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THE SWIMMING MAGAZINE.



OCT., 1914.

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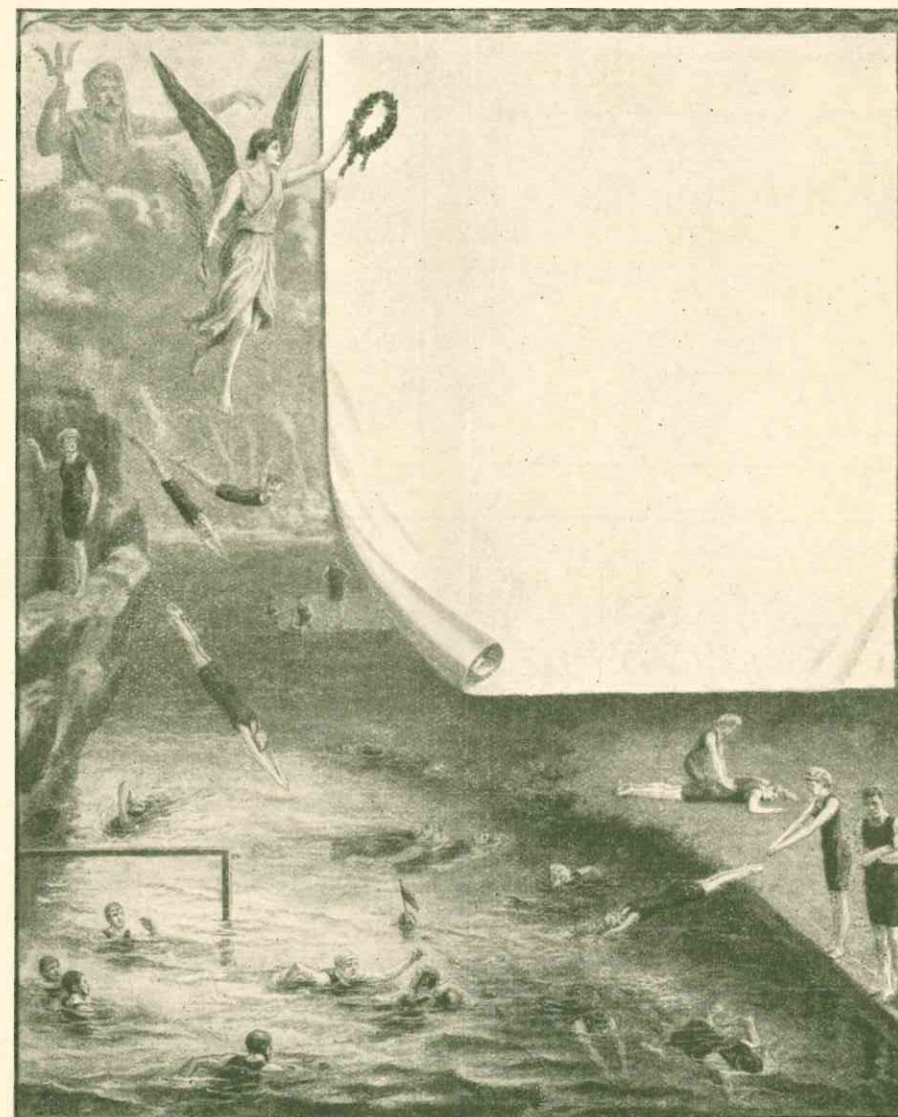
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Organ of The
Royal Life
Saving Society)*

No. 5. VOL. I.

OCTOBER, 1914.

**THE TEACHING OF SWIMMING.
Encouragement Scheme to be Continued.
Colonials at the Front—Our Duty to Them.**

ALTHOUGH the principal championship races and club galas have been abandoned for the year, there is still ample scope for the teaching of swimming and life saving to the young of both sexes, and the good work is going on.

It would be idle to join issue with those who complain that leading fixtures are not carried out, but we do maintain that the other part of the work, and that is tuition, should not be sacrificed.

From all quarters of our vast British Empire we learn of famous swimmers going on active service, and to them our hearts go out and our prayers are sincere that they may return safe and sound from this inhuman war, forced on us by stern necessity and for the upholding of our national honour.

There are times when one thinks of the many splendid German swimmers we have met and the expressed hopes of them to see us at Berlin in 1916 for the Olympic Games. But all Olympic Games are now likely to be abolished, for the idea of cementing the friendliness of the youth of the various nations has not been borne out; there have been frequent squabbles and not a little unpleasantness. Far better to abolish them, or abstain from them so far as we are concerned. They never were popular in England, as witness the apathy with which the nation has received the constant appeals for funds to train and conduct British teams abroad. Moreover, there was much expressed dissatisfaction over national representation, the Irish, Scotch, Welsh and other associations all considering that they should have separate representation.

Still some good has been done to swimming, for a substantial sum has been placed at the disposal of the Amateur Swimming Associa-

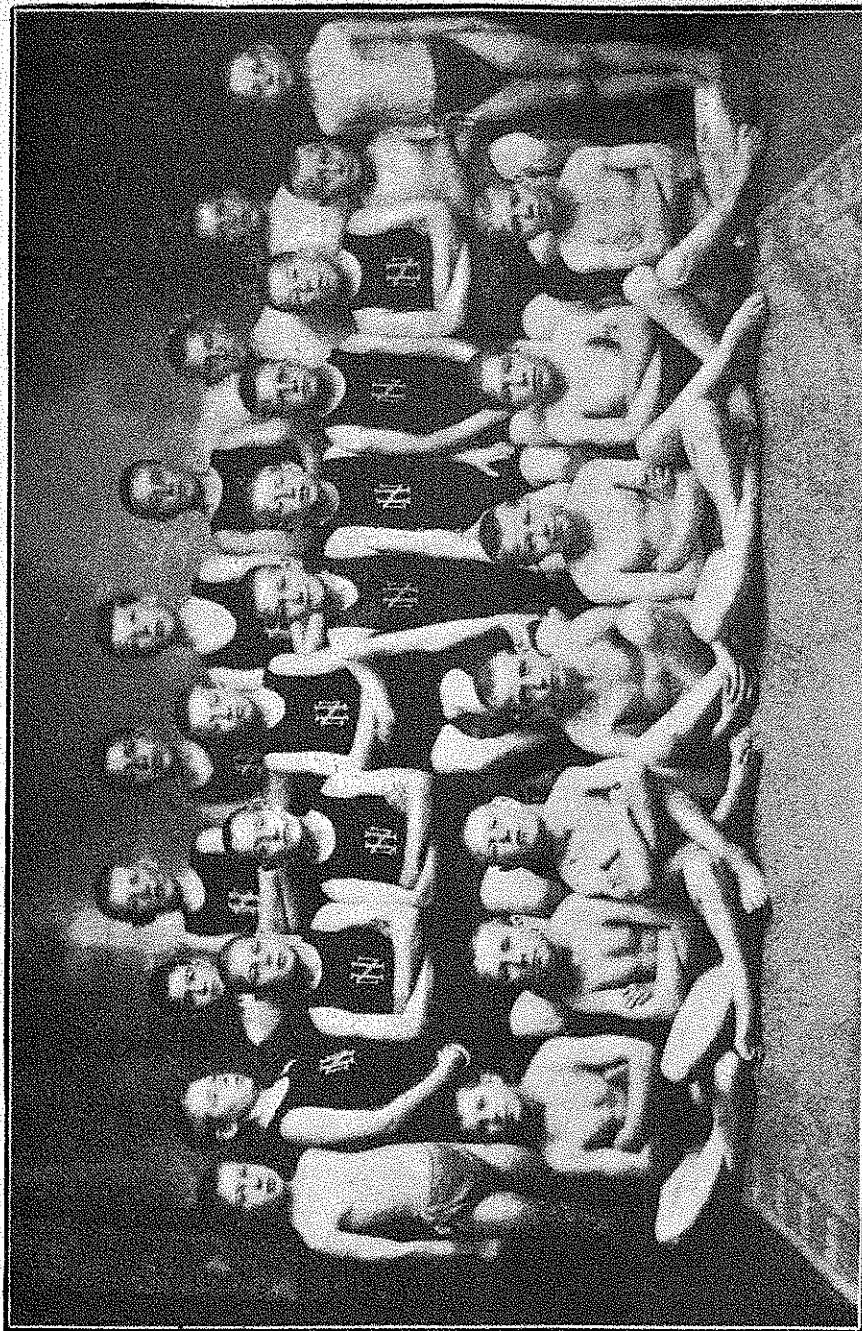
tion for the purpose of encouraging the teaching of swimming and the improvement of those already able to swim.

This scheme is to be continued and badges awarded to British born subjects only. No swimmer is eligible who has represented a foreign nation in a recognised international contest in swimming, diving or water polo.

Apart from these competitions the various district committees propose to send competent teachers in various branches of the art to certain central baths, so as to give instruction to all and sundry. In several cases this has already been done with happy results. We understand that this tuition is not to be confined to the male sex, and that several lady teachers are shortly to be appointed. In many instances these instructors are doing honorary service with most laudable energy, and in doing this are perfecting the nation in an art which is always of eminent service to any one.

As the Olympic Games are practically dead, there now arises great opportunity for the consolidation of the swimming members of our vast Empire by interchange of visits and holding of competitions between the Homeland and the Oversea Dominions. Such friendly intercourse will help to continue the blessings of unity so wonderfully apparent in the present crisis, and incidentally aid the development of swimming. It was due to the frequent visits of our Australian brethren that we learnt the "crawl" stroke, and by our visit to Australia that the knowledge was gained of the use of the surf life saving reel. Let us therefore as Britishers gratefully remember the debt we owe not only to Australia, but also to Canada and New Zealand, and return it, as we should, when peace comes.

SWIMMERS OF NATLAND HOME, KENDAL. SUCCESS UNDER DIFFICULTIES.



*Swimmers, Floaters, Divers and Life Savers.
Some of these have swum across Lake Windermere.*

WE introduce this article and the accompanying photograph, "Swimmers from Natland Home," to show how keenness and method can succeed despite a lack of average facilities.

Three weeks' camp by the sea shore in summer: but at all other times six miles' walk for each water practice. Nevertheless systematic drills on land in conjunction with equally systematic drills in the water have enabled this small country Home of 32 boys to gain many distinctions in swimming and Life Saving Practice.

These distinctions are inscribed on a large shield in the boys' dining-room. The shield began with six Elementary Certificates gained in 1909; it now bears a roll of 72 Royal Life Saving Society awards and considerably over 100 other distinctions.

No doubt there is very keen competition whose name shall appear most often on this shield: Plunges over 30 feet are recorded on it, high dives over 12 feet and over 18 feet, under water swim 60 feet, one mile swim and "The Cross Windermere Swim."

