

THE
SWIMMING
MAGAZINE.



MARCH, 1917.

HORLICK'S MALTED MILK

THE IDEAL FOOD DRINK FOR SWIMMERS

Mr. C. S. SMITH

ENGLISH WATER POLO
— INTERNATIONAL —

(Member of British Olympic
— Teams, 1908 and 1912) —

.. .. says: —

"I gladly testify to the great benefits I have derived from the use of HORLICK'S MALTED MILK, and shall have much pleasure in recommending it to my friends.

"I have used it continuously for some time, and its flavour and quality leave nothing to be desired. I find that it possesses highly nourishing properties, which should undoubtedly prove beneficial to all who use it, especially to those who take part in arduous games."



Nourishing, Invigorating, and Sustaining, supplying maximum nutrition with minimum tax on digestion. Supplies strength and stamina, and taken after swimming or polo it will be found an excellent restorative.

Used extensively by the Leading Swimmers of the day.

READY IN A MOMENT
REQUIRES NO COOKING

Of all Chemists and Stores, in Sterilised Glass Bottles, 1/6, 2/6, and 11/-

Liberal Sample sent post free for 3d. in stamps.

Horlick's Malted Milk Co.,
SLOUGH, BUCKS.

J. A. WYLIE & Co.,

Telephone 840 CITY.

BADGE & MEDAL MAKERS

OF EVERY DESCRIPTION.

Makers of the Royal Life Saving Society's Medals & Badges.

CONTRACTORS TO—

H.M. MINISTRY OF MUNITIONS.

H.M. STATIONERY OFFICE.

RUSSIAN GOVERNMENT, Etc.

Special Attention given to Overseas Enquiries.

CATALOGUES, SKETCHES AND QUOTATIONS

SENT POST FREE TO ANY PART OF THE WORLD.

LONDON OFFICES
& SHOWROOMS—

62, HOLBORN VIADUCT, E.C.

THE
DUTY
of a
SWIMMER

is to be
READY
and
CAPABLE
to
RENDER
AID
in cases
of
DROWNING.



THE

Handbook of Instructions

For the Rescue of the Drowning, with Illustrations, issued by
THE ROYAL LIFE SAVING SOCIETY,
Contains a clear and easily understood METHOD OF
INSTRUCTION IN SAVING LIFE FROM DROWNING.



How to get a Struggling Man out of the Water.



How NOT to get Drowned in Rescuing Others.



How to release from the Clutch of the Drowning.



How to Revive the Apparently Dead.

Offices :

8, BAYLEY ST.,
LONDON, W.C.

Especially prepared for the use of
SCHOOLS, GYMNASIA, INSTITUTES, SWIMMING AND ROWING CLUBS,
THE NAVY, ARMY, TERRITORIAL AND POLICE FORCES.

PRICE: Single Copy, post free, 1/1. Forwarded on Receipt of P.O.
Affiliated Clubs, Schools and Classes, One Dozen or more, 6/- per doz.

Only to be obtained from

THE ROYAL LIFE SAVING SOCIETY,
8, Bayley Street, LONDON, W.C.

Established 1870.



Telephones
Central 7712.
North 1297.

J. GROSE,
LTD.,
Sports Outfitters.

Regulation A.S.A. Gent's and Ladies' Costumes, 7/3 each
Superior, Bound Neck and Arms, 1/9 each.
These Costumes are made from Special Elastic Web, giving a perfect fit for a long period.

The Olympic Black Silk, in Ladies or Gents, 12/6 each.
Specially recommended to those who require a really high-class garment or for racing. The genuine Olympic cannot be obtained from any other firm in the world.

SPECIAL QUOTATIONS TO CLUBS AND SCHOOLS.

8, NEW BRIDGE ST., LONDON, E.C.
Head Depot—
OLD JEWRY, London, E.C.

Safeguard your Health with

Dr. J. Collis Browne's CHLORODYNE

THE RELIABLE MEDICINE.
Doctors and the public have used it with unvarying success in all parts of the world for upwards of 60 years.


THE BEST REMEDY KNOWN FOR

COUGHS, COLDS, ASTHMA, BRONCHITIS.

Cuts short attacks of SPASMS, HYSTERIA, and PALPITATION.
Checks and arrests FEVER, CROUP, and AGUE.
A true palliative in NEURALGIA, GOUT, TOOTHACHE, RHEUMATISM.
Acts like a charm in DIARRHOEA, COLIC and other Bowel Complaints.

Always ask for a
"Dr. COLLIS BROWNE."
Of all Chemists, 1/3, 3/-, 5/-

WATCH & CHRONOMETER



MAKER TO THE ADMIRALTY

Manufacturer and Designer of Medals

Anglo-American Exposition, 1914.
Guild of Freeman, City of London.
National Cyclists' Union.
Royal Naval Volunteer Reserves.
Territorial Army (Swimming Column).
Southern Counties' Cycling Union.
N.C.U. Kewee Centre.
Polytechnic Cycling Club.
Borough Polytechnic.
Inter-Polytechnic Sports.
Royal Life-Saving Society.
City of London & Victoria Athletic Club.
Northampton Institute.
Aston Manor Cycling Association.
Customs Sports Club.
Borough of Hammersmith.
Worshipful Company of Bakers.
Most of the leading Clubs and Lodges in the World.

QUALITY OF WORK GUARANTEED

Best House in London for PRIZES of every description.

W. J. CARROLL,

Watchmaker, Jeweller, Silversmith and Medallist.

Small Repairs while waiting. : : : :
Largest Employer of Skilled Labour in the City.
All Work done on the Premises at Clerkenwell Prices. : : : : : : : : : :
Best House in London for Repairs. : : :

33, Walbrook Bank, E.C.—
20 & 21, London St. (Opposite Fenchurch Street Station), E.C.

Workshops: 17, BEER LANE, GT. TOWER STREET, E.C.

ESTABLISHED 1837. Telephone No. AVENUE 6155.

The Swimming Magazine

(The Official Organ of The Royal Life Saving Society)

No. 10. VOL. III.

MARCH, 1917.

THE AMERICAN MERMAIDS. Fast Outstripping English Ladies' Records.

AMONG news of the month is the failure of the Australian ladies to make their proposed trip to America, and we are thereby deprived of the opportunity of comparing the form of the best of British girls with those of the United States—where progress would apparently seem to have been most marked during the past couple of seasons. As to the accuracy of the times recorded there can be no question for they have been hall-marked by the Amateur Athletic Union of America, one of the bodies in the International Federation, and, though America allows records in baths shorter than does the Federation, the Union also has a set of records made under recognised world's conditions.

Now America has not one but many young ladies, who are nearly if not quite up to world's championship form, and had the Olympic Games been held last year in the ordinary course we should doubtless have witnessed some great struggles. According to American times the English girls would have been completely outclassed, for we have no Englishwoman who can beat 1.9 for a hundred yards, but this has been done by Miss Olga Dorfner, of Philadelphia, and Miss Claire Galligan, of the National Women's Life Saving League of New York, has made many records over longer distances.

With such times put up against us we therefore welcomed the proposed opposition of the Australian lady champions against the best experts in America, but Miss Fanny Durack, the undoubted world's champion at the present time, appears to have declined to enter into any such project unless she could make the tour as the sole representative of Australia. The New South Wales Ladies' Association apparently did not agree to the conditions she stipulated, and what would have proved a very interesting and informative series of contests has had perforce to be abandoned. In the meantime it is

reported that Miss Durack has been creating fresh world's records in championship races in Australia.

The abandonment of our own ladies' championship events for the past three seasons has, of course, retarded improvement in speed among our English girls, and if we are to hold our own in the future this must at once be remedied. The Southern Association, in addition to the Northern and Midland Associations, now proposes to hold its senior ladies' championship, and there can be no reason why the National should not be held and also a series of scratch races, for where there is a will there can always be found a way.

The abandonment of healthy participation in active sport at the present time, when all vitality and courage are needed in the young, is in our opinion a mistake. With a set purpose of improvement before them the Ladies' clubs of this country could still carry on their work in whole hearted manner.

Because the Amateur Swimming Association for patriotic reasons has been obliged to practically close down on its work among men, it does not follow that the Ladies' Clubs should also hibernate. They did splendidly last season, they must do better this, and in their programmes must include those contests which will be for the betterment and improvement of swimming in the future. There is ample scope for the display of useful energy and if the prestige of English ladies in the swimming world is to be maintained that energy must be fostered. The scheme which appeals most to us at the moment is to have a series of races over varying distances from a hundred yards to a quarter of a mile, held at convenient intervals between each race, and thereby help to create a better standard of English swimming. These races could well be decided at galas for War charity funds, and would prove great attractions. All that is wanted is early and thorough organisation.

THE ROYAL LIFE SAVING SOCIETY.

THE usual monthly meeting of the Central Executive was held at the offices of the Society on February 15, when the Chief Secretary submitted reports from the Head Centres for West Australia; Ontario; Canada; Sheffield and District; Otago; New Zealand; Rhodesia; South Africa, and Victoria, Australia, all of which disclosed the fact that much progress had been made in promoting the objects of the Society and are separately dealt with under their respective heads in the current number of this magazine. From Victoria a cable had been received stating that the supply of Handbooks, etc., had been exhausted, enquiring whether these had been dispatched. The Chief Secretary was requested to reply that the goods were packed awaiting shipment when a boat was sailing.

An interesting episode in connection with the Awards of the Society was related by the Chief Secretary. A letter was received by him from a private in the Northamptonshire Regiment who had been disabled and discharged from the Army, stating that whilst in France on service he had the misfortune to lose his Bronze Medallion and Award of Merit Medal, also other Medallions gained by him in connection with classes held at Malta and at Alexandria, in Egypt, early in 1914, and asked whether the Society's Awards could be replaced. Just before this letter arrived the Chief Secretary had been examining various Medallions that had been returned, considering a plan of finding their owners. When he opened the letter of application the Medallions were on the desk before him and he then was able to dispatch same to the applicant by return of post. A similar case occurred in connection with the South African War. In that instance a soldier lost his Medallion during the operations just prior to the occupation of Mafeking, and the Society had the pleasure of returning same to him. Last January a Bronze Medal was found during some digging operations in a park at Rochdale; it was the property of a member of the Rochdale Ladies S.C., gained in a class conducted by that club in 1909.

