



ST DUNSTAN'S REVIEW

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No. 55
Vol. V

For the Amusement & Interest of Men Blinded in the War.

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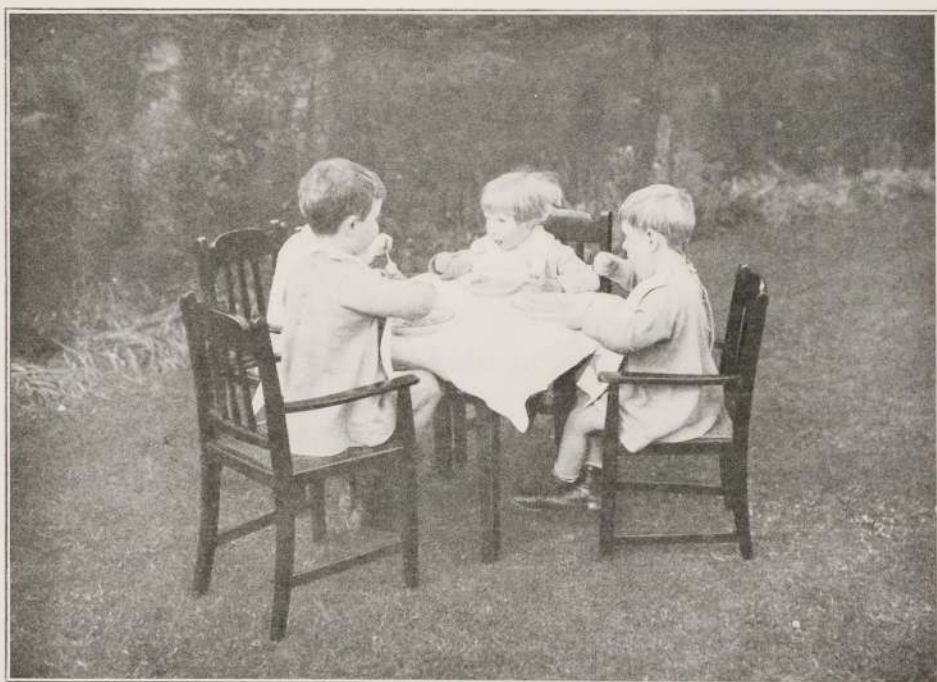
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ST DUNSTAN'S MOTTO: "VICTORY OVER BLINDNESS"



THE STALL OF THE NATIONAL INSTITUTE FOR THE BLIND, OF WHICH SIR ARTHUR PEARSON IS PRESIDENT, AT THE PRINTING EXHIBITION, ISLINGTON, APRIL 30TH—MAY 14TH



A BLIND BABIES' TEA PARTY AT "SUNSHINE HOUSE," THE BLIND BABIES' HOME OF THE NATIONAL INSTITUTE FOR THE BLIND, AT CHORLEY WOOD, HERTS.

St. Dunstan's Review

A MONTHLY RECORD OF WORK AND SPORT

No. 55.—VOLUME V.

MAY, 1921.

PRICE 6d.
[FREE TO ST. DUNSTAN'S MEN.]

EDITOR'S NOTES

SIR ARTHUR is to be congratulated upon "The Conquest of Blindness" which he has just published. It is an abridged edition of "Victory Over Blindness," which was published in April, 1919, and which told the story of St. Dunstan's in such a graphic way.

"The Conquest of Blindness" differs from "Victory Over Blindness" in that the object of the larger book was to tell the story of St. Dunstan's, whereas the smaller book is published with the idea of giving newly-blinded people encouragement and hints from Sir Arthur's own practical experience. This book, then, is really a shorter edition of "Victory Over Blindness," with all the historical matter relating to St. Dunstan's taken out, and only certain references to blinded soldiers retained by way of illustration. It serves its purpose admirably, and will come to be regarded as the most cheering and helpful little book which a newly-blinded person can read. It is published by Messrs. Hodder & Stoughton, London, at 2s. 6d.

THE response to our suggestion in last month's issue that a discussion should be opened on the subject of one-armed men and their particular difficulties has led to a number of letters, which appear on the next page. It really does bring home to those of us who merely have the handicap of blindness to contend with the very great difficulties of others who in addition have lost a hand or an arm, and we cheerily take our editorial hat off to our correspondent who is able to manipulate his tie in so ingenious a manner that it lasts for a fortnight, while the pluck of another reader who can write and say that he gets along very well in spite of the fact that he only has one finger, that is any use to him and that he therefore presumes that the men who have got as much as one hand should be all right also, makes us very proud to be associated with him.

TREMENDOUS enthusiasm has been displayed in the Grand Baby Competition which we announced last month, and some scores of splendid photographs have already been received. This issue is published on the closing day for the Competition, and judging by the fact that beautiful babies are arriving by every post, the judges will be kept very busy. We have pleasure in announcing that the Editor of *The Daily Mirror* is greatly interested in the competition, and has kindly promised to publish the photos of the winning babies in each class together with, perhaps, some of the others if space permits, in *The Daily Mirror* on June 15th. The REVIEW, which is published on the same day, will also have a splendid page of babies' photographs, so that competitors will look forward to this date with keen excitement and anticipation. We are very glad that *The Daily Mirror* is going to reproduce the winners of our Competition, and it will be a proud day for the babies whose pictures appear on the breakfast tables of more than a million homes.

Correspondence from One-Armed Men

TIPS FOR TYING TIES, LACING BOOTS, FEEDING BABIES, ETC.

TIP FOR TYING TIES

To the Editor, ST. DUNSTAN'S REVIEW

SIR,—I read with much interest your notes in last month's REVIEW, referring to peculiar difficulties the one-armed man has to contend with. I am inclined to agree with you and think it will prove to be a most instructive discussion. Personally speaking, I can say with confidence that the difficulties occasioned by the loss of an arm are not fully realised for some time. In hospital, for instance, such cases, or at least St. Dunstaners, had little or no cause to notice their loss. They were fed, washed and shaved, and had plenty of ready assistance at hand to meet any emergency. At St. Dunstan's there was also the same ready help from the staff and orderlies. At this stage of progress in most cases a reasonable spirit of independence was manifest among us, as orderlies could testify. When a man is dependent on his own five fingers and the immediate help is not at hand, he then finds himself up against it. A few disappointments of this sort, and not wishing to be left at the post, you quickly find ways and means to assist yourself. I am pleased to say that I can manage most things for myself, and the methods adopted I feel sure would not attract others from their own particular way or knack. Each man, I think, discovers his own little knacks, and therefore one style cannot be used collectively with the same amount of success.

If it be of interest, and by way of explanation, I will try and describe a few of my dodges. When I remove my necktie I only loosen it sufficient to lift over the head. A knot treated in this fashion will last about a fortnight and can easily be freshened up with the flat iron. To adjust my necktie, which is of the broad and narrow end variety, I place it over my head and under the collar. Next take an ordinary claw-toothed tie clip and, bending the head a little, grip the narrow end of

your tie to the waistband of your pants, thus making a tension. Now take the knot in your fingers and slide it in position, at the same time raising your head, and it will please you to find that you have a correct tie after releasing the clip. I have often put new blades in a Gillette safety razor. After disassembling same, the one chief drawback, I think, is the fear of cutting oneself when handling the new blade. This may be remedied by rubbing the forefinger on a piece of soap. A little pressure of the soaped finger on the new blade will quickly lift it from the waxed paper and enable you to fix it on the three pegs with a minimum amount of risk. I should like to hear a few of the latest hints from the boys, as I have yet to learn how to roll up a shirt sleeve.—Yours, etc.,

A. LAWLER.

WANTED—HOW TO CUT NAILS

To the Editor, ST. DUNSTAN'S REVIEW

SIR,—I am a one-handed St. Dunstaner. I believe you have never previously opened your columns to a discussion on the difficulties and devices of the one-handed blind, and yet I think there are quite a number of us scattered about the country. The problem of blindness is an acute one, and mutual suggestions are very valuable. The one-handed blind are in a peculiar category of their own. Quite definitely there are thousands of things their two-handed brethren can still achieve which are ruled out in their case. I will not concern myself here with the acquiring of special trades and skilled arts, but merely with everyday activities and duties. I wish to mention certain of the little tricks I have devised in order to render myself as self-reliant as possible in my daily life—for I think to be self-reliant is a decent man's first desire. I shall then mention various little matters that still puzzle me, because I hope that some other St. Dunstaners will have been more acute than myself, and

can, through your columns, give me the hints I need.

"Are you taking up shorthand?" asked a kindly visitor of a St. Dunstaner who was minus an arm. "No, madam," he replied, "you see I am a hand short" (Thank you, Mr. Editor, I had to get that joke off my mind.) Now to business. I retain my right elbow joint, and find this very useful. For example, in wiping my back after a bath I swish the towel behind me, catch it in the crook of the elbow, and rub away as if with two hands. It is also useful for hanging things on, but impossible when it comes to carrying a bag. I make use of my knees, this elbow joint, and especially my teeth. With the latter I tie up my tie, catching the short end in my mouth till the twining-over process is complete, and finishing with one hand. The tightening I again arrange by means of a teeth-grip on the short end.

I have an excellent nail brush, devised with two rubber "squee-gees" on the bottom, so that it sticks, when wetted, to the surface of the wash-stand. Boots and shoes I manipulate by a special arrangement of the laces, lacing from the instep towards the toe across and across, and pulling tight by the loose end left when the lacing is complete. The lace keeps by its own friction, and the loose portion is tucked away down the side of the shoe. In pouring out a glass of liquid I sometimes judge by sound, but occasionally I contrive to slip my little finger over the edge and thus sense when the glass is nearly full. I use a safety razor and strop by holding the leather between my teeth.

Many or all of these devices may be commonplaces, but unless we all contribute commonplaces I do not see how any of us are to benefit from exchange of views. Let me tabulate two or three little things that bother me. I shall hope that someone else has been quicker than I in making discovery.

First as to cutting nails. Does anyone know of any device by which this can be satisfactorily achieved? The only way I can do it is by manipulating the scissors between my knees, and the results are not satisfactory. Besides, this leaves the toes to be attended to.

Then as to safety razors. Can anyone suggest to me how I can change a blade in an autostrop without endangering my sole remaining five fingers?

Bow ties again. I can do it, but since the mouth again comes into action, it leaves one end permanently sticky. Of course I wear a made-up bow tie—unless I sense that there are fair hands in my neighbourhood.