We are told the "Cross Windermere Swim," is criticised as too dangerous; this summer ten Natland Home boys accomplished the feat, eight of them under 14 years old and the youngest only 10 years and 3 months; the point chosen was from Storrs Hall Pier to the opposite shore. Two at a time the boys swam across the lake, followed by a boat with two boys in the bow ready to effect a rescue; none was needed. The boys seem well able to look after themselves, and to help each other. At four successive Galas of the Kendal Swimming Club they have given exhibitions in Life Saving; their first was a rescue race in swimming costume, next a rescue race in ordinary clothes, then a rescue race all fully dressed and the boys to be rescued unable to swim. At their fourth exhibition dives were made from roof girders, various methods of rescue and release were shown, then a challenge was given. A stranger from the audience (a boy who could not swim) accepted it and offered himself to be thrown into deep water; he was rescued by a Home boy and his struggles did not inconvenience the rescuer, who carried him the length of the bath.

The method of teaching adopted at Natland Home has two outstanding advantages—little verbal instruction has to be given in the noise of a public swimming-bath; as such instruction is given in the land drills at home, every boy not only learns how to

swim himself, but he is also taught how to drill and instruct others.

In England and Canada old Natland boys are teaching swimming. With a view to encouraging these and other old boys the Home's Honorary Instructor, Mr. Ismay Barnes, this year issued and sent them a small illustrated "Manual on Swimming Instruction," written by himself, upon the methods adopted at the Home.

Natland is one of the hundred and twenty Homes of the Church of England Waifs and Strays Society and it has recently induced the Parent Society to form a swimming committee to encourage efficient teaching in its Homes, to safeguard bathing, and to award "At home in the water certificates" to each of its boys and girls who accomplish all of the four following simple tests:—

Swim 50 yards breast stroke; swim 20 yards back stroke, using legs only, hands on hips; plunge 15 feet; float motionless 10 seconds in fresh water or 30 seconds in sea water. A shield has been offered for the Home which gains the highest percentage of these certificates. A story is told of two small Natland Home Boys seen gazing into a tree overhanging a mill dam near Kendal. As they continued to watch with unabated interest a resident went to enquire the cause: they had spotted a town's boy climbing an awkward branch and they hoped their chance had come!

In the "Foreword" to his "Manual on Swimming Instruction" (which can be obtained from Mr. Titus Wilson, publisher, Kendal) previously referred to, Mr. Ismay Barnes, who is chiefly responsible for the conduct of the Natland Home for Boys and is an enthusiastic supporter and promoter of Swimming and Life Saving, states that the aim of his work "is to help those who wish to instruct classes of boys in the arts of swimming, floating, diving and life saving practice, though the teachers themselves may be able to swim but little or not at all."

"It is ten years since swimming was first taught to the boys of Natland Home; there were then twenty-four boys, in age from six to fourteen years. The smallest and the water shy were rejected; the rest were taught by the tedious method of the teacher performing each stroke in the water, and then supporting each boy in turn for practice; all the usual aids, belts, water wings, etc., were in turn tried. Books upon swimming offered some help, but their methods were unsuited for class instruction and our

success was small and hard-earned until the handbook of the Royal Life Saving Society was consulted. It contained the nucleus of what we wanted, a system of imparting instruction to a class on dry land by land drills, and then putting the instruction into practice in the water. At first sight the handbook seemed too advanced for us, whereas it proved invaluable for elementary teaching of swimming and by easy stages led us on until our boys gained a reputation for ability in swimming and life saving practice.

"The method now adopted is to instruct and drill our beginners in a class on land until they are at home with every position and movement for breast stroke and the positions for floating and diving; at least a dozen drills, occupying a quarter of an hour each drill, are necessary before taking the class to the baths at all. At the baths the boys are paired (to support each other in the water), six or eight boys at a time undress and enter the water and perform drills, which put into practice the instruction they received on land. Faults in position and stroke are noted for correction in the land drills before the next week's water practice. With intervals for splashing and amusement, the water drills are repeated. Confidence is all important to the learner, so no ducking is allowed, and we think the method of teaching by throwing a water shy boy or any other boy into deep water is the last effort that should be resorted to.

"As to progress of beginners, after a dozen land drills we have known boys the first time in the water dive well, or float, and two or three who swam several strokes; on the other hand, some have been so water shy, we could only prevail on them to dabble about the steps and have let them do so for several lessons. One water shy boy ultimately gave a sensational exhibition at a Gala, high diving from the roof girders.

"A good average beginner should dive and float and swim a few yards after six visits to the baths."

The Southern Counties' A.S.A. have decided to abandon the 100 yards, 150 yards (London), 220 yards and 440 yards Men's Individual Championships, also the team Swimming Championships as well as the Polo, and to record the names of the four teams in the semi-final, stating that the competition was not proceeded with.

COMRADES IN PERIL.

Gallant Rescue by Police Sergeant.

AN exceptional act of rescuing two policemen from drowning lies to the credit of Police-sergeant Charles Brown, of the "B" Division of the Birmingham City Police. Mr. Brown already possesses the bronze medal of the Royal Humane Society, and notwithstanding that he is an expert this recent rescue also deserves attention.

While bathing at Edgbaston Reservoir, Sergeant Brown had his attention drawn to two policemen struggling in the deep water. One had been teaching the other to swim by placing his hand under him, when they came suddenly to a place where the bottom shelves down into deep water. Finding himself disappearing, the non-swimmer caught his teacher by the neck, locking him in his grip.

The men had gone down three or four times, when Sergeant Brown swam towards them, and, diving, succeeded in catching the non-swimmer by the arms, pulling both into the shallow water. The rescue was effected scientifically by the second method of the Royal Life Saving Society. The men were greatly exhausted, but the sergeant was able to support them until they reached the side. The occurrence was witnessed by Mr. Bob Challingsworth, the well-known Birmingham weight-lifter. The names of the constables rescued are Foulkes and Inskip, both of the "B" Division.

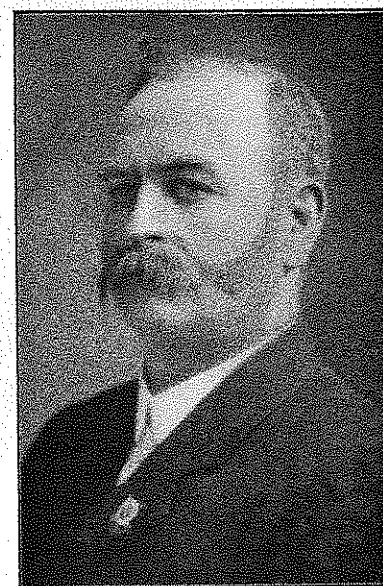
The sergeant's previous rescue was in 1908, when he succeeded in bringing a drowning Army lieutenant to the surface and, afterwards, safely to land. This, too, was at Edgbaston Reservoir, where Sergeant Brown swims daily winter and summer.

Sergeant Brown is life-saving instructor to both the "B" Division Police and the Birmingham All-The-Year-Round Swimming Club, in which capacity he has taught many to swim and also the art of life saving, which he has put to such good practical use.

The Scarborough Swimming Club, it is said, have sent a hundred members to various branches of the Forces.

A WORTHY ORGANISER AND PROMOTER.

THE workers for the cause of Swimming and Life Saving in the North of England are many; we could mention one or more in nearly every town, and we think that we shall not be doing anything wrong if we happen to refer to one of these in the person of Mr. George Tinnion, of Newcastle-on-Tyne, who has done much, in and out of season, to make the subject popular amongst those who, if properly trained, will be the mainstay of the nation in the future.



MR. GEORGE TINNION.

The subject of our notice was born at Dearham, Cumberland, in 1859, and went to Newcastle-on-Tyne in 1881. He did not learn to swim in his youth; in those days the art was not encouraged and parents were usually against it, therefore if Mother got to know that her boys had been "ducking in the bick" the stick was awarded to them on their return! The good soul was afraid that some day one of them would be brought home dead. Such being the conditions of things, Mr. Tinnion did not begin to learn until he was over 30 years of age. His first lessons were

indulged in at the Snow Street Bath, and after he was able to cover about four hundred yards he joined the Gateshead S.C. and devoted the whole of his spare time to the subject, not only as Hon. Treasurer, but also as Hon. Instructor. Thus in three years the Club membership increased from 65 to 235, chiefly because of the instruction that was provided. By this time Mr. Tinnion's worth as an Organizer was recognised, and he became a Member of the Executive of the Northumberland and Durham A.S.A., which position he held for four years, and is still on the list of Official Judges and Polo Referees. For five years he held the office of Hon. Secretary of the Northumberland and Durham Water Polo League, for three years was its Hon. Treasurer, and at the present time fills the position of Vice-President.

In 1905 he accepted the invitation to become Hon. Representative of the Royal Life Saving Society, which position he has filled with honour ever since, doing splendid service for the cause each year during the summer season by giving free lectures to the holiday folk at the seaside, in swimming baths and other places when opportunities offered. As regards the Awards of the Society, he gained his Proficiency Certificate in 1904, Bronze Medallion in 1907, Hon. Instructor's Certificate 1907, Award of Merit in 1910, and was elected Hon. Associate in 1912. As an Instructor, he has to his credit 21 candidates who have gained the Elementary Certificate, 86 the Proficiency Certificate, 65 the Bronze Medallion, 7 of whom have since passed for the Award of Merit, and one for the Diploma. He is a man who is never weary of well-doing, and as such has met with opposition from people who should know better, yet it has not caused him to falter, on the contrary, it has been the cause of redoubling his efforts in the interest of Swimming and Life Saving. Besides devoting much time to this subject he holds a prominent place in the St. John's Ambulance Association, in which he has gained many Awards for knowledge of First Aid, Military sanitation, nursing, hygiene and is a Bronze Medallist. This is the sort of man we are pleased to mention and honour, in the hope that others may go and do likewise.

THE GAME OF WATER POLO.

ITS ORIGIN AND DEVELOPMENT.

By Archibald Sinclair.

IT is pleasant to me to renew my acquaintance with water polo players, for ever since I first saw the game I have taken an interest in its progress and have spent many pleasant times either playing in or watching a match.

We cannot get at the real start of water polo, but the late Mr. William Wilson, of Glasgow, always claimed to have invented it and it is on record that in 1877 he drew up rules for an aquatic football match, which was played at the Bon Accord Club's gala in the River Dee, the game being from bank to bank.

But in some research work I did a few years back I found that on May 12, 1870, a committee was appointed by the Swimming Association, then known as the London Swimming Association, to draw up a code of rules for the management of the game of "football in the water." Unfortunately no copy of this committee's report was obtainable, but it must be evident that the game was then known. In a report of a meeting at the Crystal Palace in 1874 the term "water baseball" is used, but no description is given.