Notice was taken of the splendid work done by Captain R. W. Smyth, Adjutant, Royal Hibernian Military School, Phoenix Park, Dublin, which is a very large establishment with a staff of over one hundred individuals including experts in teaching

Swimming and Life Saving, which had been introduced by him some six years ago, and brought to its present high state of efficiency. As a result, hundreds of lads holding at least the Proficiency Certificate have been sent into various corps of the Army and through them the good work has been spread far and wide throughout the Empire. For the great assistance rendered not only as Examiner, but also for helping to spread the principles and practice of Life Saving which he has so much at heart, it was unanimously decided to elect Captain R. W. Smyth a Life Member.

Among the Awards granted was a Diploma in favour of Miss Mabel S. Harrison, of Coventry; also twelve Bronze Medallions, eighteen Proficiency, eight Elementary Certificates and eight Awards of Merit to candidates in the Royal Hibernian School, Dublin.

ROYAL LIFE SAVING LODGE

The annual Installation Meeting of this Lodge was held on February 16, when the Officers installed, appointed, and invested were:—W.M., Bro. William Henry, Chief Secretary R.L.S.S.; I.P.M., W. Bro. H. L. Balfour; S.W., Bro. Wilson Taylor, Secretary of the Bath Club; J.W., Bro. F. W. J. Smith; Treasurer, W. Bro. Shirley W. Cropper; Secretary, W. Bro. J. W. Stevens; D.C., W. Bro. Warren Faraday; S.D., Bro. A. C. Ames; J.D., Bro. D. W. Allen, Vice-Chairman R.L.S.S. Executive; I.G., Bro. G. P. Grose, Captain Amateur S.C.; Stewards, Bro. J. H. Broadhead and Bro. Harry Rees, Hon. Sec. City of London S.A.; Tyler, W. Bro. D. J. Bailey. The routine business having been transacted the new W.M. had the pleasure of nominating Mr. Hjalmar Johansson, Winner of the King's Cup, National Graceful Diving Competition several times, and Diploma holder of the Society, for initiation at the April meeting, the seconder being W. Bro. Guy M. Campbell, P.M. Among the large number of visitors present there were W. Bro. W. J. Songhurst (Grand Officer), W. Bro. H. Leslie Smith (Grand Officer), W. Bro. W. J. Gwyn (Member of the Bath Club), W. Bro. Charles Young (Amateur S.C.), Bro. R. Stick (Savage Club), etc. During the evening the new W.M. received many telegrams and messages of congratulation from Masonic members of the R.L.S.S. residing in various parts of the British Isles.

ONTARIO BRANCH.

In their eighth annual report of the Ontario Branch the Committee state that no fewer than 300 Awards were granted last year, made up as follows:—Diplomas 2, Awards of Merit 17, Hon. Instructor's Certificates 8, Honorary Teacher's Certificate 1, Bronze Medallions 116, Proficiency Certificates 141, Elementary Certificates 15. The Diplomas were gained by Miss Margaret A. Pickard and Miss Edith S. Hartley, both of whom did excellent work in the water and submitted fine essays on the theoretical part of the examination.

Special praise is given to the Y.M.C.A. and the Y.W.C.A. for their contribution to the good results achieved, the candidates from these institutions having obtained 110 and 69 of the Awards respectively.

The work done by the ladies for swimming and Life-saving has been most energetic and hearty thanks and congratulations are extended to them by the Branch. The Y.W.C.A.'s at Toronto and Hamilton, Haver-gal Ladies' College, the Ontario Ladies' College and the Tilsonburg Ladies' Swimming Club, all put through good classes during the year. Miss Mary Beaton has again been prominent in her work for the Society, by training many candidates, including the winners of the Diploma, and by organising displays for the benefit of war work.

Credit for doing good pioneer work is due to Miss Elizabeth Reid, who organised Life-saving classes at Tilsonburg, that obtained nine of the Society's Awards and procured a public meeting to be held, with the Mayor presiding, at which these Awards were presented, and a resolution passed requesting the Town Council to take steps to build a Public Bath.

Classes are also being formed at the Technical School by Miss Courtice, and the School has also become affiliated to the Society.

The Toronto Railway Company provided free car rides for children learning to swim, and the city supervised swimming stations and a free ferry service. There is therefore no reason why every boy and girl in Toronto should not learn to swim. The Railway Company issued a special advertisement in which it impressed upon parents the very serious responsibility that rests upon them to see that their children do not grow up in ignorance of a simple art upon which their lives may some day depend.

A brave act of rescue is recorded by the Committee. It was by a youth named Gordon Menzies, 14 years of age, holder of the Proficiency Certificate, gained at Kaga-wong Camp.

The balance sheet which accompanies the report proves the Branch to be in a sound financial condition, there being a balance of over 280 dollars for the continuation of the work.

The Patron of the Branch is His Excellency the Duke of Devonshire; Vice-Patron, His Honour Col. Sir John S. Hendrie, C.V.O. Lt.-Governor of Ontario; Hon. President, Col. Albert E. Gooderham; President, Mr. Arnold Morphy; Vice-Presidents, Messrs. A. S. Cochrane and Henry Sherrand, whilst Mr. Cochrane, who is a Diploma holder of the Society, is also Hon. Instructor in Chief. The Hon. Sec. is Mr. E. A. Chapman, St. Andrew's College, Toronto, and the Committee consists of Miss Mary Beaton, Mrs. W. A. Craik, Jas. W. Barton M.D., W. Harvey Hamilton, H. G. Hammond, Walter Nicol, F. J. Smith and W. Winterburn. The latter has many classes to his credit which have been trained by him at the Y.M.C.A., Toronto.

We return thanks to the committee of the Branch for the expression of sympathy with Mr. William Henry, Chief Secretary of the Society, in connection with the illness which overtook him last year. He is most grateful for the tribute paid him as Secretary in regard to the work done in the cause of Life saving.

We on our behalf also return thanks to the Committee for the high opinion expressed with regard to the utility of the SWIMMING MAGAZINE.

OTAGO HEAD CENTRE.

In their sixth annual report the Executive of the Otago Head Centre state that 117 Awards were made during the past year, they being made up as follows:—Diplomas 2; Awards of Merit 4; Hon. Instructor's Certificates 2; Teacher's Certificates 3; Bronze Medallions 41; Proficiency Certificates 44; Elementary Certificates 21.

Owing to the enlistment of so many of the swimmers the Centre has of course not been able to make so much progress as its Executive would naturally wish, but still it has done well and despite all difficulties has a surplus of £52 19s. 11d. over liabilities. Mr. W. Davidson, the President, and Mr. P. B. Foote, hon. secretary, are making urgent efforts to increase the membership roll.

CLOVELLY LIFE SAVING CLUB.

A REMARKABLE RECORD.

Notwithstanding the draw on membership by numerous enlistments for the War the Committee of the Clovelly Life Saving Club of New South Wales was in its ninth annual report able to state that there had been a high standard of efficiency, and increased membership during the season of 1915-16. To the men who have obeyed the call of the Empire hon. membership has been extended for their period of active service and a year after.

Much of the success of the season under notice was due to the encouragement given to Juniors to join, the Committee holding races and outings for them, but there was also whole hearted support from the older members.

Among club members who enlisted was Pte. E. Wickham, who joined the London Regiment and has unfortunately been killed in action, as have also Cpl. F. Marvel and Pte. George F. Bowman, who fell at Gallipoli.

At the close of the year the Club comprised 143 members, including about 40 per cent. who have enlisted. A record was made in the number of new members who joined during the year, the number being 36, some of whom already hold Awards of the Royal Life Saving Society and First Aid Certificates.

The Randwick Council has kindly defrayed the cost of erection and completely fitted out an Ambulance Room with necessary First Aid appliances, and the Seagull Club, Coogee, has donated a life saving Reel, all its members having enlisted.

During the year sixty-one persons were rescued by members, and seventy-one cases of First Aid were successfully attended.

No fewer than twenty-two members passed for the Bronze Medallion of the Royal Life Saving Society, the classes being conducted by Mr. S. G. Cunningham, the captain, and Mr. S. Sommerville, the vice-captain.

At the Royal Life Saving Society's annual competitions, held in the Coogee Aquarium Baths, the Club finished second in the Inter-Surf Clubs' team race, only being defeated by a couple of yards by the Coogee team.

The Club is in a sound financial condition, and last season's balance of £8 8s. 7d. has therefore been placed on trust for the comforts of soldier members, to whom a number of useful articles have been sent.

Sincere thanks were accorded Mr. E. J. Byrne, the energetic hon. secretary.

SHEFFIELD AND DISTRICT
BRANCH.

In the Sheffield and District Branch 511 Awards were gained last year, this of course being somewhat below that of previous years, but the fact that such a large number of candidates should have presented themselves for examination under present circumstances is a source of much gratification. The Awards were made up as follow: Elementary Certificates 244; Proficiency Certificates 172; Bronze Medallions 80; Hon. Instructor's Certificates 4; Award of Merit 9; Diploma 1; Hon. Associate 1.

The Executive of the Branch in submitting their twelfth annual report state that Sheffield gained third place to Manchester in the competition for the Darrell Cup, presented to the Boys' Life Brigade, and that in the contests for the local trophies All Saints' School were winners of the Biggin Shield after one of the finest life saving competitions ever witnessed. Three teams competed, and not a single point was deducted from any of them for lack of smartness or mistakes in land drill, All Saints' winning in the water by only three points.

The Potter Cup for ladies was competed for under the auspices of the Ladies' Excelsior Club, and won after a keen contest by Miss J. Reaney, of the Ladies' Excelsior Club.

The Branch particularly wishes to record its appreciation of the excellent work done during the season by Mrs. Hazeldene, Mrs. Gaby and Mrs. Smith and Mrs. Hurst, of Chesterfield. The Executive also thanks the Chairman and Members of the Bath Committee and the Bath Superintendent and Managers for facilities granted and kindly help rendered on many occasions.

The Executive regret the loss the Society has sustained by the removal of Mr. and Mrs. Buswell to the South of France, owing to the ill health of Mrs. Buswell. They had held the position of Manager and Matron at Barnsley Baths for over 27 years, and had done much valuable work in the encouragement of Life Saving.