Finally, as to the hairbrush and comb. It is very difficult to ensure a correct parting with one hand. I endeavour to set my comb against my scalp at the angle required and to press the teeth thereof so forcibly against the skin that I am enabled to aim straight for the same spot in sweeping my hair the other way. But this is painful and not invariably certain. Can anyone tell me, how a blind and one-handed man can obtain a correct parting for himself?

I should be glad, Mr. Editor, of replies through the REVIEW from one-handed St. Dunstaners with whom I cannot argue face to face.—Yours, etc.,

F. L. G. CLARK.

HOW TO FEED BABY

To the Editor, ST. DUNSTAN'S REVIEW

SIR,—Just a few lines about the things that I do with one hand. I can safely say that I can do everything for myself.

Of course I do a good many things with my teeth, which are a great help to me. I do my tie up by pinning the left side down to the shirt first, then you have something to pull at when you twist the right-hand side over and under. The only thing is, that you must pin the tie a certain distance down the shirt, so that when you get the knot tied both ends are level.

Now the way I do my boots up is quite easy. After the boot is laced up and round the eyelets I hold one end of the lace by my teeth and then you can easily tie the lace in a bow.

For the next thing, I can weigh a quarter of sweets and shoot them into a bag, and that is a thing that wants doing with one hand. Of course there is a certain way of putting the bag on the pan before you shoot them in.

Then how do I feed the baby? Of course this is a bottle baby, and after propping her up with pillows the way I find her mouth is feeling with my mouth where her mouth is—that is quite easy. There are heaps of other things that we do, so you see that we are not quite helpless!—Yours, etc., H. SPENCER.

ONLY ONE GOOD FINGER

[The following very plucky contribution from A. Brown, of Holbeach, Lincs., though not very helpful from the point of view of detail, is certainly an inspiration, and we congratulate him on having so cheery an outlook on life in spite of his great difficulties, which include being blind and having only one finger left.—Ed.]

To the Editor, ST. DUNSTAN'S REVIEW.

Sir,—I now take great pleasure in answering your kind and welcome letter, but I am very sorry to say I cannot send any tips up about the one-arm men, as I am nearly sure any one-arm man can do what

I can, as I have only got one finger left that is any good to me.

Well, sir, I am very pleased to tell you my wife and I are in the pink now, but I was not doing very well a time back, as I was suffering with a nasty pain at the back of my eyes and I did not get much sleep, but things are much brighter again now.—Yours, etc., A. BROWN.

SINGLE LACE METHOD

To the Editor, ST. DUNSTAN'S REVIEW.

Sir,—With reference to your letter *re* one-armed men, I find that with much perseverance I am able to overcome most of the difficulties that we fellows find ourselves up against.

Although my left hand is practically useless, I find the two fingers, bent though they are, come in very handy, for instance, in holding things between them. With regard to my boots, I find that by having eyelets put to the top of the boot I can manage to do them up myself, by the single lace method, as we did in the army.—Yours, etc., CHAS. GRIFFIN.

News from the Workshops

MAT DEPARTMENT

MATS made during the month have been remarkably uniform, and the standard reached has been even higher than usual.

The proportion of men who have been doing this work has steadily increased since Christmas. Some devote their whole attention to it as their only occupation, and in addition, practically every boot man who leaves has a complete course in plain mats, and sometimes goes beyond this.

We may mention, in particular, several excellent mats of E. Bartlett, A. E. Thompson, A. H. Whernham, and G. H. Wiltshire. Two red fibre border mats made by H. C. Clarke were excellent in all respects. A lettered mat, "Welcome," was well made by F. Hill, and another, "Salve," was well done by C. H. Brown.

P. D. Jensen has also done very well indeed with bordered mats, two designs, lettered mats and also sinnets. A. E. H. Brown has done further good work on plain mats and also sinnets. R. Colville has made very good use of his time in the shop, and is advancing very satisfactorily in all respects.

BOOT DEPARTMENT

Since our last reference T. H. Marshall has put in quite good work on all kinds of repairs, and has also made a number of mats of a good standard. H. O. Garrett has also done very careful work in both trades, with the result of a considerable improvement in the standard of his work. A. Hazel has also made an excellent mat, and his boot repairs continue to be on the right lines. A pair of child's boots well marked and nailed, and a thoroughly solid

job, repaired by S. Gamble, received special mention. F. Cooper keeps up a good standard in all he undertakes, and has recently made good progress with toe-capping. E. T. Hughes has also done well with toe-capping and putting in new middle soles; his work shows steady improvement. E. Pugh is improving very nicely and turning out satisfactory boot repairs—a mat made this month was also very good. The work of C. Johns is showing marked improvement in rivetting, shape, and edge. J. H. Ham and E. J. Lloyd are still doing useful work as pupil teachers, and at the same time, gaining further experience for themselves in a variety of ways on all classes of work.

J. H. Greaves is making satisfactory progress, particularly with ironing clogs. A pair of Derby top clogs made by S. Brydson were distinctly good, a very striking advance having been made in nailing.

BASKET DEPARTMENT

A. Man has done well with various shapes of centre cane baskets and wood base trays. After a short time on centre cane, W. Birch has made a very promising start on willows. G. F. Furniss is showing keen interest and has done quite well on a lined suit case. E. T. Humphries has just completed two round soiled linen baskets, on which he has worked very independently. He has also made an excellent selection of baskets for stock. A. J. F. Jolly has also been doing very well indeed since Christmas. He has more confidence in himself, and has improved considerably with oval clothes baskets, as well as dog baskets and square clothes baskets.

JOINERY DEPARTMENT

W. Shute has continued to show first-class ability, and since our last reference he has made a bedstead, kitchen table, and a pair of steps, in excellent style. A. G. Cole has made fair progress with oak frames, and now that he is coming all day, we anticipate that he will develop his work very well. M. W. Brown has made a stool and a boot stool which

thoroughly deserve favourable commendation. His work shows promise.

The poultry-farmers who have been taking their joinery course since Christmas have shown themselves wonderfully adapted to joinery, and have made excellent use of their period of instruction.

CERTIFICATES

The following Proficiency Certificates have been awarded during the month:—

A. J. Hornsby (clogs); C. Van Blerk (baskets); G. H. Maher (mats); A. Hazel (boots); T. H. Marshall (boots); J. Robinson (boots); T. H. Wiltshire (boots and mats); A. E. H. Brown (mats); J. H. Ham (boots); M. H. Oldroyd (boots and clogs); P. Yuile (boots and mats); and J. Collier (mats). W.H.O.

Guild of Blind Gardeners

ROLL up St. Dunstaners, and get ready your exhibit for the special class for blind gardeners to be held at the National Rose Society's Show at the Botanic Gardens on June 29th.

You may exhibit anything you like, flowers, fruit or vegetables, as long as it is grown by yourselves. If you cannot bring your exhibit send it by post or rail, and the Guild of Blind Gardeners will see that it is arranged for you. For further information apply to Miss B. Brown, Braille Room, St. Dunstan's.

St. Dunstan's Jokes

LADY MORGAN, who was for a long time in charge of one of the officers' houses at 20 Portland Place, has intimated her intention to make a collection of St. Dunstan's stories which she may publish at a later date. She will be glad if any reader who has a humorous story about St. Dunstan's to relate would forward it to her at the following address: Lady Morgan, Moor Hill Cottage, Frensham, Surrey.

ELSIE: "What's that, Daddy?"
FATHER: "A cow."
ELSIE: "Why?"

Departmental Notes

Shorthand, Typewriting and Telephony

WE heartily congratulate the following men on having passed their Typewriting Test:—

D. H. Luck, H. Acton, J. Restall, W. Bonner, S. Bagstaff, J. Collier, C. Morton, F. Linley, W. Birch, P. Nuyens and A. H. Corey.

At the Building Exhibition held at Olympia from April 12th to April 26th, Mr. Shelf, Manager of the well-known firm of Messrs. Brown & Tawse, Iron and Steel Merchants, kindly gave St. Dunstan's the opportunity of showing what their shorthand-typists could do. The following four men, A. B. Hill, S. Game, J. Harker and P. Conlin, took it in turn to act as secretary to Mr. Shelf, who expressed entire satisfaction with their work.

The sum of £20 3s. 4d. was collected at the exhibition, and we should like to take this occasion of thanking both Mr. Shelf for his kind interest and help, and our shorthand-typists for so successfully carrying out their part of the work.

We offer our congratulations and all best wishes to the following men:—

S. Game and H. Flett, who have obtained positions as stenographers at the Enemy Debts Department, Board of Trade, where there are now six St. Dunstan's working; and to Peter Martin, who has just started work as telephonist to the Amalgamated Industrials, Alexander House, 9 Union Court, Old Broad Street. He has been operating on the Bungalow switchboard since Christmas, and we are all very sorry to lose him. *D. P.*

Netting

IN response to many requests we are now stocking in readiness for the summer season, a wooden stand for our string hammocks. The stand has been specially designed for us, and is very

strong and portable, and is easily adjusted. We shall be pleased to supply these stands to all After-Care netters at cost price, and to send full particulars to all who write for them.

We should like to make it known that we have been receiving excellent orders for garden nets of various kinds, and we can offer work to any number of After-Care netters who have not yet joined our Orders Scheme. *G. H. W.*

Music

A VERY good concert was given at the Bungalow on May 5th by the St. Dunstan's men, which included some new performers. The band, which has greatly improved of late, was particularly mentioned. Our new Band Room is very convenient, and we appreciate the facilities afforded, and it is hoped we shall soon use the room for musical gatherings.

The Braille Room

WE heartily congratulate the following men on having passed their Reading and Writing Tests:

Reading: W. Moorcroft and D. McLoughlin.

Writing: E. D. Martin, J. G. Nicol, T. W. Walton, P. Yuile, A. Greening, and S. J. Jordan.

St. Dunstaners may be interested in some of the following books which are just a few of those that have been recently added to the National Library for the Blind:—"Through the Heart of Patagonia," by H. H. Prichard; "War in the Mountains," by Rudyard Kipling; "The Refugees," by Sir A. Conan Doyle; "The Great Cattle Trail," by E. E. Ellis; "The Gentle Grafter," by O. Henry; "Watch Below," by "Taffrail"; "The Old Man in the Corner," by Baroness Orczy; "The Pearl Fishers," by de Vere Stacpoole; "Mr. Wingrave—Millionaire," by E. P. Oppenheim. *D. P.*

Sports Club Notes

LEAGUE MATCHES

During the Football season which is just closing, parties of men, altogether numbering close on 400, have been taken to the League matches at the Arsenal and Chelsea grounds. I trust the Directors, secretaries and officials of these great London Clubs will accept the gratitude of every one of us for the kindness and great courtesy which they have ever extended. The men have thoroughly enjoyed the games and every incident on the grounds from the knocking off of the policeman's helmet to the scoring of a goal has been recorded in their minds.

