radmilovic, of Wales, centre forward. The first game was against Belgium, and in this Great Britain narrowly escaped defeat. At half time Belgium were leading by 3 goals to 2, and nearing the finish the score was 4 goals to 3 in their favour, but Radmilovic equalised just before the whistle blew. Extra time was played, the Belgians using very rough tactics, but these did not avail them, and Great Britain won by 7 goals to 5. Sweden was the next country encountered, and that went down by 6 goals to 3. Great Britain then meeting Austria in the final, and administering the heavy defeat of 8 goals to 0.

An Interesting Find.

WE have received the following letter from Mr. F. Sandon, son of Mr. Robert Sandon, President of the Amateur Swimming Club, relative to the find of an old book on swimming "somewhere in France."

THE EDITOR, SWIMMING MAGAZINE.

SIR,
I have recently come into possession of an early French book on swimming. It is entitled "A Treatise on Swimming" (*Traité de la Natation*), and was published by Desloges, of Paris, at half a franc. The copy I have obtained is one of the seventh edition; it bears no date, but from the advertisement of an almanac for 1865 on the cover I gather it was published in that or the preceding year. A sub-title is "Swimming Natural to Men": this proposition is enlarged upon on pp. 4 and 5, wherein the writer says that for man swimming is almost as natural as walking, and that he is better suited for swimming than the majority of animals, while the fact that our head is not adapted for a horizontal position in the water is more than compensated for by the fact that man can float motionlessly on the back with only the nose and mouth above water.

The author writes reasonably on Archimedes' Principle, and on the specific gravity of the human body, though he asserts without any hydrostatic enquiry that the density of man is always less than that of water. A further error is made when he says that to pass from the position of "natural" (nearly vertical) flotation to the horizontal, all that is necessary is that the chest must be expanded and the head thrown back.

He proceeds to give sound though short directions on the precautions to take as to when and how to bathe, weeds and cramp. He then proceeds to tell learners that they may familiarise themselves with the water by standing up to the waist and then throwing themselves forward and gliding to an objective. Next we have the statement that the snapping of the legs together (like two simultaneous fish tails) is the most effective part of the leg stroke, and that the thrust of the flat of the foot is of but little effect. He assures his readers that it is better to let the head fall forward in the water, and not to trouble to keep the head out of the water. He gives descriptions of the following strokes:—(1) *La Brasse* = fathom, i.e., breast stroke; (2) *La Marinière*, an under-water trudge; (3) *La Coupe* = thrust, i.e., trudge; (4) *La Brasse sur le dos*, i.e., back stroke; (5) *La Planche* = plank, i.e., the back paddle. He informs us that it is impossible to swim a long time in the same style, and also that he has seen negroes make head against rapid currents with the dog paddle, but that anyway this style is "fatiguing and disgraceful." His figures of breast, marinière, back and planche strokes make the usual mistake of depicting far too much of the human body as being out of the water. This is particularly striking in a figure of the back paddle.

Having dealt thus with swimming the book deals with diving (surface and board), recommends practising swimming in clothes, and talks of aid to the drowning. The writer has two methods of rescue, both of which result in the unfortunate subject's head being under water; if conscious he is to be approached from behind, seized under the armpits and pushed in front, the rescuer swimming with his legs; if unconscious grab him by his hair or clothes! Having thus done his best to asphyxiate the subject he recommends Howard's method even for as long as five or six hours.

The rest of the book deals with the "Effets Hygiéniques" of baths of various

temperatures; on the whole the advice is sound. He recommends that when baths of a temperature 18°-25°C. (64°-77°F.) are taken one should swim about. Swimming in such water is of particular value to ladies, who are well adapted by nature for the art. The last nine pages describe a fearful treatment of baths devised by a veterinary surgeon named Priesnitz, of Groefenberg, that was practised in several of the public baths of Paris as well as elsewhere in France.

I have not a copy of Mr. Ralph Thomas's work by me, but this little book seems to call for notice on account of the general soundness of the advice that the anonymous author was giving to the French public more than fifty years ago.

I am, Sir,

Yours, etc.,

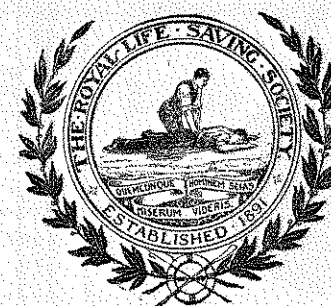
F. SANDON.

France, June 1, 1917.

In his remarkable work of reference on "Swimming," Mr. Ralph Thomas says that this book is composed of the swimming instructions given in the *Manual des Baigneurs*, written by Dr. Raymond, and published by Desloges, Paris, 1840. There were several editions, the publisher apparently making reprints as required. Those who like to make a study of swimming literature cannot do better than obtain a copy of the book on *Swimming*, by Mr. Ralph Thomas, a comprehensive review of which appeared in the issue of the SWIMMING MAGAZINE of January, February and March, 1915. It is published at ten shillings, and contains a bibliographical notice of every known book on the art from the earliest days of printing up to the date of publication. It is the most informative work on the subject that has ever been issued, and represents a lifetime of study and research in all the great libraries of Britain and the Continent. To us it has proved invaluable as a never-failing source of accurate reference.

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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