Thanks are accorded Messrs. J. Oakes and Alan Ludlam, of the Tramways Swimming Club, who have acted as additional examiners during the year and are still continuing their honorary labours.

Of course much of the success of the Branch is due to Mr. William Watts, the hon. secretary, who has worked zealously and well in its interests for many years past.

WEST AUSTRALIAN HEAD
CENTRE.

The seventh annual meeting of the West Australian Head Centre was held at the Amateur Sports Club, Perth, on Monday, December 11, when it was reported that the number of Awards gained during the past season was 396, made up as follows:—Elementary Certificates, 159; Proficiency Certificates, 193; Teacher's Certificates, 5; Hon. Instructor's Certificate, 1; Bronze Medallion, 42; Award of Merit, 5; Hon. Associate 1.

Those who gained the Award of Merit were Misses Stella Spicer and Clara Crabbe, Geraldton; and Messrs. J. Rohrs, H. L. Longbottom and Kenneth Aitken. The Hon. Associates' Certificate and Badge was awarded Mrs. De Mouncey by the London Executive.

The annual competitions were held at Crawley Baths on March 11, in the presence of His Excellency the Governor, Sir Harry Barron, and Lady Barron. The contest for the Barron Trophy was very keen and resulted in a win for the Methodist Ladies' College No. 1 team, consisting of Misses Lorna Dickson, Mary Woodhouse, Elsa Shearer and Kathleen Gordon. The Law Shield was won by the Scotch College team for the fourth time in succession, the Banbury Cup for the second time by a team of girls from the Claremont Central State School, and the Connolly Cup by a team of boys from the same school.

The Executive desires to place on record its deep sense of obligation to the late Sir Winthrop Hackett for the very great assistance he rendered in establishing the Head Centre in the State.

Interest in the Colleges and Schools in life saving practice has been well maintained, thanks to the energetic work of Mr. J. H. Millett, the hon. secretary, who in the absence of many fellow workers on active service has of course had many difficulties to contend with.

The Branch is in sound financial condition, there being a surplus of assets over liabilities of £133 18s. 10s.

At an examination held at Brighthouse at the end of January Mrs. M. C. Cockroft, of Brighthouse, and Mrs. A. Normington, of Eland, passed for the Award of Merit. Both passed the difficult tests to the entire satisfaction of Miss J. L. Woodward, of Halifax, who kindly acted as examiner.

One of the most energetic workers we have in the cause of Life Saving is Mr. George H. Williams, the Secretary of the New South Wales Head Centre and holder of the Distinguished Service Medal. For over twenty years past, Mr. Williams has been well known in athletic circles in Sydney, and has gained many distinctions in swimming, fencing and amateur boxing. But he has only recently allowed to come to light the story of a danger well met and successfully overcome in Buenos Aires, the cosmopolitan capital of the Argentine. Mr. Williams was then the manager of a big freezing works employing 1500 men. He was attacked with a stiletto by a Spaniard he had occasion to dismiss, and but for the warning of a dog might easily have been assassinated, as he had not even a stick. It was a life and death question but his nerve did not desert him even in such a deadly situation. Mr. Williams stood up to his man, but side-stepped away from the knife hand. Then the Spaniard raised the stiletto over his head, but as he did so his opponent whipped off his felt hat, and threw it right in his face. This bewildered the Spaniard and Mr. Williams in a twinkling seized his upraised wrist and disarmed him. Then came a fierce wrestling match in which the Australian brought all his skill to bear and quickly disabled his assailant, the shoulder blade of the latter being broken. It was marvellous resourcefulness in a deadly crisis.

We have just heard from Miss Mirian Broughton of her safe arrival in Melbourne. She left England about the end of September last. Just before her departure she completed a class of instruction organised by her in London under the title of "The Athenic L.S.C.," the members of which gained 4 Elementary, 4 Proficiency Certificates and 4 Bronze Medallions, in consequence of which Miss Broughton was awarded the Hon. Instructor's Certificate of The Royal Life Saving Society. In her letter she states that, "I have met Mr. Harry Witty, Hon. Sec., of the Victoria Head Centre, also several other members of the Society. I am sure they are doing great work out here and I shall endeavour to help them all I can; the climate gives more opportunities than in England." We thank Miss Broughton for her promised endeavour, and also hope that she will have a successful career and present many classes for examination.

THE LADIES' SECTION.

NEW BATHING CLUB FOR LONDON.

SOUTHERN SENIOR CHAMPIONSHIPS TO BE DECIDED.

BRIEF reference was made last month to the few facilities afforded ladies for competition in swimming over fairly long distances. Yet there are many who, are quite capable of swimming a mile quite easily and in decent time, and there seems no reason why this most valuable quality of a swimmer should not be encouraged. We are of course told that present circumstances are against the realisation of the project of a national competition, but even if that be deemed out of the question, and we take leave to doubt it, there can be no question but that club and district contests are quite feasible, just as much as are the galas which will most certainly be held, and which assisted so materially last year in the promotion of War Charities. Indeed it would seem that the wet blanket has been cast, not by the ladies themselves, but by pessimistic writers on the sport, who do not realise that for nearly three seasons past the senior ladies' races have been in abeyance. In the ordinary course of events those racing in 1914 would hardly have been racing this year or at any rate would probably not have been up to champion form, and therefore to debar those who have passed the junior stage from having a chance for senior honours seems, to say the least of it, a bit unfair. Since the war has commenced, Miss Connie Jeans has come very prominently before the public and has shown marked ability, particularly over distances from a furlong upwards, but although this lady has won the Midland Championship on at least two occasions she has never yet had a chance of starting for the championship of England, at present held by Miss Daisy Curwen, of Liverpool. The last mentioned young lady has been swimming during the past two seasons, indeed has had several struggles against Miss Jeans in ordinary scratch races.

Were the lady champion of England away on war work it would naturally be graceful to abandon the championship during her absence, but as she is not, the argument which has been advanced in favour of abandonment does not apply. The Southern District has even left over its own Senior Championship, much to the detriment of

Miss Johnson, the previous junior champion, who at least had an excellent chance of winning and by so doing would probably have gone for premier honours. That condition of affairs is however to be remedied this year, as the Southern ladies have asked for their senior championship to be decided and the Association has acceded to their wishes. We can all understand the men's championships being abandoned in Great Britain and Ireland as well as the Overseas Dominions, but no logical or even sentimental factor exists for the abandonment of the ladies' senior championship when we consider that we have in training such representatives as Miss Curwen from the North, Miss Connie Jeans from the Midlands, and Miss Vera Johnson from the South, as well as nearly a dozen other young ladies who would make a good show.

The authorities have so far decreed that there is to be no national ladies' championship. Were it conducted at a big centre it would be a huge success, and would yield a profit worthy of presentation to a good cause. But by reason of the present antipathy to the holding of it we fear that our oft repeated suggestion of a long distance race for ladies will meet with a like fate. Yet it could be arranged so beautifully, and carried out so satisfactorily that every club would want to have one of its own. We have no doubt but that if properly approached the Thames Camping and Boating Association would make no difficulty about dressing accommodation at their camp for a mile race at Walton, and with this as a start you would see how river racing would boom. The cost to a club would be almost infinitesimal, while apart from the benefit to the swimmers an enjoyable afternoon's outing could be secured. And you want some enjoyment in these times.

The "Select School of Swimming and Life Saving," at Des Moines, Iowa, of which Miss Clara Ward and Miss Marguerite A. Millier are the principals, has often been referred to in this magazine. Last year the advanced classes were worked up for speed and style, and at the close of the early winter work Mrs. John McGuire was voted the all

round star swimmer of the school, this lady not only being first in grace and form, but also first in endurance and speed. She is now working up for back, breast and side stroke excellence, and at the same time assisting with the High School classes. The private work of the school started in the middle of January, and will go on until another of those delightful trips to the summer school in Lake Okoboji can be made. The primary object of the school is to cultivate endurance. After that the question of speed is the next consideration. East High School classes have been in progress, with short vacation, since last October, and classes have now been started at West High School, where a swimming pool has recently been completed. We may mention that the Misses Ward and Millier are both Medallists and Certified Instructors of the Royal Life Saving Society and also members of the National Women's Life Saving League of America. They gained their Awards of the Royal Life Saving Society when on a visit to England and received much help therewith from the members of the Weston-super-Mare Ladies Club. They are both individual members of the Society.

The lady swimmers of America seem likely to throw off the yoke, for they are taking steps to form a governing body of their own to regulate feminine racing in the future. Instead of being antagonistic, the Amateur Athletic Union of America, which has hitherto governed all swimming in the States, is said to be willing to assist the project. Miss Charlotte Eppstein, of the National Women's Life Saving League, with headquarters in New York, has assumed the active work of forming the new organisation.

In the Australian championships, Miss Fanny Durack has put up several new ladies' records. She covered 150yds. in 1.53; 220yds. in 2.53 and 440yds. in 6.3. Report says that Miss Durack declined to take part in the proposed tour of Australian lady swimmers in America, but offered to go as individual representative of the Commonwealth.

A new American ladies' 400yds. relay bath record has been made by Misses Elizabeth Becker, Helen Rubican, Gertrude Artelt and Helen Pennypacker, of Philadelphia, their joint time being 5.9.0. The former record was 5.43.1 by the New York Women's Life Saving team.

The New South Wales Ladies' Amateur Swimming Association appoints six ladies as official timekeepers, and none but these can act at any gala or championship meeting held under the auspices of the Association.

Attendances of women bathers at the baths in Birmingham and district during the past two seasons are said to surpass all records. Mixed bathing is permitted, and that is largely the cause of increased bath receipts. With few exceptions the London Borough Councils still lag behind and refuse all sensible reform.

There is a gigantic ladies' swimming club in Pittsburgh, U.S.A., numbering close upon a thousand members, many of whom are excellent swimmers. For instance Instructor J. W. Stevens reports that Miss Florence McLaughlin, who is 13 years of age, won the local half mile championship in 16.23, and was placed second to Miss Claire Galligan in the National mile championship in 33.42. She was also second in the Metropolitan diving championship. Then there is also Miss Bessie Ryan, 14 years of age, who won her novices' 100yds. in June, 1916, in 1.21.1, and is now capable of swimming the distance in 1.14.