CRICKET

I hope to arrange to take parties of men to the County matches which will soon be commencing at Lords. We had some very interesting experiences last summer and I feel sure some of our boys will be glad to avail themselves of the privilege extended to them by the M.C.C.

FOOTBALL COMPETITION

Our football continues to thrive. As soon as we conclude one series of matches we seem to be in the throes of another! There is a great deal of excitement to be obtained, and the exercise is not too strenuous, except for the goalkeeper! During the hot weather we have felt very sorry for Father Howell and Sergeant Hunt in goal, especially when the shooting of the men has been "hotter" than ever, but we are grateful to them for continuing to "keep" under these warm conditions.

Fourteen teams have entered for the present competition and next month I hope to be able to give the results.

In addition to competition matches, "friendlies" have been arranged with the orderlies. In the first match the boys beat the orderlies by 9 goals to 1. This, of course, led to a second match for the orderlies wanted revenge. They accordingly strengthened their team and managed to beat the boys by 9 goals to 6.

Now a third match is pending—both

DURING the last few Saturdays the weather has been kinder to us, and some of us have been startled to find that rain forgot to fall on the Friday evening, as it generally did on the day preceding our sports. In consequence we have had several excellent sports meetings with large attendances of men and some splendid running. On Saturday, 30th April we attempted the quarter mile "sprint" for the first time. Five men commenced the race, four finished it. This was quite good because the quarter is supposed to be the most punishing race of all. Although I am strictly correct in saying that four finished the race I should say "barely finished" because two could just reach the finishing post. The winner J. Simpson won in splendid time (for a first effort) of 1 min. 10 secs., closely followed by A. James, G. Taylor and E. J. Lloyd. With a little practice we will be able to knock some seconds off this time and also attempt longer distances. At all events it was a very creditable performance.

With a view to giving our sportsmen every opportunity to improve in their games, we are holding practices every Wednesday commencing at 5.30 p.m. So that any boys who wish to "knock spots" off world's records must come along and get some valuable tuition and practice.

"GO-AS-YOU-PLEASE" COMPETITION

With the view of giving everybody a chance of completing the Outer Circle course of 2½ miles, we are arranging a new competition. The men go in pairs, T.B. and S.S., and the first pair to complete the course wins. Competitors may go round as they wish—walk, run or crawl, but they must complete the whole course without the aid of cycle, motor or aeroplane!

The competition will take place on Friday, 13th inst., and to prevent accidents with the traffic we purpose commencing at 7 a.m. Already at the beginning of the month many pairs are "in training."

teams being out for the rubber. We are hopeful of playing Headquarters staff, so we have still a big programme before us ere our football season ends—if it ever does!

SATURDAY SPORTS

During the last few Saturdays there has been very keen competition for the honour of carrying off the prizes which Sir Arthur has offered monthly to the most successful athletes at St. Dunstan's. The prize this month is divided between J. Simpson and H. Northgreaves, who head their respective sections. The following hold the leading number of points:—

S.S.		T.B.	
	Points		Points
J. Simpson	420	H. Northgreaves	500
A. James	345	J. Greaves	290
J. H. Tindall	245	E. Pugh	255
J. W. Yarwood	205	F. Peacock	235
J. L. Brooke	175	P. Jenson	185
E. J. Lloyd	125	E. L. Woods	75
G. F. Taylor	125		

SPORTS RECORDS

During last term several of our records were broken. In Throwing the Cricket Ball A. James and H. Northgreaves broke their existing records of 73 yards by 2 yards and 66 yards by 11 yards respectively. I am hopeful of still greater distances this term. In the Jumping Competition J. H. Tindall improved on his 24 ft. 5 ins. record by 2½ ins., whilst H. Tomkinson's 24 ft. 10 in. still holds good for the T.B. boys. In Putting the 16 lb. Weight, J. Ham with 26 ft. and H. Northgreaves with 27 ft. 9 ins. lead their respective sections. We hope to do over 30 ft. before long! Throwing the Football has caused keen competition, and A. James broke his own record of 31 yards by ½ yard, whilst H. Northgreaves retains his of 31 yards. The goal scoring, skipping and 90 yards Sprint records will be recorded next month.

SWIMMING

With the view of seeing just what we could do in Swimming Competitions an informal gala on a very small scale was held at the Marylebone Baths on Friday, May 6th. We commenced with a spectacular dive in which all the competitors, arranged fan-shape, dived at the same

time. At the word "go" they dived and astonished everybody at the Baths by the beauty and cleanness of the dive. Then a two-lengths pair race was attempted in which the following pairs competed:—

First heat: J. Greaves and J. W. Yarwood, A. Biggs and G. F. Taylor.

Second heat: J. Simpson and J. W. Birchall, J. Shread and E. Lupton.

Both heats provided remarkably good racing, and I was sorry that I had not a stop-watch with me to take the times. The results of the heats left A. Biggs and G. F. Taylor and J. Simpson and J. W. Birchall in the final, which was well won by the latter pair by 12 feet.

The fancy diving proved to be very exciting as well as extraordinarily clever. J. Birchall just won in the T.B. contest, whilst W. J. Packwood only beat J. Simpson in the S.S. after a "re-dive," and then by only one point.

The experiment, therefore, was most successful, and we are looking forward to having more swimming contests in the near future. Much praise is due to Instructor Jones for all his splendid care and tuition, and to the Superintendent of the Baths for his unflinching courtesy and also for kindly judging the various events. Prizes were most generously given by Mr. Haile, Mr. Cable and Mr. Harold Lowther, to whom our thanks are due.

A GENTLEMAN who was dining one day with some friends at his favourite restaurant suddenly rose to his feet, and raising his glass in his hand addressed his various acquaintances scattered round as follows: "Gentlemen, permit me to drink to the health of all our absent friends, including my waiter, whom I have not seen for more than half an hour."

"WHICH is the first and most important sacrament?" asked the teacher of a girl who was being prepared for confirmation. "Marriage," was the ready answer.

"No, no," said the teacher; "baptism is the first and most important sacrament." The girl's eyes opened wide. She looked shocked.

"Not in our family," she said, haughtily. "We're respectable."

Church and Catholic Chapel Notes

Church Notes

OUR attendances at Chapel have been most encouraging during the last few weeks. It is a very happy sign when additional seats have to be requisitioned to accommodate all the congregation.

CONFIRMATION

We heartily congratulate the following men upon their confirmation by the Lord Bishop of London in St. Paul's Cathedral on Saturday, May 7th (Mr. Geoffrey Kingston-Stewart, the son of our former respected organist, joined our class and was confirmed at the same time):—George Henry Wiltshire, Sidney Joseph Jordan, Marc Harry Albertella, Frank Hemsworth, Sidney Bagstaff, Albert Frank Mussell.

HOLY COMMUNION

There will be celebrations on Whit-Sunday, May 15th, at 7.30 a.m. and 10.15 a.m.; on Trinity Sunday at 8 a.m. and on May 29th at 8 a.m.

CHAPEL SISTERS

We are very sorry to lose the services of our most capable and enthusiastic Chapel Sisters, Miss Milne and Miss Brandt. Miss Milne has been appointed to be Matron at Ilkley, and she carries with her all our best wishes. Miss Brandt has had to discontinue because of pressure of work. We are grateful to them for their splendid assistance, and we are very fortunate in having such keen helpers as Miss Berry and Mrs. Howell to succeed them. E. W.

Catholic Chapel Notes

IN common with the whole diocese of Westminster the Mass on May 1st was offered for the Intentions of His Eminence Cardinal Bourne, who on that day celebrated the twenty-fifth anniversary of his Episcopal Consecration. A message

of congratulation was sent to his Eminence by Sir Arthur.

Thursday, May 26th, is the Feast of Corpus Christi and a Holiday of Obligation. Mass will be said at 8.30.

The time for fulfilling the precept of Easter Communion ends on Trinity Sunday, May 22nd.

Small photos of the old Chapel may now be obtained. P. H.

Births

F. GREEN, son - - - - March 9, 1921
A. EDMONDS, daughter - April 13, 1921
J. W. BROADBENT, son - April 14, 1921
T. E. ROGERS, daughter - April 15, 1921
W. V. SARGENT, daughter - April 21, 1921
W. COX, daughter - - - April 22, 1921
H. TAYLOR, son - - - - April 23, 1921
T. WALL, son - - - - April 23, 1921
M. LANE, daughter - - April 28, 1921
H. WEEKES, son - - - - May 8, 1921

Baptisms

ON Sunday, May 8th, at St. Dunstan's Chapel, Arthur Victor Terence, son of Arthur Victor Sowter. Peter John and Joan Marguerite Gladys, son and daughter of William John McQuirk.

Marriages

ON Sunday, March 20th, James Greenwood was married at St. Phillip's Church, Dalston, to Miss C. Bristow.

On Monday, March 28th, Robert William Baker was married at St. Barnabas Church, Cambridge, to Miss E. M. Chapman.

On Saturday, April 2nd, Reginald Fitzgerald was married at St. Andrew's Church, Whitehall Park, London, to Miss K. E. Doe.

Marriages—continued

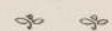
On Monday, April 4th, Michael Doyle was married at The Church of Our Lady, Grove Park, St. John's Wood, to Miss E. Whatley.

On Tuesday, April 12th, Frederick Stewart Owen was married at St. Marylebone Parish Church to Miss A. Stephenson.

On Thursday, April 14th, Arthur John Caple was married at St. John's Church, Cardiff, to Miss M. H. Shields.

On Thursday, April 14th, Alexander Henry Craigie was married at St. Marylebone Church to Miss F. A. Moore.

On Tuesday, May 3rd, Thomas Carter was married at St. Michael's Church, Congleton, Cheshire, to Miss P. G. Street.



Obituary

F. W. SPACKMAN, daughter, died April 15th, 1921.

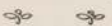


Braille as a Hobby

MR. McCURDY, the new Chief Whip, with his pleasant little stammer, and his undoubted gift for earning admiration by after-dinner speeches, has quite settled down to his new job, says the *Evening News*.

