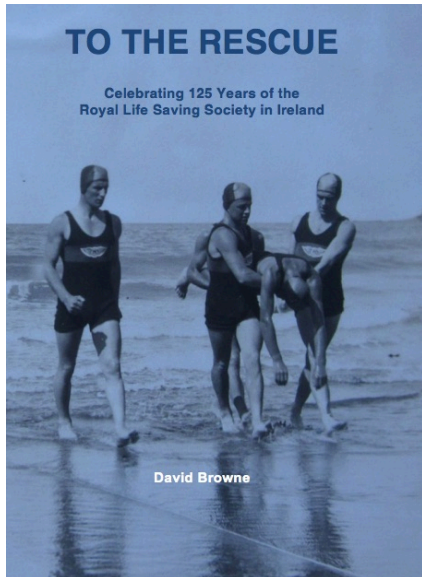


# “TO THE RESCUE”

## A new book celebrates 125 Years of the Royal Life Saving Society in Ireland

In 1891 a group of swimmers, concerned at the annual toll of over 5,000 drowning deaths in the British Isles formed the “Life Saving Society” in London. The Society soon established training centres throughout Britain and Ireland, and indeed worldwide. In Ireland, classes initially grew up in the newly-built indoor swimming pools and the Society was soon established as the foremost life saving body in the country. This paralleled the rise of swimming as a sport and recreational activity. In more than century since the beginning of the RLSS, drowning deaths have been reduced to just one tenth of the numbers in 1891.



Now David Browne recounts the history of lifesaving over the last 125 years, telling the stories of early swimming and public baths, the development of life saving techniques and methods of resuscitation, and the growth of the Royal Life Saving Society in Ireland. Containing almost 200 pages and lavishly illustrated with over 150 images, many never before published, **To the Rescue** is the first detailed account of the RLSS in Ireland. The book also includes competition results from 1898 (when the first Irish national championship was held) to the present day.

**To The Rescue** costs €20 (or £18) plus delivery as below. For orders received up to 31 December 2016, a 10% discount will be applied, so that the cost per copy will be €18 (£16). Proceeds from sales of **To The Rescue** will be donated to the RLSS to promote its drowning prevention work.

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