American ladies are evidently greatly improving in speed, for the feminine records have been going by the board. This is largely due to the increased encouragement given to swimming and the enlargement of bathing facilities. The *Pittsburgh Sun* tells us that over 560 Y.M.C.A.'s and Y.W.C.A.'s have swimming tanks, as have lyciums, turnvereins, and other organisations, and that outdoor municipal pools have become a fixture in many cities and boroughs.

Jarrow Ladies' Club has done excellent work of late years. Some hundreds have been taught to swim and many of these have since become very expert. Much of this progress is due to the enthusiasm of Mrs. Pugh, who recently gained the Award of Merit of the Royal Life Saving Society; and also to Miss Ethel Blake, who is a holder of the Bronze Medallion.

As previously recorded the sum of £1218 16s. 10d. was raised by the Ladies' Clubs of the Southern Counties for the Building Fund of the "Star and Garter" Home for our disabled sailors and soldiers. Of this sum

£800 will be devoted to the erection of "The Swimmers' Lift," a powerful and commodious structure that will form a central feature of the Home, its purpose being to convey the patients in their beds from the upper floors to the outdoor terrace or the various recreation rooms. A tablet, upon which will be recorded the names of subscribing clubs, will be placed in the lift, and will thus be a permanent record of the efforts made by lady swimmers. A further £250 will be used to build and furnish one of the rooms in the Home ("The Swimmer's Room"), while the balance will provide a modest contribution to the general fund for the equipment of the home.

After a party given to wounded soldiers at the Public Baths, Gloucester, the members of the Gloucester Ladies' Club presented their captain, Mrs. Frost, *née* Miss Elsie Dawes, with a handsome silver teapot as a wedding gift, and also took occasion to present Mrs. Allen, wife of the Bath Superintendent, with a tea service as a token of appreciation of her kindly assistance to members of the club at all times.

A new mixed bathing club for London has been formed, and will commence meeting early in May next. It is to be termed "The Alsations" and has for its honorary secretary Miss Grace Riley, captain of the Bedford Ladies, 22, Whitefriars St., E.C., to whom all communications from intending members should be addressed. Special care is to be taken in the selection of members, and as the committee is a strong one there seems every likelihood of great success. Of course, it may be said that the time is inopportune for the starting of such a club, but really there is a great demand for such an organisation, worked on good social lines, and with every care for its reputation. For the time being the bath for practice has not been decided upon, but that difficulty will no doubt be overcome in the near future. There is ample scope for activity on a large scale, for there are many whose clubs have been closed down, and have been gradually losing touch with swimming during the past three seasons. But the new club can easily alter that.

Competitions between members of both sexes are not permitted at meetings in public, but this regulation will not hamper the club in its work or prevent it from taking up the teaching of Life-saving of

which it is to make a prominent feature. In some respects its rules will be somewhat drastic, especially as regards membership of other clubs, but it will otherwise open up a wide field for swimming enterprise in centres other than London.

The hundred yards ladies' championship of New South Wales, decided on December 16 on the Coogee Aquarium, was won by Miss Fanny Durack in 1.10.2, Miss Nina Wylie finishing second a few yards behind, and Miss Marjorie Winn third, some nine yards further away. Later Miss Durack and Miss Wylie had a tussle over 150 yards, Miss Wylie getting 7 seconds start. In the preliminary heat the latter beat Miss Durack, but in the final the latter won by a bare touch amid much excitement in 1.55.2. Miss Durack has done better than this, for two years ago she swam the distance at the Domain Baths, with only one turn, in 1.55.

A GERMAN SIMULATION.

A CERTAIN German Professor has recently discovered that the reason for the British hatred of Germany and the Germans is that German athletes have proved themselves premier exponents in almost every branch of sport. This peculiar pronouncement has been made by a person styled Dr. Spiers, of Munich, who could surely have never studied the results of the Olympic Games of 1900, 1906, 1908 and 1912, or the lists of British Championships in every form of sport since their institution.

Notwithstanding the absurd statement of Dr. Spiers, the fact remains that except in a few instances German swimmers have never been able to equal the doings of the British at all distances from a hundred yards upwards, and if the worthy professor were to consult his own countrymen he would learn from them that in Swimming in particular they have acquired much useful knowledge from the British, who were the first to easily beat their best records in their own country and under their own conditions of competition.

We of course admit that they had some really good divers, breast and back swimmers, for these were branches of the art which were much cultivated, and since we have given these branches more attention and encouragement the same ability has been developed here, therefore we can afford to be just a little amused with the simulation of this worthy professor of something which is not akin to sport.

MODERN METHODS OF TRAINING.

Exercises for all Swimmers.

SCIENTIFIC SYSTEM PROPOUNDED BY DANISH OFFICER.

By WILLIAM HENRY.

It is customary for most swimmers to leave off practice at the end of the season, and to train rapidly prior to the commencement of the next. Many of course go in for winter sports, indeed all should do so, but there is not that regular and gradual training so essential to the retention of vital system of exercise you lead up to the bath, and then continue the exercises concurrent with the ordinary process of drying to the close of a very invigorative fifteen minutes' daily work, which brings into play nearly all the important muscles. By his system overstrain is obviated, and the body is kept

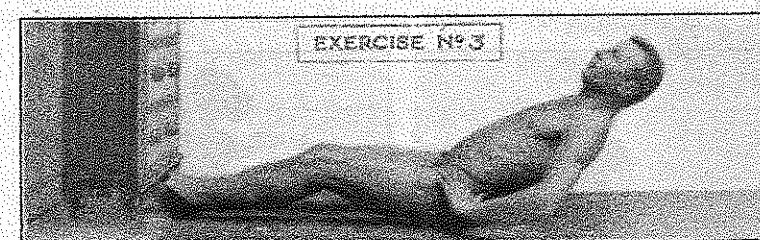


FIG. 1. Abdominal Muscles Exercise.

health and physical energy. When the swimming season is in progress there is always work to be done daily, but in the cold seasons, unless one participates in regular and suitable exercises, a general slackness arises which is difficult to overcome. Many systems of exercise for health's sake have from time to time been recommended, but

in tone ready for the opening of the Swimming season, when hard practical training will be more enjoyable. In the course of a recent series of exercises which we undertook at his Institute in Dover Street, W., Lieut. Muller, who, by the way, is an expert scientific swimmer who gained some knowledge of the subject through correspondence with us

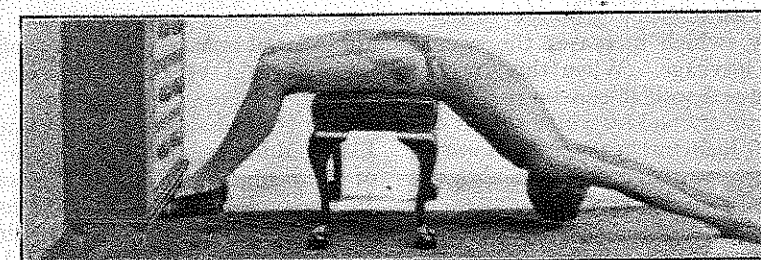


FIG. 2. Same as No. 1 but more vigorous.

most of them savour of monotony or are found unsuitable. Not so that recommended by Lieut. J. P. Muller, of the Danish Army, who is a very old member of the Royal Life Saving Society and holder of its Award for Life Saving, and an expert swimmer who, as becomes an ardent health student, has included a daily bath in his course. By his

when at Copenhagen, we experienced the benefit of his advice for the winter training of swimmers and in some of his exercises for general use Lieut. Muller pointed out that those athletes who only go in for swimming often neglect the developing and strengthening of certain very important muscles and internal organs.

In the third exercise of his book he recommends the athlete to lie down on the floor and place the toes under some heavy article of furniture such as a chest of drawers, then raise the body into a sitting posture and lower it again, performing these movements several times. The beginner may assist him or herself to raise and lower the body by placing both hands on the floor, but when stronger the hands should be placed on the hips and kept there throughout the exercise (see fig. 1). Inhalation should be made when going backward and exhalation when coming forward. The body must always be raised steadily by the abdominal muscles, not by a jerk of the trunk or the arms. Later you may put the hands behind the neck or hold them straight up, in a line

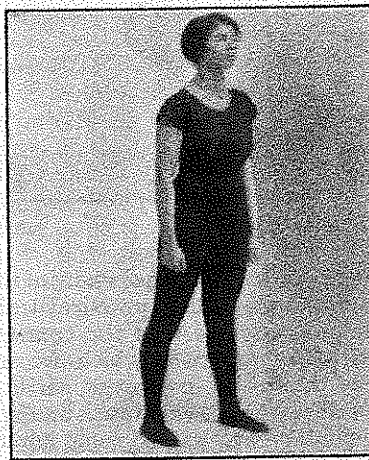


FIG. 3. Position for Trunk Twisting.

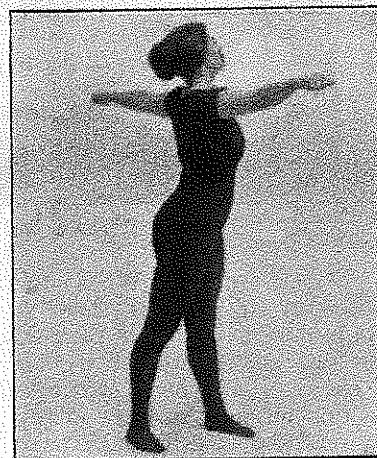


FIG. 4. Trunk Turned to Left.

with the body, which increases the weight of the body's leverage. When this exercise has been practised well it can be performed seated on a chair or stool by which means one is compelled to lean further over backwards, before being able to touch the floor with the back of the head (see fig. 2).