He has developed two unusual hobbies. In the last two years he has learned shorthand and the Braille system. He took up Braille because he has a friend who is blind. Now he says that reading Braille has become a relaxation. He often finds it so when he goes home at night tired with hard work. The touching of the raised characters, and the mental effort undertaken through a new channel, seems to soothe the mind.

[It would be interesting to hear the comments of the Braille instructors at St. Dunstan's on the last sentence—ED.]



DETECTIVE: "If you should observe a man in a train, bus, or tramcar take out all the papers in his pockets and scan them carefully, tearing some up, what would be your deduction?"

PUPIL: "That he is going home to his wife."

Two Letters

THE following interesting letter is from J. Knights, joiner, of Trimley St. Mary:—

"Just a few lines letting you know we are still alive and kicking, and going on steadily. This last week I have had a large job in hand, a bath-room cupboard, and it was as much as I could do to handle it. With the help of Mrs. Knights we got the frame together. It stands 7 ft. 6 ins. and we used $\frac{1}{2}$ in. matchboarding to finish it off. Mrs. Knights was a great help. She came in just as I was getting the mortising machine ready. She said: "Any fool can use that!" Well, I fixed my work in, and my lady got to work—and she gave me a surprise! She did the mortising as fast as I could measure up, and not only was she fast, but she did it well. I have always been afraid to let her touch anything, but I find she is a very handy woman, and if she sees any fault she tells me at once, so that I can alter it before the job gets too forward. The cupboard is made in sections, and to-morrow I am going to fix it up in the bath-room."



Mrs. Brown, the wife of Percy Brown, basket-maker, of 9 Normandy Street, Alton, Hants., writes as follows:—

"Many thanks for your kind letter received yesterday. We both very much appreciate your kindness in writing to us as you did.

"We have both worked very hard ever since Brown left St. Dunstan's. He is a very steady worker, and since we have been in Alton we have been asked to make all kinds of baskets, and we have always done our best to satisfy our customers. As they usually come back to us again we take it that they are satisfied.

"Brown feels he can best thank Sir Arthur and all at St. Dunstan's by living as careful and steady a life as possible and putting the best he can into his work."



THE young Harrogate woman who swallowed nearly two hundred gramophone needles and a pen-nib may have been foolish, but she had many good points about her.

"The Conquest of Blindness"

THE CONQUEST OF BLINDNESS," a book recently published by Messrs. Hodder & Stoughton (2s. 6d.) and written by Sir Arthur Pearson has been very well reviewed in the Press throughout the country. Some of the most interesting of the notices are given below:

BIRDS AS CANDLE FLAMES

"In the re-education of the blind magnificent work has been done, and it is very fitting that Sir Arthur Pearson's name should be so intimately associated with the victories of St. Dunstan's, for he himself has had to accustom himself to the loss of a sense that really controls the other senses, and has shown that such a loss need not diminish a man's usefulness to his fellow men, nay, can even increase it. There is a profound and personal knowledge in his observations on how to learn to be blind, without rancour or repining, which makes his little book one that appeals as much to the heart as to the understanding. . . . In passing, he relates some curious stories of people blind from very early childhood—particularly significant is the story of a woman, about thirty years of age, who recovered her sight as the result of an operation, and had the bandages finally removed in a room with one window. The sun was shining brightly outside, and three sparrows were hopping about on the window-sill, and her first words were: 'Why, look at those three candle-flames!'"—*Morning Post*.

"LOOKING GLASS ON THE LEFT!"

"Sir Arthur Pearson, in his book on St. Dunstan's, 'Conquest of Blindness,' tells an amusing story which bears on the controversy 'Can Blind Men Swim.' Describing the attendant at a seaside baths where he himself often swims, he says that he insists on piloting him out of the water. 'There you are, sir. Four steps—one, two, three, four! Now you're at the top, sir. There's your cabin, clothes hanging on the right—looking glass on the

left!' The blind can not only swim, but can joke over offers of a looking-glass!"
Daily News.

A GOSPEL OF HOPE

"The Conquest of Blindness,' by Sir Arthur Pearson is described on the cover as 'a book of help and encouragement,' and it fully deserves the description. Written by one who has himself lost his sight and conquered his blindness in the most remarkable and courageous manner, it is full of practical, helpful advice to fellow sufferers, showing how the disabilities of such a condition may be met and overcome, and how many of the occupations and amusements, of which one might have thought blindness might have deprived a man, may still be followed and enjoyed by the sightless. As an exposition of what blind people can do, this little book will be read with admiring interest by everybody; while to those who have lost their sight themselves, or have relatives or friends in that condition, it will come as a veritable gospel of revelation and hope."—*Truth*.

THE PSYCHOLOGY OF BLINDNESS

"As a journalist, Sir Arthur Pearson was always remarkable for his skill in picking out points of wide interest, and since he became blind, that faculty seems to have increased rather than diminished. His new book, 'The Conquest of Blindness' (Hodder and Stoughton), is a valuable contribution to the study and treatment and psychology of blindness. Unlike many works which also fulfil that purpose, it is graphic and full of interest to the general reader.

"This is partly because it is a personal record; but also very largely because it is full of everyday details which are all correlated to two ends—making it easier for the blind and their sighted comrades to help. Dreams of the blind and the myth that smoking has no charms for them, are two minor points which are treated."

Birmingham Gazette.

St. Dunstaner Cycles to Brighton

FIFTY MILES IN 4½ HOURS

A MOST remarkable achievement is that of Alan M. Nicholls, who on April 23rd cycled on a tandem-bicycle with his orderly from Westminster Bridge to Brighton, a distance of fifty miles, in 4½ hours in spite of wind and rain. A. M. Nicholls is a St. Dunstaner who lost his sight and both hands in 1915 when instructing a squad in the use of a bomb. He was fitted with artificial arms and is now on the staff of the National Institute for the Blind. His experiences during his daring trip are related in the following letter addressed to the Editor of the REVIEW:— "25th April, 1921.

"During a conversation with some friends about three weeks ago, one of the party who had evidently seen me riding about on a tandem with my orderly, remarked on the subject to the crowd. One of the party discredited the statement, and as a result I made a small bet that I would ride to Brighton in 4½ hours, leaving Westminster Bridge on a date fixed. The day was arranged, Saturday, April 23rd, and I had to leave at 7.30 a.m. and report at the Post Office, Brighton, at 12 noon. My orderly and I left Westminster Bridge at 7.30 on Saturday last, and after leaving Brixton it commenced to rain slightly, but after leaving Purley the rain and wind increased, and the latter was not in our favour. We did not dismount until we reached Ancross Hill—eighteen miles from Brighton—where we had tea and refreshments. We duly arrived at the G.P.O. at 12.15, having completed the distance in 4 hours and 45 minutes. Needless to mention we were saturated, and in this condition arrived at West House, where a hot bath, some borrowed clothes, lunch and a rest, until our own clothes were dry, were provided. At 6.15 the weather was gloriously fine, so we set off to meet a certain train at Tunbridge Wells—a distance of thirty-two miles. After passing through Lewes we encountered another storm—rain, lightning and wind. This caused us to lose a certain amount

of ground, and we decided to go on to Uckfield, which is about seventeen miles from Brighton, and entrain there, so that we might arrive at Tunbridge Wells according to arrangement at 8.50. The train I intended catching at Uckfield was the 7.20 from Brighton, the 8.5 from Uckfield. I arrived at Uckfield at 8.8—the next and last train being at 9.55. It was then dark; we had no lights and the shops were closed. Half an hour was spent in an endeavour to borrow a couple of lamps, and we failed. However, after an hour's running round we found a man who was prepared to risk being caught breaking the law and whom I persuaded to sell us a couple of lamps. By the time we had these alight and had something to eat we discovered it was 9.50, so decided to go on to Tunbridge Wells by train. Arriving at Tunbridge Wells at 10.45 p.m. I discovered I could not get a train anywhere, and having friends at Chipstead, Sevenoaks, decided to go on there. The distance from Tunbridge Wells to Chipstead is about nineteen miles. We arrived at our destination at 12.45 a.m., where we were both pleased to creep into blankets, and I can assure you it was a creep, as we had covered over ninety miles, and I discovered though riding a tandem is jolly good exercise it is not exactly like a Rolls-Royce or even a Ford to get about on. On Sunday morning I was up and out by ten, and had another spin on the tandem.

"May I take this opportunity of thanking St. Dunstan's and Sir Arthur Pearson for my present position in the social world to-day?"

Our readers will all join us in congratulating Nicholls on his wonderful performance. It is interesting to note that in February, 1869, it took John Mayall on the earliest type of bicycle, the bone-shaker, with wooden wheels and iron tyres, about sixteen hours to ride from London to Brighton. In September, 1892, W. J. Neason rode to Brighton and back on a Safety in just over five hours.

The Optophone

A BRIEF HISTORY OF THE INVENTION AND SOME OPINIONS AS TO ITS PRACTICABILITY

FREQUENT reference to the type-reading Optophone in the Press during the past few months have led to not a little discussion in the blind world as to the possibilities of this reading apparatus, and it will, therefore, be of interest to our readers if we briefly outline the history of this invention and give some opinions as to its practicability and usefulness.

As long ago as 1912, Dr. Fournier D'Albe, then a lecturer in Physics in the University of Birmingham, invented an instrument which he claimed would enable blind persons to discover lights and bright objects by ear. This was accomplished by utilising a well-known property of selenium, of becoming a conductor under the influence of light. After two years' further work he produced an instrument which he called the "Type-reading Optophone," by means of which blind people were to read ordinary ink-print. This first rough instrument was shown at the International Conference on the Blind at Westminster in 1914, and also at the Royal Society. By 1917 he had worked out another model, which he submitted to the National Institute for the Blind. In the course of a test he read blindfold an unknown passage from *The Times*, but only attained a speed of about a word a minute. The examiners were not at that time satisfied with the instrument. The inventor then, in 1918, brought out a further model with which Miss Jameson, a blind pupil from South Norwood, gave demonstrations at the British Scientific Products Exhibition, reading passages chosen by the public from a printed book. On the recommendation of Admiral Sir Reginald Bacon, who presided at some of these tests, Professor Barr, head of the well-known firm of instrument makers, Messrs. Barr & Stroud, Ltd., names that will be remembered by artillerymen who used the firm's famous range-finder, took an interest in the apparatus and experimented upon it. In due course the

present Optophone appeared, and again claims were put forward that blind people could read ink-print. The newspapers began to speak in true journalese of the wonderful revolution that was to take place in the world of the blind, and many enquiries were addressed to Sir Arthur Pearson on the subject. It is interesting, in passing, to remark that one of the duties which Sir Arthur has voluntarily and, though it takes up a good deal of his time, not ungrudgingly taken upon his shoulders, as a result of his fame in the world of the blind, has been to answer enquiries from all quarters of the globe on all sorts of questions connected with blindness. Every week his post-bag contains letters from this country and from abroad asking about this or that invention, or for advice about this or that problem which is confronting individual blind people or those who are making themselves responsible for blind person's welfare.

