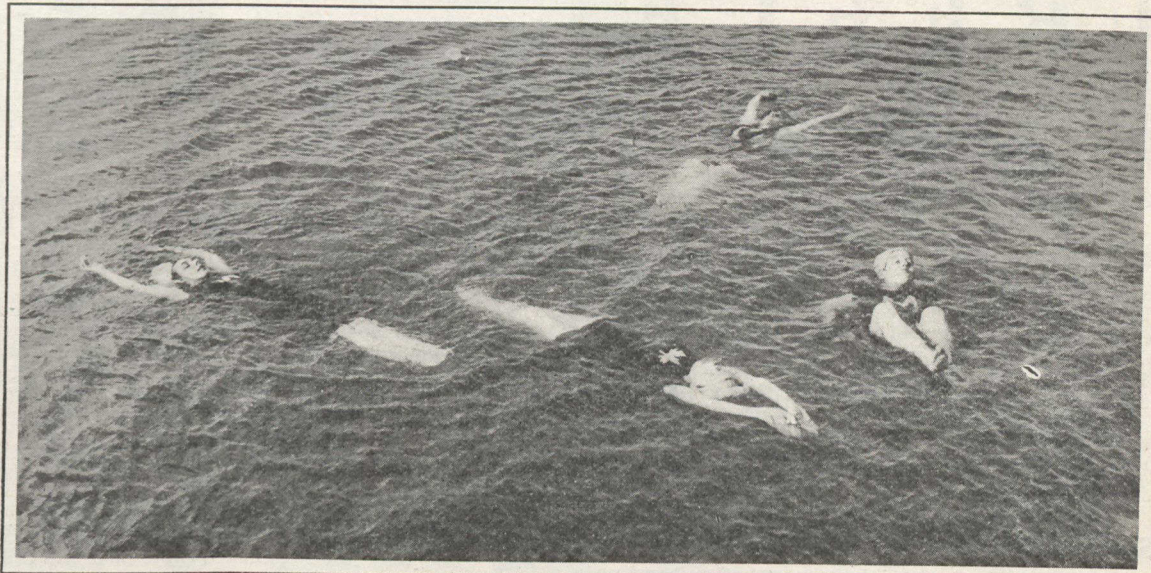


WHEN IT IS NINETY-FIVE IN THE SHADE



Miss Gertrude Aird, of Montreal, a winner in many swimming contests.



Some members of the Montreal Swimming Club at St. Helen's Island showing how easy it is to rest in the water if one is not burdened with a heavy bathing suit.

SWIMMING is fast becoming a necessary accomplishment. Travel by river, lake and ocean has become so general that the ability to swim is as necessary as an accident insurance policy, both for men and women. Several women who escaped from the "Empress" accident owe their lives to their ability to swim. The other day two wives near Kingston saved their husbands from drowning by swimming to their rescue.

The time to learn to swim is when one is young. The boy of eight or nine, and the girl of eleven or twelve, is the fittest subject. Then the art comes naturally, easily, and quickly. Once learned by a youth or maid, it is never lost. Thousands of Canadian children are being taught to swim by parents who, had they been parents of a previous generation, would never have thought of such a proceeding.

The school authorities in the towns and cities are coming to recognize that swimming is as important as manual training, drawing or domestic science.

Aside from swimming for the sake of being able to save one's life in time of danger, there is the value of swimming as a beneficial pastime and as an ex-

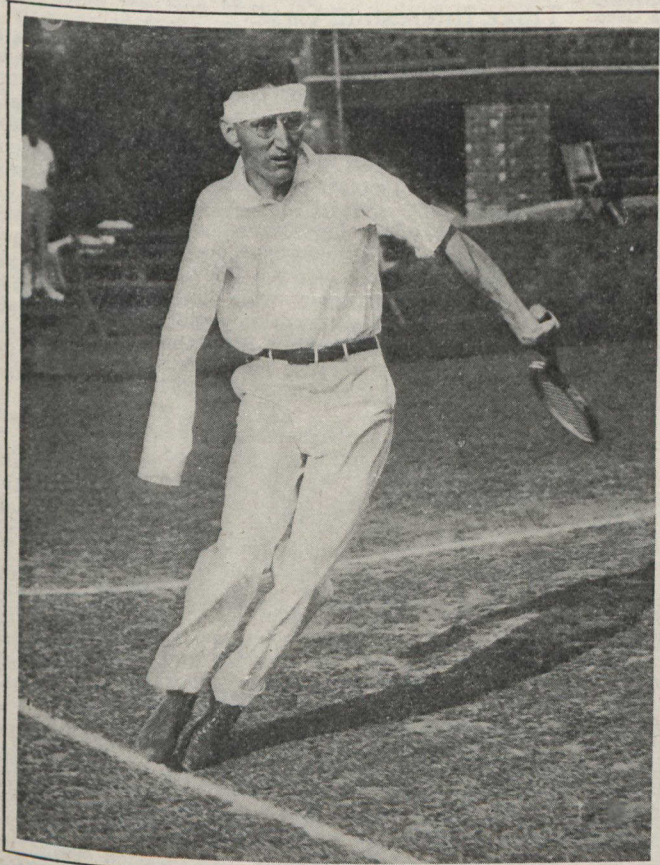


A group from the same swimming club snapped at the time of a competition in life saving, which is held annually at St. Helen's Island.