But we have detailed reports of matches played at Bournemouth in 1876. They were called "aquatic handball" matches, and were played in the sea off the pier by members of the Bournemouth Premier Rowing Club.

I may perhaps here quote what the writers of the Badminton "Swimming" say about these games:

"Curiously enough, there were seven competitors on each side, and the 'goals' were marked by four flags, moored at the west of the pier, 50 yards apart.' After a 'severe struggle,' the ball burst; but the players, nothing daunted, and 'properly habited, displayed their aquatic accomplishments for some time.' A week later, so another newspaper cutting informs us, 'twelve members of the club proceeded in rowing galleys, and took up a position near their goals, which were marked out by flags describing an oblong of 60 yards by 40 yards. All being ready, an india-rubber ball, evidently the inside of an ordinary football, was placed in the centre between the parties, and a

signal given, upon which both crews sprang with commendable agility from their galleys and struck out for the ball of contention.' The report goes on to describe the battle, during which an incident occurred recalling the method adopted under their old rules by the Scotch goalkeepers. One player 'got a lucky hit which sent the ball back from his goal several yards, and it seemed as if his crew were, for a time, to have their own way'; but a player on the other side, 'who, instead of jumping in with his party, in the first instance, remained in his goal as backstock, now plunged in and reinforced his crew, who, after a short but obdurate tussle, turned the tide again in their favour. Again the ball burst, and, another not being forthcoming, the game was suspended.' Among those who were prominent in play were O. C. Mootham, W. J. and E. Worth, F. T. Cutler, H. Nash, H. Harvey, and J. A. Nethercoate, now highly respected and law-abiding burghesses of the new borough of Bournemouth. In these games it is amusing to note the length of the play, the size of the goals, the thin rubber ball that naturally could not last through the severe castigation it received, and the term 'backstock,' evidently coined from the writer's own imagination."

Yet it was Scotland that pushed on the game and established championships. It had rules of its own, differing widely from the English. They had no goal posts at first, little flags placed eight or ten feet apart being used instead, and only soft india-rubber balls used. At length goal posts fixed up on the end of the bath were adopted. The goalkeeper stood on the end of the bath, *out of the water*. Standing on the bottom of the bath or playing with two hands was not allowed, but ducking was not prohibited. Several of the Southern clubs, such as the Torpedo, Zephyr and Amateur, had begun to take up the game by this time, but the energetic clubs were the Midlanders. They had curious rules, and the forwards sometimes nearly had their necks broken by the goalkeeper jumping on top of them—in order to score the ball had to be placed on the end of the bath with *both* hands.

The game made comparatively slight progress in England until about 1883, when a match between Birmingham Leander and All England was arranged to take place at the Portsmouth Club gala. These matches took place two years in succession, and then the All England team met the Midland Counties' Aquatic Football Association, which by that time had been formed. England proved successful in each of the matches.

One of the curious rules of the game was as follows:—

"Should any competitor elected to take part in polo match fail to engage in same, he shall forfeit all prizes that at time of holding such he may have already won at this festival, as well as any he may afterwards become entitled to in connection with same."

One of the players in these games was Mr. William Henry, and about this period he tried to induce the English Association, then known as the Swimming Association of Great Britain, to recognise the game and formulate rules for it, so as to avoid separate sets of laws being framed. But the Association was apathetic. The Midlanders were, however, keen on the game, and in 1884 founded what was then known as the Midland Counties' Swimming and Aquatic Football Association. This action opened the eyes of the Swimming Association, and in 1885 it took the game under its wing, and passed rules which differed materially from the Midland and Scotch rules.

Nothing much further was done until 1888, when the rules were revised and a championship started, in the final of which the Otter met Burton-on-Trent, at the old Lambeth Baths, made famous by Professor Beckwith and the scene of many great races, but now long since used for purposes other than swimming. I was referee in the match and well remember how easily Burton won. They were, of course, old hands at the game, and the only great side we had in London at the time was the Nautilus, who had only been beaten by Burton by a goal to one at Burton after a troublous time.

After this there was a general agreement as to rules, so far as English clubs were concerned, and the following year I conceived the idea of founding the London Water Polo League, and under its auspices the first county matches were played. In fact it selected the Middlesex and Surrey teams until county associations were formed. In 1890 the League was desirous of arranging a match between London and Glasgow, but

the Scotsmen replied asking for one between Scotland and England. The English Association promptly acquiesced, and thereby came about the first international, which was played at the Kensington Baths, London, on July 28, 1890. The teams were:—

ENGLAND.—F. Browne, Burton-on-Trent, goal; W. G. Carrey, Amateur, and H. F. Clark, Stroud Green, backs; J. F. Genders, Nautilus, half-back; J. Finegan, Liverpool Sefton, W. Henry, Zephyr, and J. L. Mayger, Burton-on-Trent, captain, forwards.

SCOTLAND.—C. W. Donald, Edinburgh University, goal; G. S. Bryson, Dennistoun, and S. D. Cawood, Victoria, backs; A. Strauss, Southern, captain, half-back; J. Bissland, Leander, A. Whyte, Victoria, and S. Capie, Dennistoun, forwards.

Referee, Mr. A. Sinclair, Ranelagh Harriers. England sustained a smashing defeat, but our men learned a good deal from the Scotsmen, and that the lessons of this match were taken to heart is evidenced by the position in which English water polo stands to-day.

The great lesson our men learned was that force was no use against skilled play. The Englishmen had been accustomed to rough work in the water under very crude rules; nearly every one of them was a heavy man, and each and all relied upon the weight of the team to score a victory. But, in the Scotsmen, although perhaps not quite so speedy swimmers, they found a side very skilful in passing, and who had by continued attention to practice evolved a system which was at that period irresistible.

The defeat, however, inspired the English clubs to more combined practice and the study of their own rules, as compared with those used by Scotland. Consultations between the leading authorities of both countries eventually led to the formation of an International Water Polo Board, with the happy result that the rules were assimilated and a general code agreed upon. It was, however, only after long argument that the Scotsmen gave up their system of having the goal posts planted on the edge of the bath, but once they had given way the rest of the work was plain sailing, and the Board passed a set of regulations which form the basis of the present rules. Experience has, of course, taught us the need for improvement, and there have been many alterations since the initial meeting of the Board at Liverpool in April, 1892.

In the previous autumn England had met Scotland at Glasgow in the second

of the international series, and had again been defeated, but not so disastrously as on the first occasion, although the Scotch rules had been used.

In 1892 Mr. W. Henry was entrusted with the captaincy of the English team, and then we scored our first win, this being at Westminster Baths, Liverpool, the score being four goals to one in our favour. Since then we have had an almost uninterrupted run of success in every international we have played.

(To be continued.)

The Sunday prior to the declaration of war a team of Magdeburg swimmers were the guests of the Lyons S.C. and won the majority of events on the programme. They left Lyons for home the same day.

* * *

The President of the Society for the Encouragement of Swimming in France, Mon. M. Moebbs, of Paris, sends greetings to all English swimmers known to him, and states that he has been promoted to the rank of Captain in the French Artillery: good luck to him. He is a great worker for the art, and for eleven years has promoted and conducted the swims through Paris in which most of the continental nations have been represented.

* * *

Owing to trade depression and the fact that many of the affiliated club members are on active service, the London Printing and Allied Trades Association has decided to postpone its annual gala.

* * *

After a display of life saving by the Valentine Park Swimming Club in the bathing lake at Wanstead Park, Essex, Sir John Bethell complimented the members of the life saving squad upon the manly appearance of the members, whose healthy, well-developed bodies were a good advertisement of the efficiency of swimming. Sir John was greatly impressed by the excellent drill of the squad, whose water work he considered to be exceptionally brilliant. He has always advocated compulsory swimming as a part of the education of boys and girls.

THE VALUE OF SWIMMING.

For Health and Development.

BY the Romans swimming was considered the most important of all gymnastic exercises. Nothing else so satisfactorily brings into play every muscle of the body. The arms and the legs, the abdominal muscles and those of the back and of the chest are all employed at every stroke. That alone makes swimming superior to those forms of exercise that develop only one group of muscles. Opposed to the muscles is the resistance of the water, which must be overcome. It is that that helps to strengthen the muscles. They grow hard and increase in size, and as they develop respond more readily to the will, so that they slip less easily into careless and incorrect positions.

The lungs are exercised in much the same way as in artificial respiration. With the outward sweep of the arms the chest walls expand, and with them the air cells of the lungs, so that their capacity increases. That diminishes the pressure of air within the lungs, and the outside air at once rushes in to equalise it. It is impossible to breathe superficially while swimming. In ordinary breathing the whole of the lungs is seldom exercised with every respiration; and girls, because they wear clothing that compresses the waist and diaphragm, breathe only with the upper part of the thorax. In swimming the respirations are deep and regular. The blood circulates more rapidly in the pulmonary vessels, and the amount of air inspired, and of carbide dioxide expired, is greatly increased. The amount of watery vapour and waste material given off by the lungs is also greater because of the exertion. The bathing suit should be loose in order that the respirations may be free and unembarrassed.

Because swimming causes the blood to flow more rapidly it improves the nutrition of all parts of the body, and so increases the activity of every organ. The heart beats faster and with greater force, and that strengthens its valves and muscular walls. The skin becomes red, because the capillary blood-vessels that supply it are full, and that in turn makes the sweat-glands active. The body throws off a greater amount of waste material, which the water at once washes away.

THE ART OF DIVING.

TECHNICAL LESSONS. By WILLIAM HENRY.

Fifth Article.

Continued from June, July, August and September Numbers.

(Copyright.)

IN the first article, which appeared in the June number of this Magazine, I dealt with the rise and progress of diving in this country, the Apparatus, Directions of a Dive, as well as various technical terms and definitions. In the second article, dives with arms at the side of the body and placing arms at the side, also leap dives were explained. The third article dealt chiefly with fall dives which ended by the body entering the water hands first; and the fourth related the method of performing various kinds of "headers." In the present article I explain most of the hand balance dives as also what are known as "pike" dives, so named because they somewhat resemble the action of a fish when rising above the surface of the water in its effort to take a fly or free itself from the fisherman's hook.

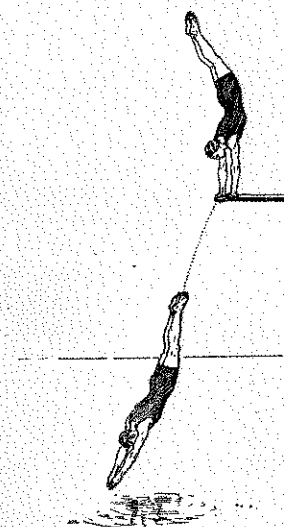


Diagram 17.