Trunk twisting with side bending is another of the useful exercises recommended for general training. You place yourself with hands clenched as in (fig. 3). The upper part of the body is then turned to the left and at the same time the arms are raised to a horizontal position, as in (fig. 4), while a deep breath is taken. Immediately afterwards you must turn back again to the position shown in (fig. 3), at the same time lowering the arms and exhaling. Then a corresponding turn should be made to the

right, raising the arms and exhaling (fig. 5), then back again while exhaling and lowering the arms. In the advanced section of this exercise you supplement each turn or twist with a side bending. The movements are:—Turn to the left (fig. 4), bend down sideways until the clenched right hand touches the floor (fig. 6), and raise the body again to position of fig. 4, and turn it the whole way round to the right into the position shown in fig. 5, bend sideways and touch the floor with the left hand as in fig. 7. With practice you ought to perform these side bendings without bending the knees. Inhale when rising, exhale when turning round and bending sideways, and it is most important to remember that the breath should never be held; as soon as the lungs

are inflated exhalation should follow and the latter should be more prolonged than the former.

The trunk bending exercise, number 11 in Lieut. Muller's book, is also one of the best of the rubbing exercises for general training. In the preliminary movement for this exercise the swimmer stands with hands on hips, then bends the body and curves the back as low down as possible, then raises it again and bends it well over until the back is hollowed rather than curved. Inhale while rising and exhale when bending forward. Perform about twenty double movements. Later you may add the rubbings. In that you place your hands on your calves (fig. 10), and rub upwards along the front of thighs, abdomen and chest, at the same time rising, bending backwards and inhaling

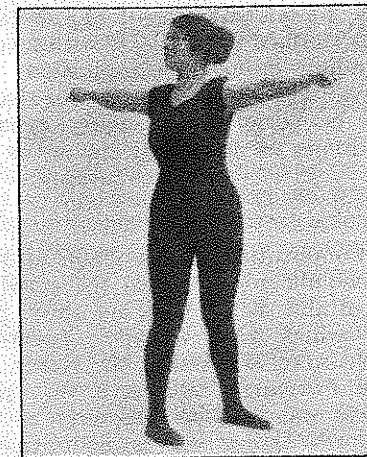


FIG. 5. Corresponding Turn to Right.

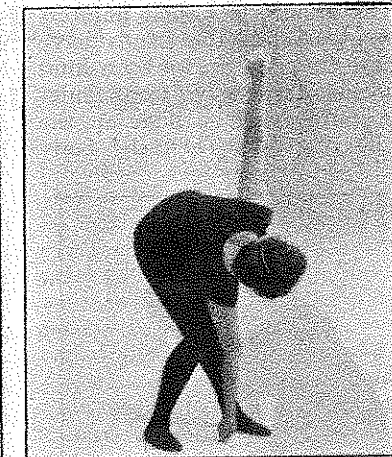


FIG. 6. Side Bending from Position 4.

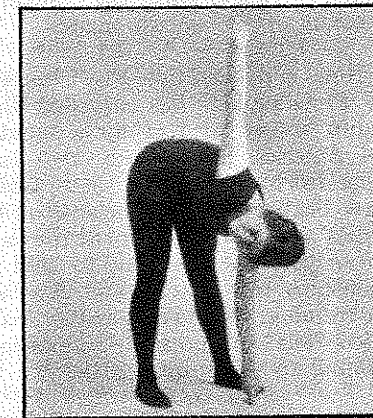


FIG. 7. Advance Movement with Knees Straight.

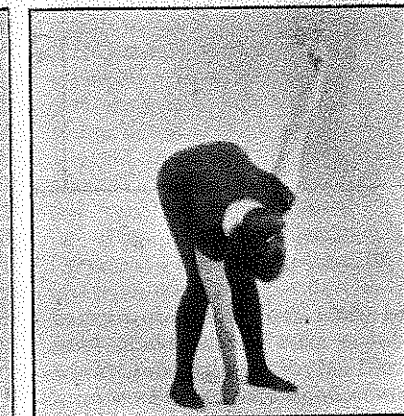


FIG. 8. Wrong Position, Trunk not Twisted.

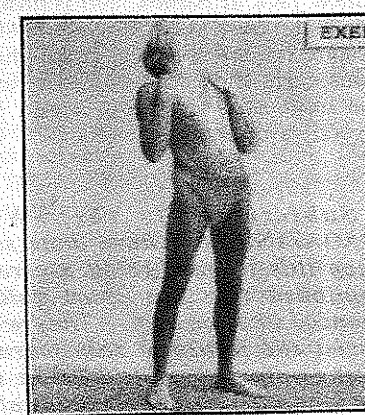


FIG. 9.

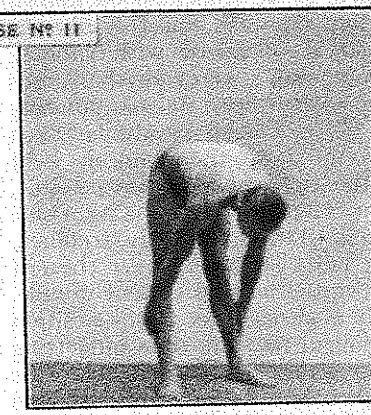


FIG. 10.

EXERCISE NO. 11
Rubbing and Bending Exercise.

(see fig. 9). This should be a long, uninterrupted movement. When the hands have stroked the chest they are drawn by a kind of circular movement sideways from under the collarbone and placed as high up the back as can be reached. Then the body

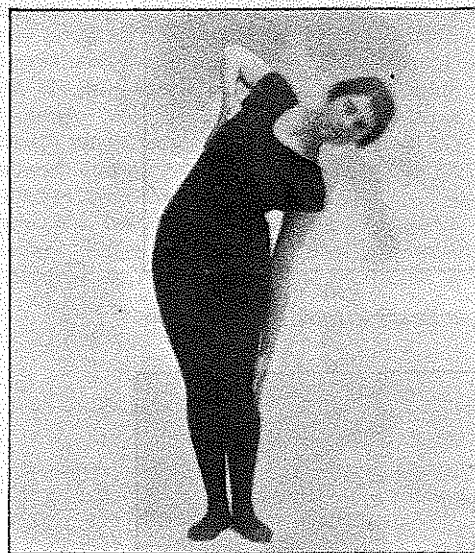


FIG. 11.
*Trunk Bending Sideways and
Rubbing Exercise.*

is bent forward and a stroke made downwards rubbing the lower part of the back, loins, backs of legs and calves, bending downwards and at the same time exhaling. As soon as the ankles have been reached bring the hands to the position as in fig. 10, and resume the upward rubbing.

There is another exercise of eminent use, number 16 in Lieut. Muller's book, known as trunk bending sideways, and this like the last mentioned is combined with rubbing exercise. You stand erect with hands resting flat on the hips, fingers pointing downwards. Then a deep breath is taken and at the same time the trunk is bent sideways to the right as much as possible, the right palm being slid down the right side of the right leg until the arm is fully stretched, while the left palm is slid up over the left hip and flank until the arm is bent double. Then the body is swung over to the position (fig. 11), exhaling at the same time and letting the left hand stroke downwards and the right hand upwards. As you come back to the previous position you should inhale. It should be made a rhythmical swinging from

side to side movement. Later the exercise is performed very quickly with several double bendings in one long respiration. The great advantage of these exercises is that they can all be performed regularly even in one's bedroom as no special apparatus is needed.
(To be continued).

Commenting on the claim of Mr. Leo, of Honolulu, to have used the crawl stroke in Australia as far back as 1888, particulars of which have already appeared in the SWIMMING MAGAZINE, Mr. Harry A. May, of the *Pittsburgh Sun*, says that a form of crawl was used in Pittsburgh in 1897-8 by John N. Dailey, who for many years held the national record for swimming with feet and knees tied. Dailey used the stroke only in the final sprint of races, and it was erroneously called "trudge," also the "steamboat" on account of the splash made.

News is to hand that Miss Elizabeth Becker, of Philadelphia, has equalled the English ladies' record of 1.11 for a hundred yards. As America has already two ladies, Miss Olga Dorfner and Miss Claire Galligan, who have beaten this time, the outlook for English ladies' swimming does not at the moment look rosy. But the decisions to hold the championships this year should give an impetus to training, and may possibly lead to some good but at present unknown juvenile coming to the front.

One of the Rhodes Scholars recently selected from New Zealand is Sergt. Alexander Francis Meldrum, 21 years of age, who enlisted with the force that hoisted the Union Jack at Samoa, and returning to New Zealand, renewed his University studies, and, despite the interruption, passed his examinations. He then enlisted again, and left for the front as a sergeant. Sergt. Meldrum is a good swimmer.

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 200.)

RECOLLECTIONS.

By ARCHIBALD SINCLAIR.

TO one interested in swimming it is pleasing to look back into old scrap books or glance over correspondence of the past. Many of these in my possession and also those filed among the archives of the Royal Life Saving Society would, if collated, form a succinct history of English swimming for close upon thirty years. The progress which has been made in that period is all the more remarkable because it has almost entirely been due to voluntary effort, inadequately recognised, but nevertheless of distinct value to the nation. There are many whose hard work I can recall but whose names do not appear in the records of the past. But in these Memories, which will appear from time to time, I hope to do them the justice their merit deserved. Many of them have, alas! crossed the "Great Divide."

One of the latest friends and colleagues to go West is Mr. S. T. Dadd, who died on Monday, January 22, at the age of 59, after only two days' illness. Mr. Dadd had lost two of his sons in the war, Leading Seaman S. G. Dadd, Anson Batt. R.N.D. at Gallipoli, and the other in France. The latter had his father's instincts as an artist, and had been an exhibitor of sculpture at the Royal Academy at an early age. Mr. Dadd, who won the plunging championship at Lewisham in 1893, was always ardently attached to swimming, and much of his black and white work was devoted to illustrations of the pastime. He it was who so well illustrated the volume on "Swimming" in the Badminton Library, in the compilation of which work I collaborated with Mr. William Henry, and I can well remember the care and attention to detail which Mr. Dadd displayed before allowing any of his work to be reproduced.

Among other work by Mr. Dadd was the designing of all the certificates of the Royal Life Saving Society, and several for the Southern Counties Amateur Swimming Association and the London Water Polo League. About his latest connected with swimming was the "Swimmers' Roll of Honour," which was reproduced in the

SWIMMING MAGAZINE of February, 1915. It is a beautiful piece of work and should be used as the War "Roll of Honour" by every club, thus making the record uniform throughout the swimming world. For many years before the introduction of photographic records of sport Mr. Dadd was a continuous contributor to the *Illustrated Sporting and Dramatic News*, and other similar journals. Coursing, athletics and swimming were his special subjects.