Since its inception the National Institute for the Blind, of which Sir Arthur Pearson is President, has been the leading organisation in the British Empire and probably in the world that has made itself responsible for production and adaptation of apparatus for the use of the blind, and about this time in the history of the Optophone a definite authority called the Invention's and Research Committee was formed at the Institute to deal with all matters relating to mechanical and scientific appliances for the blind and recommend to the Institute what action should be taken in connection with them. Captain Ian Fraser, a member of the Council of the National Institute for the Blind, is Chairman of this Committee, and Mr. Black is a member, so that St. Dunstan's as well as the Institute is represented. About a year ago this Committee visited the offices of Messrs. Barr & Stroud and discussed the instrument with their London director, intimating their intention to give the apparatus a thorough testing.

An instrument was subsequently purchased and installed at the National Institute for the Blind, and two capable blind members of the staff were released from their ordinary duties to devote a suitable amount of time each day to the learning of the system. The original inventor, Dr. Fournier d'Albe, offered his services as instructor, and arrangements were duly made with him for regular supervision of the class. Eight months have now passed and a series of tests have been made. Mr. Henry Stainsby, Secretary-General of the National Institute for the Blind, was asked to undertake these tests, and we quote the following from his report:—

"I have tested Miss Green's reading on the Optophone on seven different occasions, each test being of 30 minutes' duration and on 'unseen matter'.

- (1) Extract from 'Heroes of the Darkness' 85 words in 30 minutes, say 3 words per minute.
- (2) Extract from leading article of *Daily Telegraph* 60 words in 30 minutes, 2 words per minute.
- (3) Extract from 'Optimism'—
Test (a) 89 words in 30 minutes, say 3 words per minute.
Test (b) 78 words in 30 minutes, say 2½ words per minute.
Test (c) 64 words in 30 minutes, say 2 words per minute.
- (4) Extract from 'The World I Live In' 65 words in 30 minutes, say 2 words per minute.
- (5) Extract from Pier's Plowman Histories Junior Book II 119 words in 30 minutes, say 4 words per minute.

It will thus be seen that the average speed is under 3 words per minute. Although slow the reading was accurate, very few words being unread or mis-called. Short and easy words of frequent recurrence were read with comparative ease, the reader evidently taking the word as a whole without analysing into letters. This is borne out by the last test, which was from a junior school book in everyday English. Long and uncommon words, particularly those containing little used

letters as 'z,' caused much delay and consequently brought down the averages. Towards the close of a test the reading became slower, demonstrating the fact that until it becomes mechanical it will be tiring. This was obvious in the last test when Miss Green read the first 24 words in 4 minutes, or 6 words per minute. This condition exists in a very marked degree in tactile reading, learners always being recommended to take their lessons in small "doses."

"Notwithstanding this, I am assured by Miss Green that she does not experience any tired feeling. Further, she assures me that the process of listening neither prevents her from grasping the full import of what she has read nor detracts from the enjoyment which she ordinarily gets out of reading.

"Miss Green manipulated the instrument quite unaided, and occupied less than two minutes in placing her book in it ready for reading.

"I am informed by Mr. Emblen, the other Optophone student, that my tests, while perfectly fair, do not do justice to Miss Green. This is doubtless due to the fact that examinations of all kinds rarely show the examinee in the best light.

"In preparing this report I have had two main issues in mind, all others being in my judgment quite subordinate to these two. The first is, can blind people read ordinary ink-print matter? The reply to this is emphatically, yes. The second is, can they read at a speed which would make it worth their while to adopt the Optophone as a reading instrument. On this point I have already shown that speed is slow, but as a set-off against this it should be borne in mind, first that no one has had adequate practise upon it and, secondly, that the right type of learner has not been tested. After mature consideration I have come to the conclusion that tests should be made on young children in a school for the blind, and that the same facilities should be afforded them as for tactile reading. In the latter this period extends over a number of years and fluency is only attained after long practice. While I am inclined to think that tactile reading will be more easily

acquired than reading by means of the Optophone, it must be borne in mind that the literature available through the former is relatively small, but through the latter world-wide and unlimited.

"There are many other points which deserve close consideration, for example, the costliness, delicacy and intricacy of the instrument, and the facility for placing the reading matter in it, but I do not consider these are at the moment matters of vital importance. The outstanding point which requires to be decided is speed."

We should add that Miss Jameson, who is employed by Messrs. Barr & Stroud to demonstrate the instrument, is stated to have attained a speed of 13 words per minute over a whole paragraph, and a linear speed of 17 words per minute, though at a demonstration recently given by her to representatives of the Inventions and Research Committee of the National Institute for the Blind she did not exceed five words per minute.

These are the only facts we have to go upon, and we must now, therefore, leave facts behind and turn to theory which, based as it is upon such a small amount of experience, is by no means reliable. The inventor, Professor Barr and Mr. MacCarthy, the latter a gentleman who is well-known to a number of St. Dunstaners, having for some years visited a number of leading London Hospitals in which blinded soldiers were undergoing treatment, to teach them Braille and typewriting, and having recently purchased an Optophone and conducted several experiments with it, are of the opinion that with practice very considerable speeds will be attained. The inventor indeed looks forward to 200 words a minute as being possible. The representatives of the National Institute for the Blind and St. Dunstan's are frankly not so sanguine, and are unanimous in the opinion that adult blind persons would not be able to attain a greater speed than 30 or 35 words per minute, the average speed which is reached by expert telegraphists in reading the Morse code, and that even such a rate of reading would not become possible unless some years were devoted to the

subject without interruption. They look forward, however, with keen interest to the tests which Mr. Stainsby suggests should be made with young children, and the policy of the Institute will be to use its influence to further such tests in every possible way. The representatives of the National Institute put forward their opinion reluctantly for they do not want it to be felt that they are pre-judging a piece of apparatus which is as ingenious in its design as it is masterly in its execution. They feel that the greatest praise is due to the inventor, Dr. Fournier d'Albe for having applied the very elusive property of that curious metal selenium, which will be described later, to such a noble purpose and to Professor Barr, who has himself devoted very much of his valuable time to improving the original invention and a large amount of his firm's capital to placing it on the market. They realise, however, that blind people all over the world require to be guided in their decision as to whether or not they should obtain one of these instruments, and when asked for an opinion, as they frequently are, it is their obvious duty to give it frankly without prejudice and without regard to any interests except those of the blind whom they are advising.

So far we have dealt exclusively with the question of speed and ease of reading and we must now turn to the instrument itself. It will be noted from Mr. Stainsby's report, and the present writer can confirm it from his own observations, that it is perfectly possible for a blind person, after suitable training, to adjust the book or article that is to be read in the machine, and though in Miss Green's case this was stated to have taken only a minute or two, and though this time is a relatively long one taking into consideration the fact that a page of ordinary print contains about 200 words and that practically the same adjustment has to be made every time a page is turned over, it is anticipated that these difficulties are capable of being considerably reduced. There remains, however, one point which we have not discussed and that is the actual care of the instrument and the question as to

whether or not an average blind person could keep it in perfect running order in his own home. As will be seen from the detailed description which follows the apparatus is a delicate one, and though its construction renders it as fool-proof as possible, taking into consideration its complicated nature, it must be borne in mind that unless it is used in a house in which electric light is laid on a set of accumulators is required and these have to be charged at fairly frequent intervals while, in addition, a battery consisting of a number of dry cells has to be employed, and this requires renewing though fortunately at not very frequent intervals.

What then is the position? The National Institute for the Blind will themselves arrange for Miss Green to continue studying the Optophone for a long period of time so as to watch her increase in speed. They will do all that is possible to influence the Board of Education, the Ministry of Health, or any other public body which has funds at its disposal, to further experiments with young children, and they hope that every institution which has funds available for experimental and research work will do the same.

As regards the individual blind person, taking into consideration the expense of the machine, its complicated nature, and the fact that the possibility of attaining a useful rate of speed in a reasonable time has not yet been proved, they cannot advise investment in an instrument unless the student is a person of independent means who will find recreation in using a very beautiful piece of mechanical and scientific apparatus and has sufficient time at his disposal to devote a couple of hours a day to his study for a very considerable time.

Reference has already been made to Mr. MacCarthy, and it will be of interest to men at present in St. Dunstan's and to those who have left who occasionally pay visits to Headquarters to hear that this gentleman has very generously offered to lend his Optophone to the Hostel and personally to devote a considerable amount of his time in the evenings to demonstrate it and give instruction to any

men who are interested. The instrument is being installed in the Estate Office, and Mr. MacCarthy will be pleased to receive the names of any men who would care personally to test the machine and form their own opinion as to its usefulness. It must be understood that St. Dunstan's Committee, in accepting this very generous offer of Mr. MacCarthy, cannot commit themselves to a policy of giving Optophone instruction generally to blinded soldiers, for they are not of the opinion that it would be in the best interests of the men as a whole that part of their training time should be devoted to the subject and, further, that even if every other difficulty were overcome the cost of the machine at the present time, when its possibilities have not yet been ascertained would make it impossible for them to supply it to individuals. A deep debt of gratitude to Mr. MacCarthy for his past services to the men of St. Dunstan's, many of whom have already taken a great interest in the Optophone through his kindness must be recorded, together with our sense of the valuable help he has now offered by placing his instrument and his time at our disposal.

The purpose of the Optophone is accomplished by producing in a telephone receiver series of musical notes forming tunes or musical motifs representing the various letters as these are passed over by the instrument in traversing a line of printing.

The instrument depends for its action upon a remarkable property of the chemical element selenium, the electrical conductivity of which in one of its physical forms (grey crystalline) varies greatly in accordance with the amount of light to which it is exposed.

If a telephone receiver is connected in series with an electric battery and a selenium cell a current will pass through the telephone and the current will vary as the lighting of the selenium is varied. When flashes of light are thrown on to the bridge at a rate of 256 per second the current will rise and fall at that rate and the telephone will sing out the note C. The telephone can therefore be made to sing any tune by the proper succession of

sets of pulsations of light applied to the bridge.