(25) *Hand balance, long arm and head dive.*

Grip the front of the diving-board with both hands and balance the body upright,

with hollow back and arms at full stretch. To avoid striking the board with any part of the body on springing off, take care to keep it rigid, swing forward with extended arms and spring away with force. The remainder of the dive resolves itself into an ordinary head dive, the body entering the water hands first. (See Diagram 17.)

(26) *Hand balance, half turn backward fall.*

The start is the same as for dive No. 25, then allow the feet to fall over backwards, keeping the body rigid. As the body is nearing the horizontal line, spring away with sufficient force to bring the body to the perpendicular position and enter the water feet first. (See Diagram 18.)

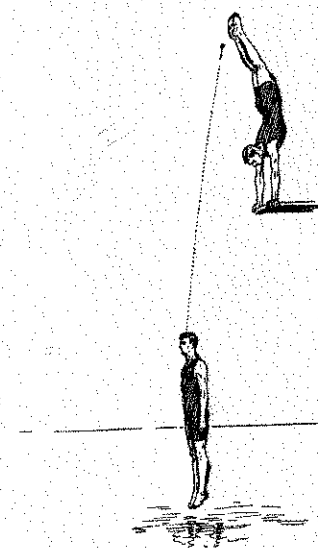


Diagram 18.

(27) *Hand balance, single somersault.*

The start for this dive is the same as No. 25, then allow the feet to fall over backwards, keeping the body rigid, and as the body is nearing the horizontal line spring away with sufficient force in order to cause it to make a complete turn, and enter the water hands first. (See Diagram 19.)

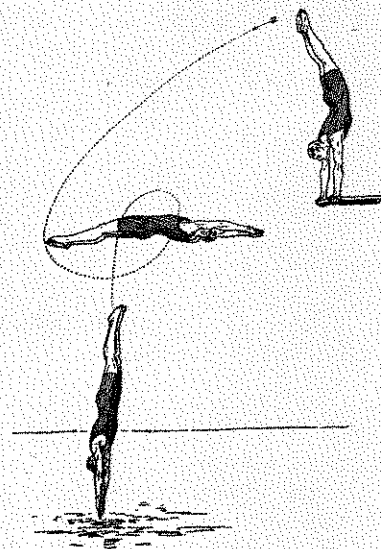


Diagram 19.

(28) *Hand balance, one and half somersault.*

All directions for this dive are the same as for No. 27 with the exception that additional force is necessary in order to cause the body

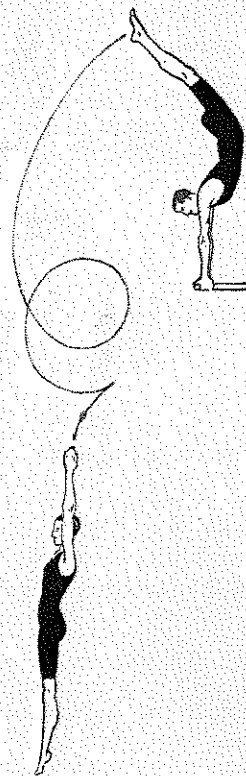


Diagram 20.

to make an extra half turn. The entry into the water in this case will be feet first. (See Diagram 20.)

(29) *Hand balance and cut through dive.*

The start is the same as for No. 25, then double the body at the hips, swing outward on the arms as for dive No. 25 and at the same time that the hands leave the board the legs are brought between them, the body is straightened to the perpendicular position, and the entry into the water is made feet first with hands extended beyond the head. (See Diagram 21.)

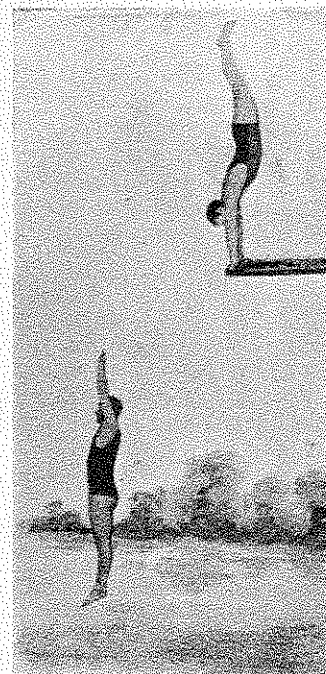


Diagram 21.

This dive is also performed by the legs being kept wide apart; it is very effective to watch as it gives one the idea that the hands have been cut or pushed away from the board by the outstretched or straddled legs. It is known as the "Hand balance, long arm and straddle." All these dives are also performed from the short arm hand balance.

(30) *Pike dive forwards, entering the water feet first.*

Primary position and free take off. Raise the heels till you are on tiptoe, eyes to the

front, back hollow and arms at the sides. Swing the arms with force backward and upward and spring off with legs together in an upward direction. Then suddenly bend the body at the hip joints and attempt to touch the toes with the fingers, otherwise keep the body and legs rigid. Then straighten the body from the hips, place the hands at the sides, and enter water feet first in a perpendicular position. (See Diagram 22.)



Diagram 22.

(31) *Pike dive forwards, entering the water head first.*

Primary position and free take off. The rest of the directions are the same as for dive No. 30, except that the diver has to enter the water head first, which requires a reverse action when straightening the body for the entry into the water. In this case the feet and legs have to be thrown upward instead of downward. (See Diagram 23.)

(32) *Pike dive, entering the water hands by the side.*

The directions for this dive are the same as for No. 31, except that before entering the water the diver places his hands by the sides of his body. For the purpose of safety this

dive should only be performed when there is plenty of depth of water. Such a dive must be regarded as a dangerous one if attempted from a height of say 12 feet into water only six feet deep. (See Diagram 24.)

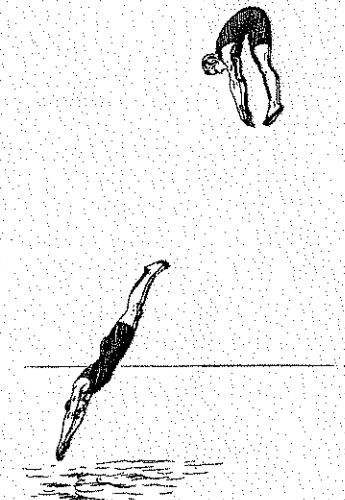


Diagram 23.

(33) *Pike dive backwards.*

Primary position and free take off. Raise the heels till you are on tiptoe, toes on the front edge of the board and heels projecting over the water, eyes to the front, back hollowed, arms at full stretch to the front,

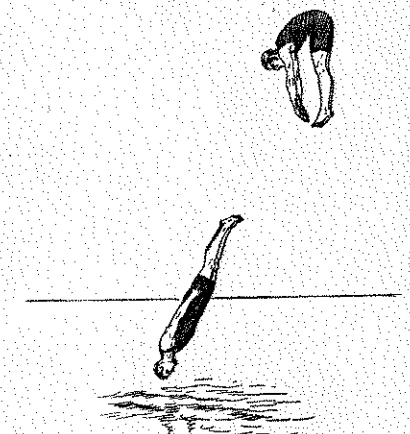


Diagram 24.

balancing the body. With a slight bend of the knees make a backward spring and spring off with both feet equally into a position nearly perpendicular. Then swing down

the arms, bend the body sharply at the hips, at the same moment touch the feet with the fingers and then straighten it out for the entry into the water head first. As this dive

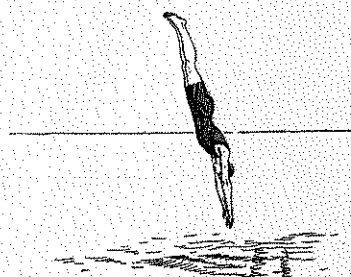


Diagram 25.

takes place close to the board, one must take care that the spring off backwards is powerful enough to carry the body clear of the board and so avoid striking it either with the arms or the head. (See Diagram 25.)

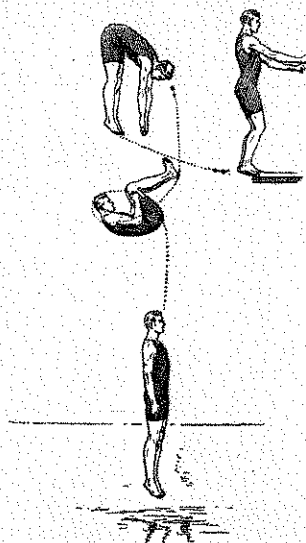


Diagram 26.

(34) *Pike dive backwards with somersault forwards.*

Primary position and free take off. The starting directions are the same as for dive

No. 33, but the spring off, which is made with both legs equally, must be forcible enough to carry the body well away from the diving-board. Then draw down the arms and bend sharply at the hips, finishing with a quick turn on the horizontal axle, then straighten the body and enter the water feet first with the hands by the side. (See Diagram 26.)

(35) *Pike dive backwards with one and a half somersaults forwards.*

The directions as to position at starting and take off are the same as for dive No. 34, but in order to obtain greater power for the turn of the body on the horizontal axle bring the arms higher in front. When the

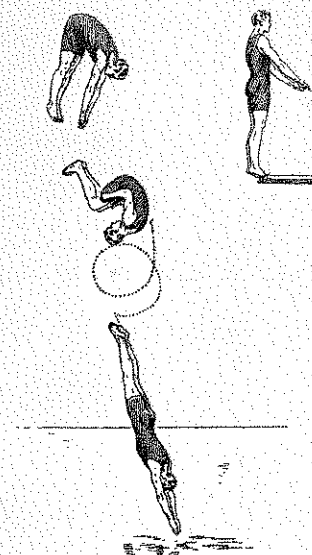


Diagram 27.

pike dive has been completed, after the take off, the legs are to be drawn close to the body in order to facilitate the turn of the body for the one and a half forward somersaults. When this has been completed, the body is straightened and the entry into the water is made hands first. Great care must be taken in the first instance to make a powerful backward spring to avoid touching the diving-board when turning the somersaults. (See Diagram 27.)

(To be continued.)

KENDAL GRAMMAR SCHOOL.

A NEW SWIMMING BATH.

THE prize-day of the Kendal Grammar School was regarded with much importance. It was a particular red letter day for the boys as the new swimming bath, gymnasium and pavilion were to be opened for their use. These are built in one block on a field behind the school and join the playground for cricket and football. The buildings are of limestone, slated in the Westmoreland green slates and form a substantial scholastic structure.