When one reads that Mr. Dadd won the plunging championship with a plunge of 64ft. 3ins., it does not at first sight seem great, in view of the fact that the record is 82ft. 7ins. by W. Taylor, at Bootle, September 5, 1906. But the present generation is perhaps not aware that until the particular competition won by Mr. Dadd, the conditions allowed entrants to hang on as long as they pleased and consequently candidates did not practice speed for their plunge. But in 1893 the Association determined to impose a time limit of 60 seconds, and the championship was the first decided under the new regulations. Mr. Dadd could probably have gone considerably farther, though his winning plunge was best of the three he made. The effect of the new rule was soon apparent, for men began to practice for speed as well as for hanging on, and the record rapidly rose by leaps and bounds. The record under old conditions without time limit was 75ft. 7ins. by the late G. A. Blake, who like Mr. Dadd belonged to the Lewisham Club, made at the old Lambeth Baths on October 10, 1888. Mr. Dadd may be said to have set the standard for the modern style of plunging competition.

The swimming races and water polo matches between Oxford and Cambridge date back as far as 1891, the year in which the Oxford University Swimming Club was formed, principally through the exertions of Mr. E. D. Finch Smith, of Worcester College, an old Hanley player. Oxford had as its first president Mr. A. M. Langdon, who when at Winchester had won the Ulph Cup at Yarmouth, then the premier amateur salt water scratch race of the year. Cambridge

had encouraged swimming very strongly since 1855. At the time of the promotion of the Oxford Club, there was up at Christ's, Mr. A. T. Masterman, who had played water polo for Tunbridge Wells Cygnus and Kent County, and it was through him that the inter-university meetings came about. In a letter I have kept, dated May, 1891, he asks me to act as referee at a probable match at Oxford in May of that year, but the game did not materialise.

It, however, came about in October, 1891, at an entertainment given by the old Nautilus Club at the Crown Baths, Kennington, the referee being my old friend Mr. C. E. Macrae. These were situated on the left side of the famous Oval, looking from the Pavilion, but are now no more. They were very spacious baths, but not adapted for water polo as there were ledges all along the sides down to the bottom of the bath. But anyhow, the game was played there, and Cambridge sustained a crushing reverse by four goals to one. How closely allied is rowing to swimming was evidenced by the fact that in the Oxford team were Lord Amphil, who had rowed in the University boat in that and the two previous years; W. A. L. Fletcher, who rowed from 1890 to 1893, and R. P. P. Rowe, 1889 to 1892, while in the Cambridge side appeared G. Elin, 1890 to 1892, and G. Francklyn, 1890 to 1892. The result of the match was a great surprise to Cambridge, who had however only open water in which to practice whereas Oxford had a bath, not a great one, however, we admit.

The Richmond Club has always been keenly interested in water polo. In the first county water polo match ever played the club had E. Hughes, W. P. Warren, and A. C. Hughes in the Surrey team, beaten by Middlesex by 5 goals to love at Kensington Baths on September 18, 1889. Kensington Baths used then to be the venue for many of the best class polo matches, and it was in them that the first international with Scotland was played in 1890. On the Middlesex side in the county match referred to were J. L. Magyer, of Burton-on-Trent, who won the rooyds championship of England in 1884 and 1885, William Henry, who was then quarter mile salt water champion of England, and R. G. Bettinson, winner of the rooyds. championship in 1881, and brother of A. F. Bettinson, the well known manager of the National Sporting Club.

The cup which the first division of the London Water Polo League played for was presented by Mr. James Gordon Bennett, the proprietor of the *New York Herald* in 1890, and was first won by the old Nautilus Club, who used to practice at Kennington Oval Baths. It owed much of its success to the brothers Payne, one of whom, E. Harding of that ilk, was architect of the Old Kent Road Baths, wrote the chapter on "Baths and Wash-houses," in the Badminton "Swimming," and the booklet on "Baths and Bathing Places" for the Southern Counties A.S.A. Harding is now serving his King and Country.

I do not think it is generally known that the first international came about through an error in addressing a challenge from London to Glasgow to the convener of the Scottish Association, who while approving the match preferred one between England and Scotland. You may be sure that did not take long to bring about, for the London League clubs of that day, though few in number, were very keen on the game. The League was started by only five clubs, but at the end of its first season it had twenty-one affiliated, the leading and most successful clubs being Nautilus, Otter, Richmond, Stroud Green, Cygnus, Amateur, St. James's and Tadpole. After that year the Polytechnic quickly sprang up into prominence.

It may not be known to the present generation of swimmers that in the seventies the governing body of swimming in England allowed amateurs and professionals to compete together, the amateurs taking prizes, and the professionals cash. Most of the professionals belonged to the prize ring, and as betting was rampant, there were frequent troubles. Moreover it was no uncommon thing for a swimmer to find all his valuables taken, and up to 1880 it was always wise to get a friend to take charge of your clothes before you went on the board. Prizes, when won, were very often not forthcoming, and any paltry excuse for withholding them was deemed sufficient by the promoters.

The galas in those now far-off days were usually run by so-called "Professors," who solicited prizes from all and sundry and very often forgot to produce them. Battered old medals that had seen service at many a gala were produced as the advertised trophies or else nothing was forthcoming. But the

Amateur Swimming Association gradually grappled the matter in effective style, and after first insisting upon permits as a check, they eventually barred such meetings altogether, and now only allow their clubs to hold complimentary galas for the benefit of their coaches and instructors or else for certified charitable purposes. Moreover, the balance sheets of such meetings have to be produced. The day of the speculative "pro" has therefore gone so far as amateur swimming meetings are concerned.

In the early days of the London Water Polo League many pleasant tours were made in the West of England and to the Channel Islands. With the exception of the Portsmouth gala on August Bank Holiday, there were no such meetings in the country as those at Plymouth, Penzance, St. Ives, Exeter, and old famous spots in the West of England. The hospitality extended was remarkable. These West of England matches have perforce been shorn of their importance since the outbreak of war, but one would recommend visits to them later on if only for the splendid sea bathing one can get at the charming places of the Devon and Cornwall coast.

And then there are the Channel Islands, those "gems of the sea" away over by the French coast, which our swimmers love to visit. The bathing places at Guernsey and Jersey astonish the ordinary bath swimmer, and move him to envy. Until a few years ago we had nothing like them, but certain coast resorts have now made good. Still the trip to the Islands is the treat, and once arrived there one is loath to depart. I first made the journey in 1892 as examiner for the Royal Life Saving Society, but of late years opportunity has not served me to revisit the picturesque islands of the Channel.

The other day I came across my friend Holbein, one of the most remarkable athletes of our age, who at the age of 42 undertook the task of swimming the English Channel from Cap Grisnez to the South Foreland. I well remember that trip although it is now close upon fifteen years ago. Holbein, who had been a great long-distance cyclist, had had a fearful smash on the Great North Road, and for the alleviation of a consequent injury was told by his medical adviser to take up swimming. Though not fast he

proved himself a man of prodigious staying powers, and put up a performance never yet equalled, for though he just failed in his object he was in the water 22.21.0.

The elements were propitious for him on the day he started, and just before the start he was further cheered by a telegram from Mr. Diehl, a well-known weather expert, saying "All portended well, possibly thunder." That telegram, which I secured at Cap Grisnez Lighthouse, after an awful climb up the cliff, I have by me as I write. The weather prophecy worked out all right and though we heard no thunder there was a long roll of the sea during the night, which our skipper noted as following thunder somewhere in the North Sea.

We started from the French coast somewhere about four o'clock in the afternoon, and all through the piece until close upon six o'clock the next morning thought Holbein would pull through. At one time he was well under the South Foreland, but his slow swimming, particularly just before the end, caused the tide to fail him at the critical moment, and with an offset sending him away from the coast there was no alternative but to get him to retire. Great was the disappointment to us, but what must it have been for the swimmer when so close to his haven?

This was the greatest Channel swim I ever saw. Unfortunately I missed the successful one of Burgess in 1911, for while he was swimming I was sailing to Newcastle. The weather was so delightful, and the sea so wonderfully smooth that many of us on board were speculating as to the chances of a Channel swim were anyone out for a trial. Until we arrived at Newcastle we were unaware that Burgess had started on his great effort, but previous experience of his stamina told us that the day was suited for the man, a burly Yorkshireman resident in Paris, possessed of remarkable strength and undoubted staying power, with a little more speed than Holbein. We received the news of his success while watching one of the Newcastle United matches, and the news soon became the talk of the city. Burgess was afterwards offered all sorts of inducements for music hall and other shows but sturdily declined.

NEWS FROM QUEENSLAND.

Successes of F. W. Springfield.

THE Valley Club of Brisbane held a carnival at the Booroodabin Baths, on the night of December 6 last, when the programme included the 60yds. Junior Championship of Queensland. This was won by M. Hall in 0.36.2, which is only two-fifths of a second outside Queensland record established by F. V. Dowzer, now on active service, and which was equalled by A. Linton, the winner in the previous season, Hall swam an erratic course and had he kept straight would most probably have beaten record. The Butterfield Memorial Cup Handicap provided some exciting contests. This competition was inaugurated in the season 1915-16 to commemorate the good work of Mr. Butterfield, who was foundation member of the Valley Club, and also of the Queensland A.S.A., and at the time of his death official standard timekeeper and vice-president of the Association. The final of this season's competition was so exciting that judging was difficult. The handicapping must therefore have been particularly good. Victory went to F. Burnett. The quarter mile handicap decided on times, there being no final, was also productive of excitement, and our old friend F. W. Springfield, who of course started from scratch, only managed to win by two seconds.

Six days later the Valley Ladies held their carnival at the same baths; at this the principal event was the 100yds. State championship. As juniors are not allowed to start such fine swimmers as Miss Elsie Venning, T. Cavill, the daughter of Dick Cavill, and V. Ryder were debarred from competing. It proved a very exciting race, but the bath was too crowded, six competitors in a 30ft. by 90ft. bath being too many for a championship, and as Miss M. Grant, the winner in 1.22, did not swim straight, there was some jostling. Miss M. Springfield, the holder, who won last year in 1.20, now took 1.23.1. A ladies' water polo match was played for the first time in Queensland, the team captained by Miss Springfield winning by 4 goals to 2. At the same gala Miss Springfield won the neat diving contest.