In the Optophone a bridge is exposed to successions of sets of light pulsations, which vary according to the forms of letters as these are passed over in traversing a line of printed type, each letter being indicated in the telephone by a characteristic motif comprising successions of single notes and chords. Printed letters are thus translated by the Optophone into a sound alphabet, which has to be learned.

The printed page to be read is placed face downwards on a glass plate supported on a suitable stand. Beneath the plate is a tablet of porcelain pierced with an aperture to permit the passage of light upwards, and so through the glass on to the paper. The upper surface of the tablet—around the aperture—is prepared as a sensitive bridge and connected up to a battery and a telephone. The bridge receives only light reflected from the page. The light used is obtained from a small straight filament electric lamp placed beneath a rotating disc perforated with small holes arranged in five concentric circles near its edge. In the instruments now being made the lamp is so arranged in conjunction with a reflecting prism and cylindrical lenses, that an image of the filament is produced in the plane of the disc, radially across the circles of holes. The disc is kept in rapid rotation by means of a tiny magneto-electric motor driven by current from small secondary cells. Above the disc there is an optical system which throws on to the paper an image of the lamp filament as it would be seen through the perforations in the disc. By this means the light that falls on the printed matter forms five bright spots in line, forming what is called the "scala." Each spot is pulsating at a rate corresponding to the number of holes in the circle of perforations to which it belongs multiplied by the number of revolutions per second of the disc. There are 18 holes in the innermost circle, 24, 27, 30 and 36 in the other circles respectively, and if the disc makes $21\frac{1}{2}$ revolutions per second the second circle of holes will produce 512 pulsations of light—corresponding to the vibrations of the musical note C. The numbers of holes

given above are in proportion to the vibrations in the notes G, C, D, E, G. A change in the speed of rotation of the disc of course alters the pitch of the notes, that is the key in which the motifs are sounded, but the intervals remain unaltered.

With an Optophone constructed in accordance with the above description, if all the spots of light fall on white paper—the space between two words, for example—all the notes will be sounded together in the telephone, producing a discord. If the scala passes over the letter V the top note G will first be silenced, then E, D, C, D, E, G. Each letter will alter the succession of sounds in a different manner. This arrangement constitutes what is called the "white-sounding" Optophone.

The present improved type of Optophone is modified so as to make it "black-sounding." In this form white paper is represented by silence, and notes are sounded as the scala passes over the black letters. With this Optophone the letter V is represented by the motif G, E, D, C, D, E, G.

The "black sounding" is obtained by providing a second selenium bridge, which is called the "balancer"—illuminated by a small part of the intermitted light reflected aside before it reaches the paper—and connecting this bridge to the telephone and the battery so that the current traversing the balancer bridge acts in the reverse direction in the telephone to that of the current through the main selenium bridge. One battery is used and the two selenium bridges are connected one to each end of the battery and both through the telephone to a selected intermediate junction of the battery. The balancer thus tends to cause the telephone to sound all the notes continuously, and the main selenium bridge that received the light reflected from the paper annuls the effect on the telephone in respect to any note when the spot of light corresponding to that note falls on white paper. The division of the total voltage of the battery can be varied so that when the whole scala falls on white paper the telephone is silent and notes are sounded only as the scala moves over the black letters as previously described.

A description of the mechanical construction of the Optophone will also prove of value in understanding the instrument. The base consists of an aluminium casting. It carries the book-rest and the various parts of the mechanism. The book-rest consists of a metal frame standing on four feet and supporting a curved glass plate on which the page to be read is placed face downwards. Means are provided for clamping down the page so that it lies in close contact with the upper surface of the glass.

Passing under the book-rest, from front to back of the base there is mounted a rocking shaft, the axis of which is coincident with the book-rest plate. The shaft is tubular, and a slotted rod passes through it for effecting the line changing motion. This shaft carries an aluminium casting called the "tracer," on which are mounted the electric lamp, the revolving disc and its motor, the optical system and the selenium bridges. The tracer can swing from one side of the book-rest to the other. When the tracer is swung over to the right-hand side (by means of a handle projecting out in front of the book-rest) a spring situated on the base behind the book-rest is bent down and tends to throw the tracer over to the left. A governor is provided,

which controls the swinging of the tracer to the left. On the top of the governor-box (which is situated behind the left back corner of the book holder) there is a screw with a milled head for controlling the speed of swing of the tracer, *i.e.*, the speed of passing along the line of printing.

An adjustable friction gear is provided for moving the tracer down the page a line space at a time, or up the page one line space at a time if desired, for re-reading a line. In the process of reading when the tracer has passed to the end of one line the line changer is operated and the tracer swung over when it automatically traverses the next line. The line changing gear is operated by a lever placed at the front of the instrument. The lever is provided with a stop-screw, which is adjustable, and can be set to make the movement of the tracer exactly equal to the line spacing of the printing when the lever is moved backwards and forwards.

Switches are provided on the base of the instrument for the lamp, the motor, and the two selenium bridges. All the controlling parts and the necessary battery connections, etc., are designed with a view to ease of manipulation by blind persons.

The Welfare of the Blind

THE ADVISORY COMMITTEE

IN view of the passing of the Blind Persons Act, 1920, the Minister of Health has reconstituted the Advisory Committee on the Welfare of the Blind so as to afford representation to the Local Authorities under the Act and to Voluntary Agencies for the Blind, and the following have been appointed members of the Committee:—

Right Hon. G. H. Roberts, M.P., Chairman; P. M. Evans, Esq., LL.D., Vice-Chairman; Mr. Alderman F. Askew; A. M. Bernard, Esq.; Miss Winifred Bramhall; Sir Coles Child, Bt.; H. Davey, Esq.; James Graham, Esq.; Mr. Councillor J. A. Hill; Sir William Hodgson; T. Holt, Esq.; A. L. Lowe, Esq., C.B.E.; G. F. Mowatt, Esq., J.P.; H. J. Munro, Esq., J.P.; Sir Arthur Pearson, Bt., C.B.E.; Mrs. Wilton Phipps, J.P.; Rev.

P. S. G. Propert, M.A.; R. Richardson Esq., M.P.; and W. H. Tate, Esq., J.P.

The Committee will advise the Minister on matters relating to the care and supervision of the blind, including any question that may be specially referred to them by the Minister. Mr. F. M. Chapman, of the Ministry of Health, will act as Secretary.

THE tailor had called several times for settlement of his bill.

"Look here," he said, I should like to know when you are going to settle this account. I can't call here every day of the week."

DEBTOR: "What day do you suggest."

TAILOR: "Friday."

DEBTOR: "Very well then. You can call every Friday."

The Wandering of the Lost Tribe of St. Dun

[AND it came to pass that the Editor of the Book of the Tribe of St. Dun and his satellites did sit in their chairs, a-smoking and a-talking, when there came a knocking at the gate and a voice cried "All Hail." And it came to pass that the Editor and his satellites were much astonished and dropped burning ash on their nether garments so that they were burned. And the Editor wist not of the damage for he was grievously afflicted with blindness so that he did not see quite so well as he used to. And a messenger did enter in at the gates, bearing a missive on a golden salver, and departed thence with much speed. And the Editor opened the missive and read it and perused it and turned it upside down and fell into a swoon. And the satellites read it and perused it and turned it upside down and fell into several swoons. Then fresh water was brought in by damsels, fair to look upon and comely, and flicked into the face of the Editor and onto the faces of his satellites, so that they came to. And it was so. And the Editor spake unto his satellites and said, "I know not of the mystic meaning of this missive but methinks it meaneth much." And the satellites murmured with much wisdom "Yea and Yea," and there was none that gainsaid him. So the Editor called unto him scribes and printers and commanded them to set the missive in fair characters in the Book of the Tribe of St. Dun. And the scribes and printers scoffed amongst themselves, and said one to the other, "It is rot." But it was not. So the missive was printed in the Book of the Tribe of St. Dun to be handed down to the children of the third and fourth generation so that they may rejoice with the dulcimer and the sackbut and cry, "It is of much interest, even of great interest, and our forefathers were mighty princes in the House of St. Dun." And it was so. And it is so. And it will always be so. Selah.]

NOW it came to pass that there was a tribe named St. Dun which dwelt in the mighty city of Lun. And there was much rejoicing and feasting, as a mighty tribe which dwelt in the city of Guild had bade the men of St. Dun to partake of wine and so forth at the feast which was to be held in honour of their king.

Now How of the tribe of Ell was a priestess to the tribe of St. Dun and she did say unto all their mighty men of valour, "Harness up your horses to the chariots of your forefathers, as it is the will of the people of Guild that the tribe of St. Dun should be in their city before the sun gets high in the heavens." And it was so.

Then did the priestesses foregather: How of Ell who was with Peach, who was also of Ell, and there was Hip of the tribe of Hippites, and Nay of the city of Loor.

Then did the men of St. Dun depart for the feast which was in the city of Guild and the tribesmen of St. Dun were headed by a mighty warrior named Flan, son of Nerry, and by his side stalked yet another mighty man who was named Macar, son of Thee.

When it came to pass that the men of St. Dun did arrive at the banqueting hall of Guild the people of Guild did say unto

them, "What wantest thou?" and Lo! and Behold! the priestess How who was of Ell did say unto the warriors of Guild, "We did come unto a feast that was to be on this very day."

But Bobbee, son of Robert, who was the watcher of the gate, did say unto the tribe of St. Dun, "Yea, verily, as your name is St. Dun, so have you been done. 'Tis the city of Westmin that ye are wanting. There is a Guild there that ye must be requiring."

And Flan, son of Nerry, did scoff unto the priestesses of St. Dun for their childlike wisdom.

But verily did the tribe of St. Dun depart unto the Hall of Guild that was in Westmin, and when their chariots did arrive at the hall of Guild there were murmurings and mutterings among the tribe of St. Dun. They did find that the hall was bolted and barred by bolts that were many.

And then the tribe of St. Dun sent up a mighty roar of anger at their priestesses who had led them into a bad land.

And then How who was of Ell did say unto the tribe of St. Dun "Look ye to the heavens while I hold concourse with Peach who is also of Ell, and Hip who is of the tribe of Hippites, and Nay who comes from the city of Loor.

And then did the priestesses say unto the mighty tribe of Dunnites, "We will go unto the tribe and house of Lyons which is a branch of the family of Joseph."