The swimming bath room is 67ft. long and 28ft. wide, lighted by large windows in gable ends and small semi-circular windows on one side, and in addition a glazed roof light the full length of the building. The bath is 55ft. long and 20ft. wide, 6ft. deep at one end and 3ft. at the other. It is lined with white glazed tiles and has white glazed faience curb. The water is heated by direct radiation with a large boiler in the cellar, the water circulating through 4-inch flow and return iron pipes in duplicate. Dressing divisions are provided on one side of the bath room, and at one end are shower bath, foot bath, towel room and lavatory. Provision is made in a drying room adjoining the bath room for drying wet towels, bathing costumes, etc. This room is heated by a copper cylinder, fed by hot water from a section of the bath boiler. The pavilion is connected with the swimming bath and is divided into two rooms for the school boys and for visiting teams. Lockers for clothing and games are ranged around the rooms. The lavatories are off the pavilion, where basins with hot and cold water are provided. The gymnasium is entered from the pavilion and from the portico, and is a lofty room 42ft. long and 26ft. wide, lighted with windows and ceiling light as in the case of the bath room. The latest style and make of Swedish drill apparatus have been provided. This portion of the building, with the special pitchpine floor, makes an ideal room, well lighted, equipped and ventilated. The heating to this room and pavilion is by hot water pipes ranged around the rooms. The ventilating is by automatic roof ventilators with fresh air inlets through the walls, and the whole of the buildings are lighted throughout by

incandescent gas. The cost of the buildings was £1,975.

In his report the Headmaster (Mr. S. A. Moor) states that the "training in the gymnasium and swimming bath now form a regular part of the school routine, and there have been optional classes out of school hours for instruction in swimming and life saving. The gymnasium and swimming bath have also been used on certain evenings in the week by members of the Old Kendalian Society. This term, for the first time, we have been able to have a competition for the 'Clare Challenge Cup,' presented to the school two years ago by Old Boys, Mr. E. Musgrave Craven and Mr. E. Batty Bailey, formerly scholars of Clare College, Cambridge. In offering the cup for competition between the Houses the donors expressed the hope that it might be an incentive to every boy educated at the Kendal Grammar School to acquire such proficiency in swimming as would enable him to save his own life and that of another in an emergency. I am glad to be able to report that in an examination held a few days ago, after a single term's training 11 boys won the elementary certificate of the Royal Life Saving Society, eight won the proficiency certificate, and four boys the bronze medallion. My best thanks and congratulations are due to two Old Boys, Mr. George Jackson and Mr. John Stalker, junr., and to Mr. Arnold Hutton, who kindly undertook to train the boys for this examination. The names of the winners are:—Elementary certificates—Wilfred Holt, John Jackson, J. D. Siddorn, J. L. Thompson, J. P. Johnson, R. Rutter, W. G. N. Fisher, W. R. Moé, T. D. Cleary, G. Blenkarn, R. C. Crossley. Proficiency certificates—W. Holt, R. Rutter, W. R. Moé, C. Ion, J. Jackson, J. D. Siddorn, N. Ion, W. G. Fisher. Bronze medallions—W. Holt, R. Rutter, J. Jackson, N. Ion. There has been a very keen and healthy rivalry in the various House competitions throughout the year, and the competition for the Clare cup has further strengthened the House spirit. The competition was confined to boys over 10 years of age. Points were given for successes in the life saving examination already mentioned.

There was also a life saving competition in which each House was represented by one team. In another event no fewer than 40 boys gained points for their Houses by swimming at least one length of the bath, and there was a squadron race, which, however, did not carry many points, since it was not the object of the donors to encourage speed swimming as such." Mr. Hargreaves opened the gymnasium door with a presentation key, and expressed the hope that the building would go down to posterity as a great success. Mr. Garnett then opened the swimming bath, also with a presentation key. Following this, some excellent exhibitions of swimming and gymnastics were given by past and present boys in the different buildings.

Our assistant editor, Mr. Archibald Sinclair, who is well known as the sporting editor of the "Referee," has his second son, Donald Henry, in the King's Royal Rifles and his youngest son, Philip Charles, a godson of Mr. Charles Newman, the superintendent of all the City of Westminster Baths, in the 2nd City of London (The London Regt.) Royal Fusiliers. Mr. Sinclair, who was for six years joint hon. secretary of the Royal Life Saving Society, and was formerly a member of the London Rifle Brigade, is in the National Reserve and has recently been doing duty as a Special Constable at Twickenham.

* * *

Patrons of swimming are very numerous in the town of Romford, and the annual gala of the Romford Town Swimming Club, which has been abandoned, always attracts a large company of spectators. The club has done much to encourage proficiency in swimming and life saving, and the reason for the withdrawal of this year's gala provides telling proof that patriotism is also very strong. No fewer than eight of the club's prominent members are away on active service. Their ability in all that appertains to swimming is unquestionable, and their skill in the use of arms may confidently be expected to stand a serious test.

* * *

The chairman of the Birmingham S.C., Dr. Hall Edwards, as medical examiner of recruits has found that swimmers have the best chest expansion.

AMATEUR SWIMMING ASSOCIATION.

Championships Abandoned.

THE abandonment of all championships in England was decided upon at a meeting of the Emergency Committee of the Amateur Swimming Association, held at the Hotel Metropole, Leeds, early last month, Mr. H. J. Johnson presiding.

A touching letter was received from the Amateur Swimming Association of France regretting that owing to the war relations between the two Associations must be temporarily suspended. "We will," proceeded the letter, "renew our interrupted relations after the war. We seize this opportunity to ask you to witness our profound emotion at the marks of cordiality and friendship which your country has given to France. Frenchmen will never forget. I send you with all my heart our wishes for a glorious victory." The letter was suitably acknowledged.

It was decided in view of the war to give every support to the proposal that an Athletes' Volunteer Force should be formed.

Regarding the championship fixtures for 1914 still unfulfilled, the Committee had no hesitation in deciding that they should be entirely abandoned. Exception was made in one case, however—the county water polo championship. As the arrangements for the match, Surrey and Middlesex v. Cheshire, were already in hand, it was decided that the match should be carried out.

By mutual arrangement the international water polo matches between England, Ireland, Scotland and Wales for next year were abandoned. An offer from the champion, Mr. Jack Hatfield, to compete in invitation scratch races for the benefit of local war relief funds was considered, but the Committee, whilst appreciating Mr. Hatfield's offer, expressed the opinion that such races were undesirable.

The claim for the 220 yards breast swimming record by Percy Courtman, of Old Trafford, who covered the distance in 2.41, at Garston, Liverpool, on July 28, was approved. Courtman's claim for the 200 metres breast swimming record on the same occasion was referred to the International Federation for confirmation.

SWANSEA LADIES' CLUB.

THE ENERGY OF OUR WOMENKIND.

Pioneers of Ladies' Water Polo.

THE formation of the Swansea Ladies' Club was first suggested at the Ravensbourne Gala in London in a conversation between Sir George Pragnell and Mr. and Mrs. Charles Bath. Sir George said if Mrs. Bath would get up a team of lady poloists he would offer a shield for competition. Mrs. Bath, who was a fine swimmer, started the club in 1899 with the assistance of Mr. Ivor Evans as trainer and secretary, and the first match was played against Penarth, at Penarth, on July 17, 1899. This speaks well for the way in which the club was started and the keenness which the officials displayed in accepting a match so early in its career. They lost by three goals to two.

The first ladies' team to play for Swansea consisted of Miss Meta Thomas (goal), Mrs. Capt. Eady and Miss Daisy Chapman (backs), Mrs. C. L. Bath (captain, half), Miss G. Francis, Miss Gladys Wyrill and Miss Essie Jones (forwards). The return match was played on August 8, when they avenged the first defeat by winning by five goals to one. In October of the same year the first gala was held, when only ladies were admitted; in fact, this happened at the first three galas, but after having had to play before a mixed audience they decided to keep up with the times as far as admitting gentlemen was concerned. Like others they started by limiting it to fathers and brothers of the swimmers, but they found that anybody who wanted to come claimed a relationship, and now it has to be an open gala. At this gala the first championship of Swansea was held, the competitors being Miss Gladys Wyrill, Miss Daisy Chapman and Mrs. Nelson Jones, and they finished in that order. A pretty polo match was played between the Intermediate School, who had a promising team, and the promoters, who won by six goals to two.

During the next season the only defeat they sustained was from Penarth. Then they travelled to London to compete for the Ravensbourne Shield, which they won by

four goals to two, scored by the Jersey Ladies'. The Swansea Ladies' team was made up as follows:—Goal, Meta Thomas; backs, Daisy Chapman and Eileen Strick; half-back, Eva Chapman; forwards, Essie Jones, May Thomas, and Gladys Wyrill. At this time they had a lot of criticisms to put up with from people who always seem to object to a new idea. They seemed to write and speak as if the ladies were doing something dreadful because they were taking advantage of a game which has done much to make swimming popular.

The following year they again met the Jersey Ladies' in the final and again won, this time by five goals to two.

The following year they won again; in fact, after their first match in 1899 they were not defeated until 1907, when they met the Leicester Ladies' at Leicester. In 1903 they played the final match for the Ravensbourne Shield against the London Ladies' and won by five goals to nil.

It was on the suggestion of the members of this club that a Welsh ladies' championship was started by the Welsh A.S.A. The first race took place at Penarth, and the club provided the first four. Miss Daisy Chapman came in first and Miss Gladys Wyrill second. This was quite unexpected, as Miss Wyrill had always been the faster of the two, but Miss Wyrill a short time before had earned a much higher prize—the medal of the Royal Humane Society for saving the life of Mr. Herbert Lewis at Langland Bay, and this affected her fast swimming, she never did so well afterwards. As far as polo playing goes, Miss Wyrill—now Mrs. Horspool—is regarded as the finest lady player. She plays the ideal game, fair, smart, and without any roughness. Miss Daisy Chapman, besides being a good swimmer and water polo player, has devoted much of her spare time to helping the work of the Royal Life Saving Society, and to that end has spent many hours on trains in order to take an examination or start a class.

ROYAL LIFE SAVING SOCIETY.

Officials with the Colours.

SUCCESSFUL RESCUES BY MEDALLION HOLDERS.

THE usual monthly meeting of the Central Executive was held at the offices of the Society on September 17, when there were present Messrs. Alf. Bower (Chairman), H. J. Monks (Vice-Chairman), H. J. Grimwade (Chairman of the General Purposes, Finance and Examinations Committee), J. Wilson (Nottingham), H. B. Parkinson, D. W. Allan, Guy M. Campbell, E. F. Farthing, T. Corke, A. C. P. Handover, W. C. Cheshire, M. F. Duffy, J. C. Fishenden, R. Sandon, C. P. Mauritz, H. E. Newman, T. J. S. Savell, F. A. Hughes, F. C. Broadhead, E. H. Oxlade, Harry J. Barclay (Hon. Treasurer), and William Henry (Chief Secretary).