The annual three miles Bremer river swim from Booval to Ipswich was postponed from

December 2, owing to heavy rains, until December 16. The race is considered the chief among the swimming events in Queensland. Although it is a handicap it carries a fastest time prize and a team premiership to the club sending the five finest swimmers. There were no fewer than 73 entrants and of these 55 started, 45 completing the course. F. W. Springfield had to give away 35 minutes, but although he only finished twentieth to J. W. Knight, 25 minutes start, he was second on actual time, beaten forty-one seconds by R. Mullins, 6 minutes start, who came in fifth. J. W. Saunders started from scratch with Springfield, and only proved 6 seconds slower. The gaining of the fast time prize by Mullins, who had an allowance of 6 minutes, was a surprise to Springfield and Saunders. Mullins swam exceptionally well, taking 1.13.1 under heavy water conditions, whereas the record, 1.8.6, by Sid Springfield was made under exceptionally favourable conditions. The Valley Club again won the team premiership, their side consisting of F. W. Springfield, E. J. Springfield, F. Youngnickel, C. J. Smith and A. Eaves.

The Toowong Club held a carnival on November 28, the chief event being the Parkinson 50yds. Memorial Race, in memory of Mr. G. W. Parkinson, killed at Gallipoli. At the time of his enlistment he was Hon. Secretary of the Club, and also hon. treasurer of the Queensland A.S.A. There were 62 starters and victory went to J. Brett, Valley Club, D. Boyle, South Brisbane, being second, and J. McGregor, South Brisbane, third.

On New Year's Day there was a carnival at Maroochydore, where Mr. F. O. Venning, formerly hon. secretary of the Queensland Head Centre, has quickly established a club since his removal from Brisbane. Cable advices are to the effect that F. W. Springfield won the quarter-mile championship of the State on that day.

Springfield, whose successes we are now chronicling, will be remembered in England as the winner of the Long Distance Championship in 1908, the Olympic year, and also as a representative of Australia at the Games. He is particularly keen on the teaching of Life-saving.

NOTES ON NEWS.

Interesting Items from Home and Abroad.

SOME idea of the magnitude of the work open to life savers in America may be gleaned from the fact that on the Alleghany River, about fifteen miles out of Pittsburgh, there were at the Camp and Canoe clubs last summer about 10,000 people, and about 50,000 week-end visitors. Until Mr. Harry A. May, of the *Pittsburgh Sun*, started the advocacy of swimming, and life saving there were drowning cases every summer, in one season no fewer than 12, but last season there were none, thanks to the work of the Pittsburgh Branch of the United States Volunteer Life Saving Corps. Mr. May first started writing on the subject, but finding this of little avail he started a lecturing tour on swimming, canoe handling and life saving, and with the assistance of Messrs. Ralph Shinton and Harry T. Blair, old fellow clubmen, gave demonstrations on land and water, and also showed the use of the "lung-motor" an American respiration machine. Then he had a team of about a dozen clever young ladies, men and boys down to give a display, and these efforts did so much good, that the Pittsburgh Branch of the U.S. Life Saving Corps was organised. They have now 125 members, with Mr. Ralph Shinton as Commodore and Mr. Harry R. Blair as Vice-Commodore. The Branch, which has also acquired two lung-motors at a cost of 275 dollars each, does regular patrol work at the camping resorts.

It is said that Harry Hebner, of the Illinois Athletic Club, world's back stroke champion, and winner at the Olympic Games at Stockholm in 1912, has retired from active participation in racing events.

At the twenty-fourth annual general meeting of the Victorian Amateur Swimming Association, held at the Amateur Sports Club at Melbourne in October last, it was reported that the total strength of the clubs now affiliated was estimated at 470 swimmers, and that many clubs had been unable to renew their affiliation owing to so many of their members having joined the colours. The State championships were not decided last season, and the Council has agreed to the abandonment of the Australian champion-

ships for yet another season. The annual three miles swim in the Yarra was also abandoned. Good work was, however, done among the juniors and the State Junior Championships for those under sixteen years of age were duly contested. The gold medallion annually presented by the Melbourne City Council for the Corporation Junior Championship of Victoria was taken by H. A. Summers, Fitzroy Swimming Club. The Council lays particular stress on the importance of every swimmer making himself acquainted with the best methods of life saving, and also of making himself of sufficient ability to gain the Awards of the Royal Life Saving Society.

The Richmond Corporation has again very kindly conceded to the Barnes and Mortlake Public Elementary Schools Sports Association the privilege of their scholars being allowed to use Richmond Baths at half the usual charges of admission. This concession is greatly appreciated.

Captain F. C. Selous, Royal Fusiliers, the famous big game hunter and explorer, who was recently killed in action in East Africa at the age of 64, was a very observant student of natural history. In his "Travel and Adventure in Africa," published in 1893, he tells us that during more than an hour he took the times that a hippopotamus remained under water. The shortest was forty seconds, and the longest four minutes and twenty seconds: the usual time being from two to two and a half minutes.

The illustrations which accompany the article on the methods of training advocated by Lt. Muller are from that officer's "My System," and "My System for Ladies," published by Messrs. Ewart, Seymour and Co., Ltd., and are reproduced with the author's permission.

Tedford H. Cann, of the New York Athletic Club, has beaten Perry McGillivray, of the Illinois Athletic Club, by fifteen feet in a furlong race at the Illinois Club, tank in 2.25.1, and W. L. Wallen, of the Hamilton Club, Chicago, has won the Central A.A.U. mile championship in 24.38.3.

Chief Petty Officer William L. Burnett, R.N.V.R., who has been awarded the D.C.M. for meritorious conduct at Beaucourt, after splendid work in Gallipoli, was hon. secretary of the Belmont Swimming Club of Dundee.

Corpl. Percy H. Hill, R.A.M.C., an old Plymouth swimmer, has been presented with a gold watch by the trustees of the Carnegie Heroes Fund for the rescue of a woman and her daughter at Plymouth in September last. The presentation was opportunely made at a meeting of the Three Towns Association (Plymouthians in London).

Mr. W. A. H. Buller, Otter and Richmond Swimming Clubs, has been elected President of the Southern Counties Amateur Swimming Association for the present year. For the time being all other honorary officials as well as the official handicappers will continue to act with Mr. Harold E. Fern, again hon. secretary. By the way Mr. Fern has changed his address to Springhaven, High Barnet, Herts, and club officials are asked to note this.

In addition to the Ladies' championships, which are referred to in the "Ladies' Section," the Association proposes to hold the London Schools 100 yards junior, and the junior graceful diving championships this year, but none of the senior men's championships, and for the right to hold any of these events or the ladies' races they invite applications from affiliated clubs before June 1 next. As last year a levy of six shillings is to be made on all clubs affiliated.

We note with pleasure the kindly reference the New South Wales Head Centre makes to the SWIMMING MAGAZINE, which it says, "is without doubt the most valuable medium of inter-club communication that swimmers have yet had," and it invites essays, reports and photographs for publication.

The death has occurred at Newport, Monmouthshire, of Mr. W. J. Orders, Deputy Lieutenant of the County, and a prominent shipowner, who was the first president of the Welsh Amateur Swimming Association, and helped to organise the Welsh International Water Polo Matches. The first match was against Ireland at the Ravensbourne Club entertainment at Westminster Baths, London, in 1896, Wales winning by three goals to nil. In the following year Wales beat

Ireland at Swansea, lost to Scotland at Newport, in 1898 drew with Scotland at Aberdeen, and Ireland at Belfast, but lost to England at Newport. Up to date Wales has met England on twelve occasions and been beaten every time except in 1905, when a draw of three goals each was played at Bradford. Wales was to have met England in Wales in 1915, but the game, like all the other Internationals since August, 1914, had to be abandoned.

The Royal Automobile Club premises in Whitehall, in which there is a fine swimming bath, have been commandeered by the Government for war purposes.

The King has presented the Albert Medal for saving life at sea to James Rossitor Davis, mate of the *Corinthian*, who on September 7 of last year, when the ship was bound for Canada, leaped overboard in mid-Atlantic, and saved the life of America's famous steeplejack. Davis was unconscious when taken into the boat after forty minutes' immersion.

At the Venice Bath, Venice, California, the head of the School of Swimming is Instructor T. H. Kendall, who obtained his Teacher's Certificate of the Royal Life Saving Society at Montreal. Mr. Kendall, who has Mrs. Kendall as chief Lady Instructor, gives special courses in advanced swimming, diving, surf swimming, speed and long-distance swimming, and also in Life-Saving, and has some remarkable results to his credit.

One of the Californian swimming marvels whom Mr. Kendall has trained, is Helen Fox, only seven years of age. She is a niece of Mayor Gerety, of Venice, and could not swim a stroke when she first started taking swimming lessons, but at the end of the first month of instruction she swam a mile with an easy, graceful side-stroke in the fast time of 52.14 without tiring. She also swam five different strokes perfectly, including the American Crawl, dived from a height of 10 feet, and could perform numerous fancy swimming feats. At the end of two months' instruction she astounded every one by swimming a mile in the Venice Plunge with her hands, legs and feet tied. She also did this remarkable feat before a crowd of 5,000 people off the end of the Venice Pier. She can also dive from the height of 26 feet.

Her speed swimming is developing fast, having already beaten all the juvenile opponents in the vicinity. She is in much demand for motion picture work. Little Helen is also a charming toe dancer and elocutionist.

Bud Goodwin, of New York, has held championship titles for sixteen years, and is said to have never been beaten at distances longer than a mile. He has competed in the five miles race in the Hudson River, New York, for twenty-three years in succession.

The social clubs of America are far above us in enterprise. They arrange swimming parties of a high class character. Over here it was customary, some years ago, to taboo this kind of gathering but we are gradually overcoming prejudices and no doubt before long we shall see calendars issued like that of the New Era Social Club, of Pittsburgh, which is illustrated with a half tone showing a large swimming party, and twelve dates for the club's monthly swimming parties printed in red.