And Lo! and behold! the people of Lyons did prepare a feast for the people

of Dun. And there were strange females which were dressed in garments of black and white and they acted as serving girls. And Flan son of Nerry was mightily pleased and so was Macar, son of Thee.

And there was rejoicing in the tribe of Dun that night.

Questions and Answers

Our readers are invited to send us any questions, on any subject, to be answered under the above heading. We are also willing to give advice on any private matters, and will answer confidentially by letter should it be so desired.

THE RAGMAN ROLL

S. R.—The Ragman Roll was originally the roll of Ragimunde, a papal legate in Scotland, who compelled the clergy to give a true account of their benefices for the purpose of taxation by the authorities in Rome. Subsequently the expression was applied to four rolls of parchment, recording the acts of homage and fealty to Edward I, sworn to by the nobility and clergy of Scotland at Berwick in 1296. The original, which was given up to Robert Bruce, king of Scotland, in 1328, has been lost, but a copy is preserved amongst the public records in London.

REGISTRATION OF BUSINESS NAMES

M.M.T.—The compulsory registration of business names in the United Kingdom was enforced by an Act passed during the great war. Its object was to prevent persons bearing foreign names from concealing such under business names. The Act (1916) provides that every firm having a place of business in the United Kingdom and carrying on business under a business name which does not consist of the true surnames of all partners who are individuals and the corporate names of all partners who are corporations, without any addition other than the true Christian names of individual partners, or initials of such Christian names, must be registered by furnishing to the local registrar the business name, the general nature, and principle place of business, the present

(and any former) Christian name, surname, nation of origin, and usual residence of each of the individuals who are partners.

THE HYMN OF HATE

GUNNER—The "Hymn of Hate" was a German ballad produced in the great war. It was written in the autumn of 1914 by a minor German poet, Ernst Lissauer, who was a private in the Prussian Army and of Jewish origin. It was inspired by the German nation's hatred of Britain's naval might and the loss of Germany's overseas possessions. It became the rage of the day, and its author was awarded the Iron Cross. A few sample lines from a translation by Barbara Henderson, in *The New York Times*, are:

We have all but a single hate,
We love as one, we hate as one,
We have one foe, and one alone—
England!

DOGS WITHOUT A LICENCE

E. W. WAKELIN—There are two classes of persons who are allowed to have dogs without licence, one is a shepherd and one is a blind man. In both cases the animal must be kept solely for utilitarian purposes, that is the shepherd's dog must be used in connection with his duties of looking after sheep and the blind man's dog must be used for guiding him about. The animal may, of course, be a friend and companion as well, but the law does not take this into account, and this alone would not qualify for freedom from payment of licence fees. No application need be made for exemption from payment of licence fees.

The Story of "The Daily Express"—1900-1921

The following article is an excerpt from a most interesting account of the foundation and growth of "The Daily Express," one of the leading newspapers of to-day, which appeared in that paper on April 25th, its 21st birthday. It will be of exceptional interest to our readers, as "The Daily Express," which has so brilliantly realised the promise of its inception, was founded in 1900 by Sir Arthur Pearson.

"THE DAILY EXPRESS" was founded on Tuesday, April, 24, 1900, by Mr. C. Arthur Pearson, now Sir Arthur Pearson, Bt. It was in the early days of popular appeal, when the Press had not yet penetrated to the nooks and crannies of the country and an immense section of the newspaper reading public was still in a primitive stage of development. Sir Arthur Pearson was a man of tremendous energy, enthusiasm, and force of character, and he embodied all these qualities in the newspaper which he brought into existence.

"It was evident from the first number that *The Daily Express* had carved out a place of its own. It was received with surprise and gratification. It became immediately popular with all classes, high and low, from the Cabinet Minister to the cabinet maker, from Queen Victoria to her humblest subject. It had happy characteristics of its own. Its cheerfulness, its unquenchable habit of looking on the bright side of things, and its sane outlook on the affairs of the day, soon gained for it a body of readers who have ever since been faithful to it. Here was a new type of morning newspaper, which had the enterprise to ignore traditional methods of 'make-up' by printing its news on the front page. The busy man, instead of having to grope through a labyrinth of advertisements to the snug retreat of the main news section, found the principal events of the previous day set out before him when he took up the paper.

THE OLD WORLD

"When *The Daily Express* was born this world of ours was a far different place. Aeroplanes, taxicabs and wireless were still visions of the future, and only concerned a little band of lunatic-experimenters.

Germany was reiterating her sentiments of affection for Britain.

"It is curious, in the light of later events, to read the message of the German Emperor, which was one of the 'exclusives' published in the first number of *The Daily Express*.

"Tell the British people," he said, 'that my first hope now and always is the preservation of international peace; my second the consolidation and maintenance of good relations between Germany and Great Britain. Between these two nations no essential difference exists, nor should one arise.'

"Later, when *The Daily Express* had reason to criticise the hostile attitude of the German Government and its unwarranted military preparations, the Emperor himself gave orders that no correspondent of this paper should be permitted to attend the grand army manoeuvres.

A MAN OF ENERGY

"*The Daily Express* went steadily on. Sir Arthur Pearson's enthusiasm and energy permeated the establishment. He was a man possessed to the full with every attribute that makes for success and achievement. He had breadth of vision, human sympathy, deep insight and political acumen, and that rare capability for getting out of all men the best there is in them. His was a hopefulness and a firm belief in the future, based on right and good will, which overcame obstacles. He held high the lamp of optimism and a firm belief in the Empire's destiny. What he began has ever been maintained by his colleagues and successors. Sir Arthur Pearson worked harder than any man in his service. He set an example of industry and application which has seldom been equalled. Newspaper making is at all times an exacting

task, requiring deep concentration and endless effort. There is no place for the slacker in a successful newspaper office. There are only twenty-four hours in the day, and these must be wholly absorbed. Sir Arthur gave himself up to the task—and paid the penalty. His sight gradually gave way, until in the end darkness came to one of the most remarkable young men of his time, and he was forced to look about him for help in the great task of conducting the paper which he had so successfully brought into existence.

THE NEW EDITOR

"In April, 1902, when the paper was two years old, Mr. Ralph David Blumenfeld joined the forces of *The Daily Express*. He had to his credit many years of varied journalistic experience. It was not long after Mr. Blumenfeld's acceptance of the post of editor that Sir Arthur Pearson's great misfortune overtook him. The man of action was stricken with blindness—partial at first, but gradually growing more and more pronounced.

"Another might have given up all work, but Sir Arthur although no longer able to carry on the exacting, arduous and nerve-shattering work of newspaper control, went on to another triumph. He became the blind man leading the blind to a new world.

DIFFICULT DAYS

"With the enthusiasm that darkness could not dim and a spirit that even so dire a misfortune could not dismay, Sir Arthur took the blind as they came from the war, crestfallen, hopeless, broken in spirit, and made them believe that it was a privilege to be blind. He restored their confidence in themselves and sent them off with hope in their hearts and the will to conquer misfortune.

"Sir Arthur Pearson had laid to his credit a great task well accomplished, but on his final and complete retirement from the business in 1912 *The Daily Express* fell on difficult days. However, Mr. Blumenfeld persuaded Lord Beaverbrook to come into the business with him, and from the close and intimate co-operation of these two men dates the new era of the paper.

OUTSTANDING FIGURES

"From its earliest days this newspaper has always been happy in its staff. The individuality of the paper attracted to it men of the highest qualifications in all branches of newspaper work. Its first number contained a notable contribution from Mr. (now Major) Hesketh Prichard, creator of the famous 'Don Q' (a dramatic version of which is now being played at the Apollo Theatre), who subsequently went for the paper on an expedition into the wilds of Patagonia.

"An outstanding figure on the staff from 1911 to the end of 1916 was the late Ivan Heald, killed during the war, most whimsical and human of humorists, whose contributions to these columns during that period would fill several good-sized volumes. One such book was published posthumously in 1917 under the title of 'Ivan Heald: Hero and Humorist,' and was hailed as one of the most genuinely humorous volumes of the century.

"Another notable member of the staff was Lieutenant Alan Ostler, M.C. Ostler was a born campaigner whose adventurous spirit carried him all over the Seven Seas and into the remotest corners of the earth. He, too, like his colleague, Ivan Heald, afterwards joined the Royal Air Force, and like him was killed in action. He and his pilot were brought down by the Germans and killed near Gouzeaucourt on September 16th, 1918. He lived all his life in an atmosphere of danger and died a hero's death.

"Sir Percival Phillips, still happily with us, is another great outstanding figure. He has been described as the Prince of War Correspondents. He had been through the Greco-Turkish War of 1897, and the Spanish-American War of 1898, but his first great campaign for *The Daily Express* was the Russo-Japanese War of 1904. He was also with the Italians in the Tripoli expedition of 1911, and in the first Balkan wars. He was in Jamaica when the great earthquake turned Kingston upside down; he was in the middle of the Portuguese revolution, and he described the Great Indian Durbar.

"Sir Percival was one of the first correspondents in the field when the war broke

out in 1914, and his despatch of August 10th of that year describing how the German Hordes advanced 'like a swarm of locusts' has almost become history.

DEVELOPMENT

"In 1900 the staff of *The Daily Express* numbered 250 in all departments. To-day the total is 678.

"In 1900 the total capacity of the printing machines was 140,000 copies per hour. To-day it is 340,000 copies per hour.

"In 1900 the floor space of *The Daily Express* offices was 12,000 square feet. In 1914 it was 21,790 square feet. To-day it is 59,270 square feet.

"THE SUNDAY EXPRESS"

"*The Sunday Express* is the first offspring of *The Daily Express*, and from its birth it has displayed all the vigorous characteristics of its parent. The first number was published on December 29th, 1918, the day after the general election, and it instantly established itself as a new power in Sunday journalism. Its rapid progress during the past two years and four months has been unparalleled, and it is now one

Discussion Club Notes

CHARLES DICKENS

ON Monday, April 11th, Mr. Dennis Cleugh (late K.R.R. Corps), a keen Dickens enthusiast, gave us a delightful lecture on that author's life works. Mr. Cleugh pointed to the fact that human nature is always fundamentally the same, and that Dickens' personality, with its philosophy, kindness of heart and deep religious feeling, should appeal to all times. A comparison was drawn between the present time and the times depicted in "Barnaby Rudge," when riots, dissatisfaction and cruelty were rife. It was also pointed out how Dickens' works are wonderful galleries of portraits. Mr. Cleugh considered that Dickens' heroines are not too perfect, and that Bella Wilfer, in "Our Mutual Friend," is one of the greatest characters in fiction.