After the minutes had been read and confirmed, several letters of apology were submitted for the non-attendance of members, and Mr. Grimwade, as Chairman of the General Purposes, Finance and Examinations Committee, reported the proceedings of his Committee since last meeting, which included the passing for the Diploma of Capt. R. Kyle (Glasgow), Miss K. V. Okey (Bournemouth), Miss D. M. Hodges (London), and Mr. C. H. Wright (Preston); also 102 candidates for the Award of Merit, 68 for the Hon. Instructor's Certificate, 42 for the Teacher's Certificate, 76 for the Bronze Medallion, 1,472 for the Proficiency Certificate, and 400 for the Elementary Certificate, and other awards, making a total of close upon 3,300 for the meeting, which figure means that there has been a reduction of about 500, in consequence of the breaking up of classes due to enlistment in Lord Kitchener's new army and the halving of many of the classes.

With regard to the postponement of competitions for the season, the question arose as to the position of the candidates for the various trophies who had already taken their tests. The consideration of this matter was postponed until next meeting. The report of this Committee as set forth in the minutes having been adopted, lengthy correspondence was dealt with, including several successful rescues by Medallion holders, as also the resignation of Mr. E. St. A. Brooks-bank as hon. representative at Leeds,

he having enlisted for foreign service. It was also announced that Mr. F. C. Broadhead, a member of the executive, had enlisted. With regard to these, a resolution of thanks for services rendered was recorded, and a hope expressed for a speedy and safe return. Votes of thanks, as recommended by the Scottish Centre, to be engrossed on the Society's Certificate, for services rendered were passed in favour of Messrs. Thomas Walker, Hamilton Baths, and J. Calder, Denistoun Baths, Glasgow.

In accordance with the rules of the Society, it was resolved to elect as Hon. Associates Mr. T. B. Thomas, who instructed the Argyle and Sutherland Highlanders; Mr. T. B. Paine, Plumstead, and Mr. John H. Ford, London, they having devoted their energy and ability to furthering the welfare of the Society and taken a prominent part in the establishment of instruction classes; also successfully taught many candidates for the Bronze Medallion. The Distinguished Service Medal was unanimously voted to Mr. R. Fotheringham, President of the Scottish Head Centre, who for over twenty years had done his best to further the interest of life saving in Scotland.

The report of Mr. J. C. Fishenden, with regard to the rescue performed by Mr. G. F. Haynes, a Medallion holder, was of considerable interest, chiefly because of his determination to do his best under most trying circumstances, and thus was able to save the life of a young lady at Herne Bay, notwithstanding the rough sea, the influence of the tide, and the repeated requests of the drowning person "to give it up, as it was of no use." He, however, succeeded in bringing her to land. The rescue was witnessed by the Rev. Sandwell, who highly complimented Mr. Haynes for his splendid and successful effort. The second case related to a rescue performed by Miss Ida Bull, the twelve year old daughter of Mr. W. E. Bull, a life member of the Society, whose work and family are well known in swimming circles in London. Miss Ida Bull was responsible in rescuing a young fellow who was spending a holiday at Sheerness, when he fell into the water

from a groyne at a time when the tide was ebbing and a strong current was running round it. At that moment Miss Bull was on her way for a morning bathe, and on her attention being drawn to the youth in difficulties, she quickly plunged in, fully attired, and brought him safely to shore. Eye witnesses of the occurrence speak with the highest praise of the plucky and prompt manner in which she effected the rescue. In connection with this matter it is worthy of mention that Mr. Bull has three sons with the colours, one of whom is in the first line of defence at sea. All of them are excellent swimmers, who at one time formed a team for the National Life Saving Competition, and as the father is well known as a promoter of the art of swimming for nearly thirty years in the London district, we feel particularly pleased in being able to mention not only him, but also his gallant family, who have been responsible for the saving of life, and now are trying their best to do their part in the defence of the homeland. Since the meeting we have been informed that Mr. C. A. Goodacre, hon. representative for Grimsby and district, and one who has taught hundreds the art of life saving, has also gone to the front. Just before leaving he had the pleasure of witnessing a rescue by one of his pupils. The case has been reported to the R.H.S.

Federation of London Working Boys' Clubs.

The Annual Life Saving Competition of the above Federation was successfully carried through at the Holborn Baths on Monday, September 14, when three clubs submitted teams of four members each for the test. The test requires two members of each team to swim 60 yards breast stroke and two members 60 yards back stroke, whilst each member has to perform one method of rescue, and the team making the best record becomes the winner of the Challenge Cup. After all the tests had been gone through, the result was declared as follows:—Eton Boys' Club, first, 15 points; St. Andrew's Home and Club, second, 16 points; and Stepney Jewish Lads' Club, third, 17 points. There was also a members' diving competition, in which 11 took part, and the result was declared in favour of A. Herring, St. Andrew's Home and Club; R. Angus, of the same club, was second; whilst F. Field, Fairbairn

House, and E. Jones, Eton Boys' Club, were bracketed third. It may interest many of our readers to know that this Federation of London Working Boys' Clubs is an institution worked by members of the Universities and Public Schools, who devote their time to the uplifting of London work-boys, and in order to keep them together and make them feel that they have something by which they may support their respective clubs inter-club competitions are therefore arranged, and these are annually held at the various London baths. It costs the boys practically nothing, yet because of the generosity of the conductors of these clubs the boys are provided with sport and physical culture which is calculated to be of benefit to them in after life. A number of swimming and diving competitions were decided on September 24 at the Manor Street Baths, but as a great many of the older boys had enlisted the number of competitors was not so large as in previous years. Quite a number of the promoters of the various clubs have also gone on active service.

SPECIAL NOTICE

OF THE

Royal Life Saving Society.

For the improvement and instruction of swimmers in the higher arts of natation, including floating, diving and life saving, the winter classes which have proved such a gratifying success in years past will be resumed on November 2 at the Holborn Baths, Broad Street, London, W.C. All interested who desire to participate in these instructive meetings are requested to communicate with the Chief Secretary of the Royal Life Saving Society, 8, Bayley Street, London, W.C.

As heretofore individual members of the Society, as well as members of affiliated clubs, will be admitted upon production of a pass, which can only be obtained from the Society. The charges are fourpence for those who enter the water and twopence for spectators. These charges have to be paid for the bath before entrance, and in every case an official pass must be produced. The meetings are open to ladies and gentlemen.

During the session, which will last from November until the end of March, special effort will be made to prepare candidates for satisfactory examination for the Award of Merit and the Diploma of the Society.

THE LADIES' SECTION.

By our "Lady Dorothy."

BRITISH RED CROSS TRAINING.

MOST swimming clubs have been hard hit by the war, and the ladies' clubs suffer as well as the men's, for various reasons. Though, as a whole, they will not lose their members in the same way—I refer to men away on active service—there are over 70,000 women who are members of the British Red Cross Society. That many of these are swimmers was proved by the gala promoted last July by some of the Westminster detachments, when Red Cross members from all parts competed for a trophy presented by one of Westminster's commandants. Life saving is one of the optional items on the Red Cross syllabus. At some sports held this summer at a Red Cross training camp it was decided to promote a life saving competition in the river Thames, near Clifton Hampden. The water was running down very fast at the time, and the competitors had to plunge in from one bank, swim across the river, which is a fair width at this point, to the opposite side, where the water is nearly five feet deep. Here a line of "patients" were waiting—chosen because they could not swim, and had never been rescued in this way before, and were also utterly ignorant of life saving methods.

The rescuers did not know who their patients were to be until just before they started, and the "patients" had instructions to grab whoever came near them, where and how they liked. Prizes were awarded according to the efficiency and speed of the rescuer, and the degree of comfort of the "patient." The entries were good, and the whole event a complete success. The rescuers were firmly clutched, and the competition resulted in real rescues, for, as soon as the "patients" had caught hold of the rescuers and lost their footing, they were in genuine fear of drowning and held on tight. Each competitor, after a stiff tussle, overcame her "patient" and brought her in, generally struggling, by the most convenient method. To arrive at the finishing point the competitors had to head up stream, and two members of rival detachments finished dead-heat. There was only one member who did not finish, and she, not being a very strong swimmer, was rather exhausted on getting to her "patient,"

and so could not release herself from her clutch. Needless to say, there were boats close at hand, and one of these picked up the couple, who were quite done, and took them to shore. (By the way, I would not recommend this form of competition unless every possible precaution is taken to avoid accidents, and unless there are some competent swimmers prepared to assist in case of emergency.)

Besides Red Cross work, women all over the country are doing whatever they can, by rendering assistance to refugees, attending sewing parties, joining emergency corps, or otherwise giving up their time at this crisis—so that sport must come as a secondary consideration. Also swimming at baths costs money, and unfortunately that commodity is often scarce, so that even those who have the time may be handicapped. It is generally possible to get open-air swimming free of charge, but competitions often cost money in entrance fees, and are not likely to be much patronised.

Many clubs will have to forego their galas for these reasons, and I would counsel all officials to be as economical as possible, and to husband the club's funds so as to keep the maximum of club moneys in hand. The "wait and see" policy is far the best at present, though I would urge that club nights and practices and small private competitions be kept going and the interest of the members sustained. Though women are working to the best of their abilities for their country, they require recreation for their health's sake, and it is for club officials to "carry on" for the benefit of all—so that when the war is over they will have a balance in hand, and a keen and full membership for future events.

The Amateur Swimming Association did well to forego all their championships for this season, but the Southern Counties' Emergency Committee evidently have but a poor conception of the usefulness of women in war time when they continue to hold championships for them. It is a wise move to promote the junior championships, as the encouragement of young swimmers should

be their first care for the future, but surely it is unnecessary to hold the ladies' senior events at a national crisis such as this. It is but an empty honour, as one of our foremost southern lady swimmers said the other day, to win the championships this year, when the entries cannot be representative. If any records are put up, they will only be a reflection of what might have been had there been more competitors, and consequently keener competition. Apart from other work, which would naturally prevent many from entering, there is the expense involved and the railway fares to be considered. Very few, if any, of the competitors can really have had the opportunity to train seriously, and so from every aspect it is out of place to hold these championships.

* * *

New York has a plucky swimmer in Miss Nora Leaky, who recently swam through the dangerous waters of Hell Gate. Very few men have swum this, and only one other woman, Miss Adeline Trapp, who followed Miss Leaky in a boat. The swim, which lasted two hours, was a constant struggle against varying tides and swirling currents. Even the boat was swept back, and several times could not get near the swimmer. It was certainly a test of courage and strength, and Miss Leaky is greatly to be complimented on her plucky and successful attempt.