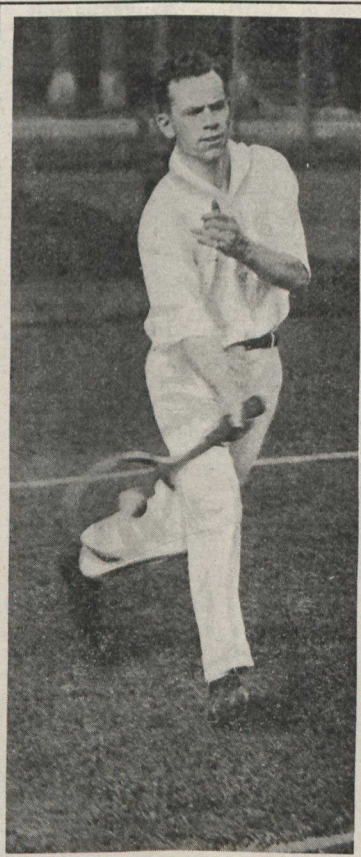
hilarating sport. It is one of the most pleasurable plays in which a pleasure-loving person may indulge. Children who are taught to swim by careful and thoughtful parents continue to swim because they take a joy in the pastime. In this respect it ranks with skating, snow-shoeing, boxing and all other exciting and muscle-developing sports.

THE swimming clubs of to-day are numerous. They have done much to develop the art, to banish the breast-stroke in favour of the side-stroke, the crawl-stroke and the other easier motions. They have also improved the ideas of what a swimming suit should be. Perhaps our grandmothers of the crinoline age would be horrified at the women shown in these pictures, yet these women—members of well-known swimming clubs—are probably more valuable members of society than even our grandmothers were. They may wear single-piece bathing suits, but they are more modest than the lady who goes down to the beach to wet her toes clothed in the latest design from the aristocratic "Vogue" or the plebeian pages of the "Ladies Home Journal."

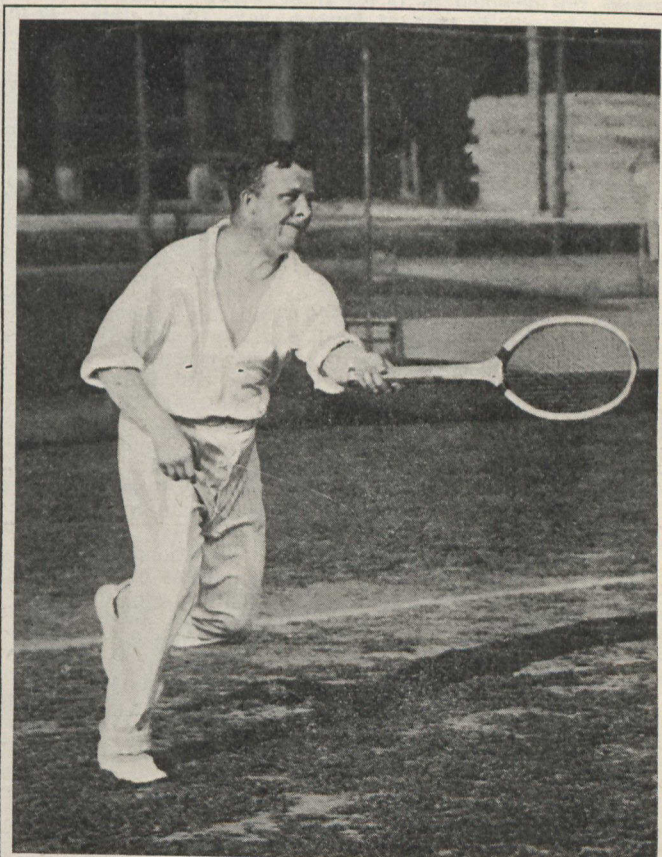
WINNERS IN THE QUEBEC TENNIS CHAMPIONSHIP



C. M. CHAREST,
The one-armed player, who was beaten by A. S. Cassils in the semi-finals of the "Open Singles," which practically carries with it the championship of the Province. Later, Charest turned the tables and defeated Cassils in the finals for the Montreal Cup.



A. S. CASSILS,
Who was in the finals for the Quebec championship which was won by Mr. Suckling. He was also in the finals for the Montreal Cup which went to Charest.



HEDLEY M. SUCKLING,
Who won the Open Championship of the Province of Quebec in five sets 3-6, 6-1, 3-6, 6-3, 8-6. He was beaten by Charest in the semi-finals for the Montreal Cup. The latter result was a general surprise. He and his partner were also beaten in the finals of the mixed doubles.