In a recent talk, in connection with the presentation of the prizes at the annual gathering of the Philadelphia Swimming Club, Mr. Harry A. May, the well known authority on American swimming, told those present that American swimmers had much to be thankful for and a lot to swell up their chests about as they reviewed the recent fast development of American swimmers, not only in speed swimming and the breaking of many of their own, and some world's records, but from the fact that they had made such wonderful improvements in the matter of advanced technique in the crawl stroke, so much so, that some foreign authorities had written to find out their style and methods that they might profit thereby.

He further said that without fear of contradiction he could pick a half dozen lads in the country, still under the scholastic age-limit, who could go abroad and defeat all comers throughout the world, either amateur or professional, up to 220 yards, while with such men as Ludy Langer, Kahanamoku of Honolulu, Vollmer and Teddy Cann of New York, they could defeat the world at all distances from 25 yards up. And when it comes to distance endurance swimming, all American authorities give the crown to

Charles B. Durborow, of whom all believe in his invincible power to outstay any man in the world in a long-distance grind and test of endurance, and whose great records are now a matter of world's history.

At the annual general meeting of the London Schools Swimming Association, held on Tuesday, February 20, at the London Day Training College, Southampton Row, W.C., John Bromhead, of St. Peter's Italian School, was presented with an award of the R.H.S. for gallant rescue work. It was reported that there was a balance of assets £41 11s. 1½d. over liabilities, and that in addition £99 4s. 11d. had been invested in the War Loan. This state of affairs was deemed highly satisfactory, and afforded great pleasure to the delegates, who know full well how great is the struggle which every swimming body has for financial existence at the present time.

Several of the boys who compete in the London Schools Championships can get near the 3rd Grade Olympic test for a hundred yards, indeed if we mistake not one boy beat 1.6 at the last gala of the Association. Why not therefore encourage them to go for these badges? These juniors have shown wonderful improvement during the past two seasons, and the opportunities offered them by the Encouragement of Swimming Committee of the A.S.A. should not be neglected. Possibly the boys are unaware that such tests are supposed to be available for all members of affiliated clubs.

The tests for girls is much harder, particularly for the first grade. The accredited English records for a hundred yards are 0.55.2 for men, and 1.11, for women, but whereas the men are allowed a minute in which to gain their badge, the girls only have one second allowed over record time. This question has previously given rise to discussion, and in its report issued early in 1914 the special Committee of the A.S.A. said that the tests had been established entirely as an Olympic question, and that an endeavour should be made to bring the swimmers up to the times. But that does not explain the marked difference in the task allotted the ladies as compared with the men. If we take the world's records, which are both better than Olympic time, Miss Fanny Durack has 1.6 to her credit and Kahanamoku 0.53.1. That gives our

girls a margin of only six seconds whilst that of the men is 6.4. To be logical the men's badge time should be set at 0.56.2 to 0.57. That would be working up to the times, and not working away from them.

In view of the fast approaching season clubs should now commence their instructional classes in Life-saving so as to be ready for water-drill as soon as opportunity offers. A great increase in the number of classes is anticipated this year, especially among the ladies' sections of clubs who have kept going so well for now close upon three years. They made a record last year, but we look to them to beat that during the next few months.

Mr. Geo. White, an old member of the Zephyr Swimming Club, has been kindly devoting his services to the teaching of soldiers who have unfortunately lost an arm how to overcome the big life handicap thereby imposed, and a set of films depicting the resources open to them is now being shown in various parts of the country. Mr. White had the misfortune to lose an arm some years ago, but so dexterous has he made himself under the difficulty that the fact is rarely noticeable.

We had hoped that by this time the A.S.A. would have made some preliminary announcement as to possible military swimming competitions during the coming season, for the matter should not be left entirely to the clubs. The Southern Counties Cross Country Association has set swimmers an excellent example, for ever since the start of the war they have been encouraging military runs and races in a whole-hearted manner, at depôts wide apart and in almost every command. They have been assisted in every possible way by the officers, and have earned high encomiums, even from His Majesty the King, and were the A.S.A. to take swimming up in the same manner they would assuredly meet with as high a measure of success.

The clubs have done well, but they have not individually the same standing as the A.S.A. would have in a national matter of this kind. Last year when there were dozens of speedy swimmers from overseas and also our own champions here in training an unique opportunity was afforded for enterprise in the promotion of swimming, but it

was or could not unfortunately be taken advantage of. But there is now plenty of time to work out a feasible scheme and to carry it out in detail. We opine it would only need the consent of the District Executives, and the imprimatur of the A.S.A. committee to set it in motion. There would be no reason to consult the individual clubs for their consent is certain.

One remembers how disappointed Longworth and Beaurepaire were when they were here that no races could be fixed up other than the big one so kindly arranged in the Liverpool district. In that quarter there has been energy all through and our old friend Mr. Hodgson has kept plugging away for fresh endeavour. But we want this work done all over the country and especially where units are stationed. The value of a knowledge of swimming to the soldier is immense, and therefore not only racing should be encouraged, but general improvement in the army as well.

Just before going to press we had the pleasure of meeting with the brothers Ernie and Allan Loney, of West Australia, who are enjoying a spell of rest. We also had the gratification of meeting Sergt.-Major T. W. Malins, ex Hon. Sec. Victoria Head Centre of the R.L.S.S., Melbourne, he was looking remarkable fit, and informed us that during the voyage to England conducted large classes in Life Saving on board and thus helped to spread the knowledge the Society seeks to promote, in which all three are deeply interested.

Our third year is fast drawing to a close and we would therefore remind subscribers to the SWIMMING MAGAZINE, particularly those residing Overseas, that subscriptions should be renewed early, in order that the continuance of the Magazine may be assured. The restrictions put on the output of paper and the increased charges for the same and all other materials make it imperative for intending subscribers to communicate with us in the immediate future and not wait until the May number, the last of the year, is issued.

The Swimming Magazine.

(Fourth Volume commences 1st June, 1917.)

Notice to Subscribers.

The response to the proposal, made three 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.

It is generally admitted that it has filled a long felt want, has admirably answered its purpose, and has also proved a valuable medium of inter-communication.

In order to secure its continuance, all interested in the Art of Swimming are invited to forward, without delay, their subscription of 5s. (five shillings), which includes postage. For this sum one copy will be posted on the first of each month for a period of twelve months to the subscriber's address in any part of the world.

Owing to the world-wide distribution of the Magazine it can only be published as a subscription paper. It is not placed on sale with newsagents, and, therefore, the only way of securing its regular delivery is by becoming a subscriber.

William Henry

Hon. Editor.

SPECIAL NOTICE.

Many important reports received by late mails from the Overseas Dominions, as well as home news, will appear in the April issue of the Magazine.



J. DAFFERN & CO.,

101, Hatton Garden,
London, E.C.

Medallists to the Royal Life Saving Society.

SPECIALITY—

Silver Cups, Challenge Shields, Club Badges,
Medals, Silk Embroidered Badges, and
General Athletic Prizes.

'Phone—Holborn 528 .

WATER POLO MEDALS.



The above design, which represents a full-size medal, has been specially prepared for Water Polo Players; it can be reproduced in silver or any other metal.

Seven medallions in silver cost £1 5s. 6d., or in metal with gilt centre, twelve shillings.

As badges they are issued at one shilling and sixpence each.

To be obtained from the offices of the "Swimming Magazine," cash with order.

Swimmers' and Divers' EAR PLUGS.

READILY ADJUSTABLE
... TO ALL EARS. ...

6½d. per Box.

To be obtained from the Offices of "The Swimming Magazine."

THE SWIMMING MAGAZINE.

Issued Monthly.

Offices: 8, Bayley Street, Bedford Square,
London, W.C. Telephone No.: Museum
1432. Telegrams: Natatorium, London.

NOTICES.

AUTHORS and ARTISTS submitting MSS and Photographs or Drawings for consideration must write name and address upon the back of their work. The Editor cannot accept any responsibility for the safe custody of MSS., etc., so forwarded, but will endeavour to return unaccepted work WHEN STAMPED ADDRESSED ENVELOPE IS ATTACHED TO THE MANUSCRIPT.

All communications should be addressed to the Editor, 8, Bayley Street, Bedford Square, W.C.

SUBSCRIPTION RATE.

Five Shillings per Annum.

The Magazine is sent post free to all subscribers on the first of each month.

ADVERTISEMENT RATES.

For Advertisements of Club Galas, etc., prices will be quoted on receipt of copy and statement of space required.

All Cheques and Postal Orders should be made payable to Mr. William Henry and crossed a/c SWIMMING MAGAZINE.

From Start to Finish

You will have more vigour at the start, and less fatigue at the finish, if you drink a cup of Bovril before the race begins. Bovril supplies energy for the short race, endurance for the long race, "nerve" for the high dive, and power for every event.

BOVRIL



A cup of Bovril is so light that you hardly notice it—so strengthening that you will feel the benefit of it all through the contest.



SWIMMING CERTIFICATES

ROLLS OF HONOUR

CLUB MEMBERS' LOOSE LEAF
REGISTERS

BORDERED BLANKS suitable for
SCHOOL CERTIFICATES

Particulars on application.

TERRY, HERBERT & Co., Ltd.,

THE SWIMMERS' PRINTERS.

19 & 21, FORE STREET AVENUE,

:: :: LONDON, E.C. :: ::

Lieut. J. WOLFFE'S Channel Embrocation

CURES LIKE MAGIC

| | |
|---------------------------------------|----------------------|
| RHEUMATISM | INSECT STINGS |
| LUMBAGO | GOUT |
| SCIATICA | STIFF NECK |
| BRONCHITIS | STRAINS |
| CHILBLAINS | SPRAINS |
| FROST-BITE | NEURALGIA |
| COLD IN THE CHEST & THROAT | |
| etc., etc. | |

Cures every description of pain except that caused by organic disease or open wounds.

Has already proved itself indispensable to our troops at the Front.

Pte. Lovejoy, of the Middlesex Regt., writes—"Your Embrocation is as good a pal here to your body, as the rifle is to yourself."

Consumption in its first stages has been cured with Channel Embrocation and a special Cough Mixture. For full particulars of this treatment write direct to Brighton.

IN BOTTLES 1/3, post free 1/6: 2/6 size post free 3/-. The latter size contains three times the quantity of smaller size. From Messrs. GAMAGE, LTD., Drug Dept., Holborn, London. Or direct from Jabez Wolffe Channel Embrocation Co., Brighton, England.