* * *

The first race for the ladies' championship of the Mersey did not draw nearly such a representative gathering as it undoubtedly would have done at a more peaceful time, and several well-known names were missing from the list of entries. Miss Lucy Morton, the Blackpool breast-stroke swimmer, won in 24.25 by about 40 yards. The second and third—Miss Nellie Heaton, of Liverpool (a promising swimmer), and Miss Mabel Fletcher, of London, respectively—were closer, the distance between them being about 8 yards. This event deserves better luck for the future. It is an important move in the direction of long-distance swimming for women, and the result of the first race, despite unfavourable conditions, points to keen competition and strong swimming amongst ladies for long-distance honours.

* * *

The gala promoted by the City of London ladies in aid of the Prince of Wales' Relief Fund was not so well attended as could have

been wished; I think that financially it must have been a success, as expenses for a charity gala are generally low, and such are as often as not borne by the patrons. The club championship of two lengths (88 yards) was won by Miss Mabel Fletcher in 1.16.2. Miss Ballard was second, and Miss Harlow third. There were eight entries, and all were fairly close up at the finish, which shows a good standard for the club. Miss Ballard easily won the diving. On the whole this competition was not so well contested as in previous years. Specially engraved medals were given in lieu of prizes for the open handicap. These were greatly appreciated by the winners. There were various exhibition swims and displays by some of our best swimmers. The event of the evening—the Liverpool versus South of England team race—did not take place. I heard great disappointment expressed on all sides by people who had come a distance especially to see this, and I think the "City" would have been wise to have advertised in some of the papers that this event had been withdrawn. As it was the audience received no intimation of this fact until well on in the evening, when it was announced that it had been impossible to get a representative side, and so it had been thought better to scratch. Further, that Miss Vera Neave, whose name, by the way, was on the handbills as a competing member of the South of England team, was training at Eastbourne for the 100 yards ladies' Southern Counties' Championship the following evening, and so could not take part; and Miss D. Anderson, the then 100 yards champion, was occupied with Red Cross work, and would not be available. Other swimmers were, of course, also training for the 100 yards, so obviously it was the wisest course to withdraw the event. The "City" were unfortunate in selecting a date immediately before the championships. One other word of advice I would give the promoters of the City gala, and that is their wording of advertisements. On their handbills they announce a 44 yards ladies' international handicap, in which various countries, including France, Belgium, Holland and America, would be represented. By this one is naturally led to believe that one will witness a race between a Frenchwoman, a Belgian, a Dutchwoman, an American, and so forth. The event actually comprised a patriotic fancy dress race in which club members took part attired as Britannia, etc. They

paraded to the shallow end, and then had an amusing and exciting one-length race, which was won by a touch by Britannia.

The Southern Counties' A.S.A. 100 yards Ladies' Championship held at Eastbourne on September 18 was won by Miss W. Luckett, of the Natantes S.C., time 1.25; Miss Vera Neave, of the Enfield Ladies' S.C., was second, and Miss G. Owen, Hastings and St. Leonards S.C., third. The holder of the title, Miss D. Anderson, of the Mermaid S.C., did not compete, being engaged in Red Cross work. She won this event last year in 1.19.1.

The 100 yards Ladies' Championship of the Midland Counties was decided at Luton Baths on Monday, September 14, when Miss J. M. Jean, Nottingham Ladies' S.C., again proved successful, her time being 1.18.2. Miss D. R. Stiles, Coventry S. and L.S.S., 1.25.1, was second; Miss O. Carson, Leicester Ladies' S.C., 1.25.2, third; and Miss A. E. Shipley, Leicester Ladies' S.C., 1.33.4, fourth.

Miss Nell Kenny, the Australian swimmer who trained at Brighton all the season, on September 21 swam from Battery to Sandy Hook, a distance of 22 miles, in 9 hours 25 minutes. She is the first lady swimmer to accomplish the feat.

Lady swimmers were very prominent at the annual gala given by amateur clubs as a testimonial to Professor Brickett at the Prince of Wales' Road Baths, London, on September 21. The Misses Belle White, Armstrong and Pennington dived gracefully, Miss Lottie Roberts, R.L.S.S.'s diploma holder, gave a display of scientific swimming, and Miss Ivy Grimwood won a "crawl" stroke race against Miss G. Spinks, whilst the Ladies' Open Handicap was won by Miss V. Johnson, Holloway.

Most of the swimming clubs in Scotland have been depleted of their members, and consequently all the championships have been abandoned and very few galas will be held. The baths in Dundee and Aberdeen have been closed, they being required for military purposes.

BRITISH COLUMBIA CHAMPIONSHIPS.

Several Postponed through War.

AT Vancouver the Amateur Swimming and Life Saving Club held its first annual life saving and swimming gala on Saturday, August 1, under the laws of the British Columbia section of the Canadian Amateur Swimming Association. There were eleven events on the programme, the chief of which consisted of championships. The results were declared as follows:—

220 Yards Junior Championship.—P. McAdern (holder), Victoria Y.M.C.A., 1 (time 3.21); R. Grey, Victoria A.S.C., 2; V. Risch, Vancouver S.C., 3. There were nine competitors.

220 Yards Senior Championship.—L. K. Godfrey, Victoria A.S.C., 1 (time 3.16.5); R. R. A. Clarke, Victoria Y.M.C.A., 2; J. D. McNeill, Victoria A.S.C. (holder), 3. There were eighteen competitors.

440 Yards Ladies' Championship.—Miss M. Griffin, Victoria Ladies' A.S.C. (holder), 1 (time 8.52.4); Miss L. D. Copp, Mermaids' A.S.C., 2; Mrs. I. S. Bell, Victoria Ladies' A.S.C., 3. There were twelve competitors.

440 Yards Senior Championship.—J. D. McNeill, Victoria A.S.C., 1 (time 6.49.4); L. K. Godfrey, Victoria A.S.C., 2; R. A. R. Clarke, Victoria Y.M.C.A., 3. There were sixteen competitors.

The Vancouver Club Diving Championship resulted in favour of E. W. Hollingum, Henry Claman being second and H. R. Kenbyn third. The test included plain header from a firm take-off, plain header from twenty feet with a firm take-off, plain header from spring board, pike dive from spring board and a voluntary fancy dive.

A polo match between Vancouver and the visitors was won by Vancouver by six goals to four.

The championships were to have been continued at Vancouver on August 15, but owing to the declaration of war they were postponed.

After the gala on August 1 a banquet was held at the Balmoral Hotel, Vancouver.

NOTES ON NEWS.

INTERESTING ITEMS FROM MANY QUARTERS.

Eleven members of the Birmingham S.C. have joined his Majesty's forces since the outbreak of the war.

The 100 yards men's championship of the Midlands was won by the holder, W. Kell, of Leicester, in 1.04.2, and the junior by F. H. Cotterill of Derby in 1.19.4.

On Saturday, September 19, the Croft House (Sheffield) (holders) defeated Bradford Dolphins, last year's runners-up, in the semi-final of the Yorkshire water polo championship. Whether Croft House will retain the shield for another twelve months is to be decided at a meeting of the Y.A.S.A., for Hull St. James, who won the other semi-final, have scratched, the majority of the team having joined the colours.

Owing to the state of war and the consequent absence of many members of the Ealing S.C. with His Majesty's forces, all water polo matches have been scratched. T. Bennett, J. W. Cunningham, and M. R. Graham have joined the Honourable Artillery Company, in which corps J. H. Chick is now a sergeant, and J. A. Craston has joined the Artists' Rifles. E. E. Barnes has been granted a commission in the Royal Engineers, and R. Townend and L. H. Dardier have joined the medical service.

A commendable feature of the fourth annual gala of the Halifax Borough Police Club, held at the Woodside Baths, was that the whole of the receipts are to be handed over to the local War Relief Fund. It was in every way a highly successful function, and was noteworthy for the fact that Mr. George Webster, of Sowerby Bridge, lowered Mr. Fred Unwin's 150 yards back-stroke record, established at Sheffield in September of 1912, when Unwin did the distance in 2.1.3, as compared with Webster's 1.57.1.

The members of Hawick Amateur Swimming Club took part in a life saving competition for the Burnet medal, in Hawick Corporation Swimming Baths. Results:—1, M. Scott, 20 points; 2, James Aitken, 19 points; 3, James Scott, 18 points; 4, D. V. Turnbull, 17 points (present holder). The

ladies' section also held a life saving competition. Result:—1, Miss Wilson, 20 points; 2, Miss Underwood, 19 points; 3, Miss Cuthill, 18 points.

The Right Hon. the Lord Desborough, K.C.V.O., president of the Royal Life Saving Society, has been sworn in as a special constable for Buckinghamshire.

Owing to the want of interest in swimming and Life Saving on the part of those who hold votes for and against building a Swimming Bath for Mortlake, the children of that locality have to journey to Richmond if they desire to learn. Is it any wonder that, if such conditions prevail elsewhere, so many of our sailors are unable to keep on the surface of the water for a few moments? The worthies of Mortlake should note what occurred when H.M.S. Pathfinder went to the bottom and reflect whether they are helping to make the people of our Empire confident and strong.

In presenting the half-yearly report of the Bolton Bridgeman Club Mr. J. B. Hilton, the Hon. Sec., said the finances of the club were satisfactory, notwithstanding the fact that £16 had been expended on professional tuition, there being now three instructors each week. With regard to the membership all previous records had been broken. They had eleven honorary members, 182 male members (85 seniors and 97 juniors), and 192 lady members (101 seniors and 91 juniors). This is a remarkable achievement for half the season only, while the large number of lady members must be very gratifying to the officials.

The one mile championship of the Southern Counties was decided at the lake in King Edward Park, Willesden, on the first Saturday in September and was won by the holder, P. C. Giles, of the City of London Police, by 70 yards in 26 minutes, which is the best on record for this event; W. H. Melhuish, Wooldon S.C., 27.8.1, was second; H. Murray, Amateur S.C., 28.16, third, and E. E. Morgan, Wooldon S.C., 28.47.3 fourth. Others to beat the standard time of 32 minutes were R. C. Annison, Croydon S.C., 30.39.1, and H. G. Hare, Watford Amateur S.C., 31.44.3.

As the Weybridge Swimming Club has the majority of its members on active service it has suspended all competitions for the present.

At the annual gala of the Stanley Swimming Club Mr. A. Williams, M.P., said: "I know no sport, no exercise more manly than swimming. It exercises every muscle of the body, and indulged in with moderation it is a health-giving sport. It has also this immense advantage, that under certain circumstances it may be very useful for the man who can swim to save his own life, and what perhaps is a higher consideration, to save the lives of other people in case of emergency. I advise every swimmer in this club to practice the art of swimming with his boots on, so that if at any time you have the misfortune to fall in it will not be strange to you. At the first attempt perhaps you will have no idea how to manage with your boots on, but try it until you succeed. Another thing, practice trying to save people from drowning. Get some friend to act as though he was in danger in the water and learn how to get hold of a drowning man. The next important thing is for a supposed drowning person to learn how to allow his rescuer to take hold of him. It makes a great difference to the other man's chance of saving him."