IRELAND

On April 18th we had a most instructive and enjoyable evening, when the Rev.

of the most original and vivacious Sunday newspapers.

"A year ago Mr. James Douglas resigned the editorship of *The Star* and became editor of *The Sunday Express*. During that period the circulation of *The Sunday Express* has steadily increased until to-day its issue is over 300,000.

"Its popularity is due in the first place to its news service, the excellence of which is, of course, based upon the worldwide organisation of *The Daily Express*, with its correspondents in every capital and every quarter of the globe.

"One of its achievements during 1920 was the publication of a remarkable series of articles by Mr. H. G. Wells describing his visit to Russia. Its literary contributors include many of the most brilliant men of letters of the day.

OLD FRIENDS

"It is especially interesting to point out that of the large number of advertisers represented in to-days' birthday issue of the paper, no fewer than nineteen were also represented in its first number, twenty-one years ago."

H. E. Lee lectured to us on "Ireland." He pointed out that the Irish were a cultured race, when the English were still in a primitive state, and possessed a fleet as far back as 400 B.C. When the Romans conquered England they stood too much in awe of this fleet to attempt a landing in Ireland. The Renaissance began there 700 years before it did in Europe. Mr. Lee drew our attention to their many beautiful legends, which embrace much of the history of the times.

EX-SERVICE MEN

On Monday, April 25th, Mr. Griffin, General Secretary of the Federation of Discharged Sailors and Soldiers, gave a most interesting lecture on "The Position of Ex-Service Men in Industry." He told us the first duty of a nation was to endeavour to carry out the principles for which that nation fought, and for which its men gave their lives.

The great duties of our nation are now :

(1) To see that it lives and works worthily for the sake of those who died.

(2) To care for the women and children of those who died.

(3) To ensure the welfare of those who fought.

He drew attention to the fact that no pension can compensate a disabled man for what he has lost both physically and economically. Every ex-service man must be given a place in the life and work of the nation. France, Germany and Austria have been quick to realise this, and have drawn up a scheme by which it is compulsory to absorb 5 per cent. disabled men in all industries. England, through the King's scheme, has failed to do this, only 24,000 employers having fallen in with the idea. There must, therefore, be a compulsory solving of this point, and the Federation is working its hardest to bring this about. The discharged man must not be used as a standard for the reduction of wages. The Government has tried to fulfil its obligation, having absorbed 31 per cent. disabled men. Under Dr. McNamara's scheme 40,000 are fully trained in new trades, 48,000 being trained, and there is a waiting list of 25,000 men. There are 300,000 invalided men and 450,000 people altogether receiving pensions. Mr. Griffin considers that work must be found, and factories, subsidised by the Government, run for men of 50 per cent. and more disablement; the men with less disablement must be absorbed under the 50 per cent. scheme. He laid special stress on the fact that work is an absolute necessity for the disabled man, both from a moral and physical standpoint, as otherwise a man loses courage and hope.

CAPTAIN SCOTT'S ANTARCTIC EXPEDITION

On May 2nd Dr. G. Murray Levick came to the Bungalow and gave a most interesting and instructive lecture. His experiences when with Captain Scott's Expedition were many and varied, and the hardships that had to be endured

tremendous. Dr. Levick gave us a description of the Antarctic, with its seven months of winter and five months of total darkness in the year, its sterile, barren soil and terrible winds. The scientific details given were most enlightening, and Dr. Levick pointed out how much science is benefited by Polar expeditions, the gain of knowledge to geology, meteorology and magnetism being invaluable.

COLONEL BAKER'S LECTURE

On May 9th, Colonel Granville Baker lectured on "A Moving Military State." An account of this will be published in our next issue.

FIXTURE

On May 23rd Miss Lucy Bell will give us her interesting lecture on "Tales of Old London."

RESIGNATIONS

We regret to record Miss MacAndrew's resignation as Chairman of the Discussion Club. Miss MacAndrew has left us to take up the Hon. Secretaryship at the Metropolitan and Adjacent Counties Association for the Blind. She has been connected with St. Dunstan's as a Braille teacher since the autumn of 1915, and was an active member of the old Debating Society from the time it was inaugurated. When it practically fell through it was she who worked hard to form the present Discussion Club, and started the idea of having lectures every week. She and Miss Gregg, whose resignation was announced last month, worked together unceasingly to have lectures which would interest the boys and at the same time help widen their outlook on life in every way, especially from a national standpoint. All our thanks are due to them for their splendid efforts and for the help the lectures have been to all of us in giving us so many different points of view on so many different subjects. We deeply regret their loss, but wish them both good luck and much success in their new work.

On Growing Old

By "Melipona"

AT what time of life do we become old? Perhaps if I were to put this question to the first fifty people I met, there would be fifty various answers. To the boy of ten, seventeen seems colossal, a remote period of magnificence, so remote in fact, that he cannot even picture himself attaining it, while to the youth of seventeen, twenty-five appears a golden age, when one can earn a munificent salary and do as one likes; the young man of thirty looks upon fifty as an age of fustidism, and sixty as a time of patriarchal crankiness. But by the time a man reaches fifty, if his health be good, he considers himself in the prime of life, and at sixty old age is still on the far horizon and he is good for many a long year to come. At eighty there is life in the old dog yet, and even at ninety—well, he may perhaps admit that he is past his prime, and that he cannot eat, drink, smoke, or run so much or so well as he could, say, five and thirty years ago.

In the case of the ladies, the matter is somewhat different, though I must go warily in an affair of such delicacy. A man is said to be as old as he feels, and a woman as old as she looks, and most popular sayings are supposed to contain a germ of truth, but if there be any truth in this one it is to be found in the first rather than in the second phrase. Wrinkles, grey hairs and a comfortable embonpoint do not worry a man, unless he is a fool, rather the contrary, for they give him a dignity it would be hard to attain without their aid. Why, then, if they accord with her time of life, should they trouble a woman more than they do her brother or her husband? Do you love your mother less because of her silver head or the lines you have helped to score upon her brow? No, friend, among decent folk it is not these honourable emblems of maturity themselves, but the effort to conceal them beneath a mask of cosmetics and ingenuous graces that leads to derision.

But what, after all, do these bodily

affections matter, for looking closer, I think we shall agree that growing old is an affair of the mind rather than of the body. We have all met both men and women with bodies prematurely aged by sickness or sorrow, who yet retained the elasticity of mind and spiritual liveliness of youth. It seems as though body and mind do not advance through life in step, but that the body hastens forward as if to prepare a way for its companion, and at three score years and ten there need not be, and should not be noticeable signs of mental failing, whatever the bodily indications may be. Why, then, should we seek to disguise our age, and appear that which we are not? "The true wisdom," says Stevenson, "is to be always seasonable, and to change with a good grace in changing circumstances."

If then we would be truly wise, we must learn to grow old gracefully, not straining against the leash that draws us forward. Nor need this be a matter of great difficulty, for though the hand of time may set indelible marks upon our bodies, our spirit may retain its youth to the last. And what else matters? I do not mean that it should retain the foolishness of immaturity and inexperience, but the freshness of vision, the inquisitiveness, in the best sense of the word, belonging to earlier years, and the joy in simple things.

And here, I think, we find the real secret of growing old gracefully, by simply being our own natural selves, by learning to take pleasure in the simple, wholesome things of life—the song of the birds, the sheepbell in the heather, the springing corn and the good brown earth—by finding companionship in books and pictures, and above all by the love of animals and little children, for he who truly loves the child can never himself grow old.

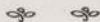
MR. PECK (shivering): "Would you mind ordering me to move on, constable. I've been standing outside this shop for an hour waiting for my wife."



Victors !

THE shades of night were falling fast
As through the town a young man
passed.

One eye was black, the other green,
But on his lips a smile serene
Displayed to those who stood about
That sundry teeth had fallen out.
One leg was twisted all awry,
Huge lumps festooned his starboard thigh;
But though his battered form was bent,
Still blithely on his way he went,
And ten companions, just like him,
Came limping through the shadows dim—
The football game was over !



George Robey on "Kisses"

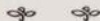
WHAT do I think of stage kisses ?
Get away, you boys, and give
the men a chance.

"Now then, me lads ! Kissing by numbers. At the word of command. One : Place the right arm gently but firmly round where the lady's neck comes down to—so ! Two : A slight pressure on the vertebral column brings the little bit of fluff into closer contiguity—so ! Three : The left arm steals round the yielding form of the maiden fair, her pretty head does the "backward bend," she closes her optical delusions, holds up her cherry-ripe lips (1s. 11½d. a tin), and you proceed to help yourself.

"Any more for any more ? One at a time, ladies, if you please !

"Now, then, kissing by numbers."

Curtain !



AN extremely polite traveller had been for a walk along the deck. When he came back to his deck-chair he found a very buxom woman in possession of it.

He approached her timidly and said, "Excuse me, madam, but could you tell me—er—without—er—without getting up, whether you are sitting on my hat ?"

Jumping from the Sky

THE real designer of the parachute was Leonardo da Vinci in 1500, although at the coronation of the Emperor Fo Kien, as early as 1306, Chinese acrobats were seen to jump from a high scaffolding with huge parachute umbrellas.

Major Orde Lees, who has made more parachute descents from aeroplanes than any other man, considers that all passenger aeroplanes should carry life-saving parachutes, just as ships carry lifebelts and boats. In a recent lecture he referred to a scheme of lowering a whole cabinful of passengers by one great parachute.

The prevailing idea that parachutes frequently fail to open is a fallacy. In 600 parachute descents from observation balloons during the war only three failures occurred.

Many inventors do not realize that if a parachute is much less than two feet in diameter the speed of descent is fatal. In 1914 an Austrian tailor jumped from the Eiffel Tower in Paris with a combined parachute-overcoat. The apparatus worked perfectly, but as it was only one-sixth the size of a standard life-saving parachute, it descended too quickly and its inventor was killed.

The real danger of parachuting is in landing. You never know where you are going to land. Major Lees has described how in July, 1920, a rival parachutist in Sweden challenged him to land on a given spot, and how he dropped from only 400 feet and scored an "inner." His rival ascended to 3,000 feet and landed a third of a mile away !



A SHOPKEEPER was noted for his laziness, and one day while he was seated on a chair behind the counter, a customer entered.

"I want a pair of bootlaces," she said.

"I am very sorry, madam," said the indolent shopkeeper, "but would you mind coming in again when I'm standing up."