The Sunderland Amateur Swimming Club has decided not to have a gala this season in consequence of the war. This is the club's first break in a series of galas since the inception of the club 25 years ago.

At a meeting of the Emergency Committee of the Yorkshire Amateur Swimming Association at Leeds it was unanimously resolved to recommend clubs to carry through their arranged programmes wherever possible. If finances will allow, it is recommended that the proceeds of clubs' galas should go to the local or national funds for sufferers by the war.

The Clapton Ladies' Swimming Club has decided to abandon both the swimming gala and the dance fixed for this year, as there is so much unemployment and so many calls upon the purses of local people at present. The international water polo match arranged between the Amsterdam Ladies' S.C. and the London Ladies' Polo Club has fallen through, as the former cannot get over here, and so many of the latter are away as Red Cross nurses.

The Surfleet Swimming Club have shown their generosity by giving the whole of the money the club had for prizes to the Prince of Wales' Fund. The swimming events will not be abandoned, but the winners will have no prizes, only the honour of being successful.

The executive of the Birmingham and District Swimming Association and Water Polo League has invited all clubs affiliated to give all profit on their annual sports to the Prince of Wales' Relief Fund. Several clubs have already decided to do this, but on the other hand many sports have been abandoned. Clubs are urged to run a gala even if they have already held what would usually be the annual event. The hon. treasurer of the league, Mr. W. R. Stewart, 185, Albert Road, Aston, is prepared to receive such sums as may be sent to him, and a respectable total should be obtained which would be forwarded in one amount with the various donors' names appended. The league has headed the list with a donation of £5.

The inflated air bags known as "water wings" may be of some use in swimming baths, shallow beach pools, or even in the sea, for a beginner to try to float and swim, but they should only be used where there is proper supervision, as there is always the danger that they will deflate, as they often do. Therefore too much caution cannot be observed.

Last month we were favoured with the visit of Mr. William H. Cooke, Chairman of the Executive Council of the Royal Life Saving Society, New South Wales Head Centre. Calls were made to all the places of note in and around London, and a day was spent at Mr. William Henry's camp at the Thames Camping and Boating Association rendezvous at Walton-on-Thames. Mr. Cooke had intended to stay some months in England, but owing to prevailing conditions he may greatly curtail his visit to the old homeland, from which he had been absent for nearly forty years.

Many members of the Otter Swimming Club are on active service, among them being their president, Mr. George H. Rope, who is a quartermaster-sergeant in the Honourable Artillery Company. Mr. Rope was president of the Amateur Swimming Association in 1897.

The Committee of the Romford Town S.C. having many members of the club on active service, have abandoned all the season's fixtures, including the annual gala, and donated £2 2s. to the local war fund.

In the Morecambe cross-bay swim over a course of ten miles, H. Taylor, of Chadderton, holder of the cup and Olympic champion of 1908, beat his own record and covered the distance in 2h. 2m. 55s.

All interested in the art of swimming will join us in congratulating Mr. C. A. H. Shaw, hon. representative of the R.L.S.S. and member of the Swansea S.C., upon his promotion to the rank of captain. Since the war broke out Mr. Shaw has rendered most valuable service in the instruction of recruits in musketry and the other departments of soldiering.

The first mile Mersey swimming championship for ladies, controlled by the Liverpool Ladies' Swimming Club, was a big success. Of twelve entrants, Miss Vera Neave, of London, holder of many records over long distances, did not compete.

Some good racing was seen amongst the others, particularly between the first three placed, Miss Nellie Heaton, of Liverpool, making a smart effort to overhaul the ultimate winner, Miss Morton, who reached the mark boat 40 yards ahead, whilst simultaneously resisting the final spurt of Miss Fletcher, of London. A fair distance separated the remainder. Miss Johnson, of Chester, made a plucky attempt to complete the course, but just failed, probably due to an injudicious speed at the start. The respective placings and times were:—

1, Miss Lucy Morton (Blackpool S.C.), 24.25; 2, Miss Nellie Heaton (Liverpool Ladies' S.C.), 25.0; 3, Miss Mabel Fletcher (City of London Ladies' S.C.), 25.6; 4, Miss Hilda Seymour (Chester Ladies' S.C.), 26.26; 5, Miss Eileen Lee (Kingston-on-Thames), 27.1; 6, Miss L. Lyon, Liverpool Ladies' S.C., 28.10; 7, Miss S. Entwistle (Blackburn S.C.), 28.45; 8, B. Roberts (Chester Ladies'), 29.15; 9, Miss B. Edwards (Liverpool Ladies' S.C.), 29.55; 10, Miss W. Heathcote (St. Helens), 30.0; Miss E. Johnson (Chester Ladies') 30.0. Miss Nellie Heaton, who secured second place, completed her training in the Southport Bathing Lake.

It was a fine performance on the part of the Otter S.C. to beat the Hyde Seal S.C. in the semi-final of the team championship of England by 12 yards. The winners' time for the 1,200 yards was 14.53.2. Hyde Seal had won the event for the past three years.

The Committee of Stourbridge Ladies' Swimming Club have decided in view of the war to hold no gala this year, and instead to give £5 5s. to the Prince of Wales' Fund, and £2 2s. to the Belgium Relief Fund.

The only entrants for the 220 yards ladies' championship of the Midlands were Miss O. Carson and Miss Ethel Shipley, both of the Leicester Club, the first-named being holder of the title. Miss Carson won easily in 3.38.1. The record for this particular championship is 3.20, accomplished by Miss Jennie Fletcher, of Leicester, in 1912.

There is to be no cessation of activity in the Midlands in connection with the scheme for the encouragement of swimming promoted in view of the Olympic Games at Berlin in 1916. The Olympic Games will of course not take place in Berlin; they may be abandoned altogether, but whatever state of uncertainty may exist in that direction, Midland swimmers are not going to let them deter them from finding from the youth of their district those capable of upholding the honour of Great Britain at any meeting of nations which the future may bring forth. To that end the professors engaged to coach young talent are directing their efforts. Mr. Crawshaw, of Manchester, has already given instruction in the breast stroke, and on October 3. Mr. Unwin, of Sheffield, will attend the Kent Street Swimming Baths, Birmingham, to give instruction in the back stroke. In addition to a number of boys and youths specially selected as giving promise of development, clubs are invited to send other promising young swimmers.

Ipswich Swimming Club will hold a gala on October 6, in aid of the local fund for the relief of those suffering from the effects of the war. As Felixstowe and Stowmarket respectively are not holding their annual regattas, it is proposed to include in the programme the 100 yards senior and the 100 yards junior county championship races, together with a county plunging championship.

The Right Hon. W. Hayes Fisher, M.P., and his brother, Mr. Urquhart Fisher, have given £200 for the thorough repair of the swimming bath at the Royal Normal College and Academy of Music for the Blind, Upper Norwood. Quite a number of the blind pupils are expert swimmers. Thirty-five have qualified for the Royal Life Saving Society's certificate, while sixteen have taken the higher award of the bronze medallion.

* * *

The war is touching aquatics in a quite unexpected way. The Office of Works is being asked to construct an open-air swimming bath in Regent's Park, London, in order to provide work for the unemployed.

* * *

All Essex County Championships are abandoned this season, including the hundred yards, the long distance championship and team race, the bath team racing championship, and the finals of the senior and junior water polo championships. It is hoped to bring them off, if possible, at the commencement of next season, but if the war continues they will probably be indefinitely postponed.

* * *

Mr. A. Briggs, a member of the Scarborough Town Council, has performed the feat of swimming from the North to the South side, round by the Castle foot, at Scarborough, and as he is a member of the Scarborough Amateur Swimming Club he will receive the club's certificate and gold medal, which is given for this swim. Mr. Briggs did the distance—about a mile and half—in 1 hour 20 minutes. He is the first member of the club to accomplish the feat this year.

* * *

Miss Daisy Curwen, the British record holder, swam 150 yards against Miss B. Moore, the Scottish champion, at Walton Baths, on September 2. The record stood at 2.03.4, and this Miss Curwen beat easily, she covering the distance in 1.58.

* * *

The 220 yards championship of the Midland Counties' Amateur Swimming Association was decided at Redditch, and was won by W. Kell, of Leicester, the holder, in 2.04.3. A. W. Glover, also of the Leicester Club, was second, Kell beating him by two and a half yards. N. H. Bell, of Aston, was third.

Information is to hand of the swimming feats in Sacramento, U.S.A., of Mr. Cecil Oliver, the second son of ex-Coastguardman and Mrs. Oliver, of Slades, St. Austell. Oliver, who is 18 years old, according to "The Sacramento Bee," broke all the long-distance swimming records of Sacramento by swimming 5,324 yards in two hours and ten minutes in the baths. He swam backward and forwards in the long tank 132 times, and the distance covered was three miles 44 yards by actual measurement. By the manager of the swimming baths Oliver is regarded as a possible long-distance champion, and he is training hard before entering for the long-distance events at the 1915 Panama Exposition.

* * *

At a meeting of the Burton Amateur Swimming Club it was decided to continue the club, it being pointed out that it was not run for amusement or even on recreative lines. It was more of an educational nature, which would bring out the manliness of the boys of Burton and teach them to swim, a profitable experience which could be turned to great advantage should any opportunity present itself in the future.

* * *

The officers of the Plymouth Seven O'clock Regulars' Swimming Club have issued the following to its members:—"Watchwords to influence public opinion: Trust in God. Serve your country. Be patriotic. Don't be excited. Be enthusiastic. Don't be in a hurry. Pass on. Do something. Don't swell an idle crowd. Shoulder your own share. Don't put your responsibilities on to others. In victory and defeat alike practise self-control. Don't despair or 'maffick.' Influence every single able-bodied young man in the district to volunteer. Endeavour to infuse every one with whom you come in contact with confidence. Don't bottle up your spending powers and thereby restrict the normal purchasing conditions in respect of necessities and other commodities of life. When spending money think how much good you can do to others. Don't buy foreign goods if you can get British. Don't pour cold water, or be content with criticism. Make some sacrifices, and if each does his duty, when Peace is signed in Berlin (not in London or Paris), each will share in the glory.

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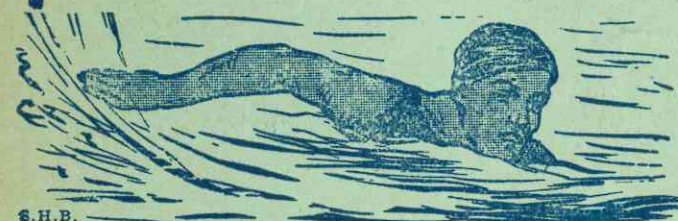
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