



ST DUNSTAN'S REVIEW

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Vol. VI

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

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ST DUNSTAN'S MOTTO: "VICTORY OVER BLINDNESS"



OUR NEW HOLIDAY HOME. ST. DUNSTAN'S, NORTH BERWICK

St. Dunstan's Review

A MONTHLY RECORD OF WORK AND SPORT

No. 58.—VOLUME VI.

SEPTEMBER, 1921.

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

EDITORIAL

EVERYONE who has been at St. Dunstan's must know the name of the National Institute for the Blind and the fact that Sir Arthur Pearson created it in its present form just before the war and that it afforded his first opportunity of showing what he could do as a worker without sight makes its progress of special interest to us. From the very critical condition in which this comparatively small organisation found itself in 1913 Sir Arthur has raised it to the predominant position in the Blind World which it now occupies. It is the largest organisation of its kind in this country and probably there is none whose activities are more enterprising or far-reaching in the world.

One point which makes the National Institute of special concern to the men of St. Dunstan's is that it was in many ways the parent from which our present After-Care organisation was brought into being. In the early days of St. Dunstan's, After-Care, important as it was, looked as if it was going to be a small business, for there were only a very few blinded men and our great statesmen and financiers, who were probably the best people to judge, thought that hostilities could not last very long. It appeared to the Committee of St. Dunstan's at the time that the best interests of that small number of blinded soldiers would be served by forming a department of the National Institute for the Blind to deal with their After-Care and this course was, therefore, pursued. The Institute had a vast net-work of branches stretching over the country and largely owing to the fact that Sir Arthur Pearson was its President, very considerable influence and power. Further, it seemed certain that After-Care would receive better attention and a greater share of the Chief's control if it were a part of the National Institute for the Blind than if it stood as a very small unit on its own. The war, however, proved to be the vastest that the world has ever known and the number of men who lost their sight ran into many hundreds, with the result that the After-Care organisation came to be a very large business concern and could no longer be properly regarded as a mere department of the National Institute. So, after much serious thought towards the end of last year, a complete administrative separation was effected and our After-Care activities are now conducted by a separate committee which is alone responsible for its actions and is not controlled in any way by the Council of the Institute. There are, however, two directions in which St. Dunstan's and the Institute work together and it may be well to mention these in order that no confusion as to the association of the two bodies may arise.

The first is concerned with our properties. In the course of carrying out our various policies, including establishment of annexes and the settlement of blinded soldiers, it has been necessary from time to time for the After-Care committee to acquire properties all over the country and these have been and are still being purchased in the name of the Institute. There is a very complex and technical legal reason why this has been done and we will not enter into it here. It is chiefly due to the fact that the National Institute is an incorporated body and purchases and sales of property are much more easily effected in its

name than in ours. This arrangement has however no effect upon our previous statement that the two organisations are entirely separate from an administrative point of view, for the properties belong solely to us. The Institute is merely an agent and in this capacity is obliged to do what the After-Care Committee requires of it. It is, however, a great convenience to us and it is one which costs us nothing, for although the Institute is estate trustee our own estate department has absolute freedom to manage its affairs in the interest of our men.

The second direction in which St. Dunstan's and the National Institute meet on common ground, is to a small extent, in the matter of collection of funds. It is illegal, and quite properly illegal, for the funds of one body to be used in connection with the activities of another and this of course is not and has never been done. It may, however, very often be the case that two large organisations may enter into partnership for a special effort with benefit to both and an arrangement of this sort is occasionally made between St. Dunstan's and the National Institute. For instance, at the moment, a joint Whist Championship is being organised all over the country in aid of the two bodies. Such a method of collecting money would be quite out of reach of St. Dunstan's were it not for the organisation of the National Institute, which has branches in nearly a score of populous centres in the United Kingdom. The reply that St. Dunstan's might avoid this co-operation by establishing branches all over the country is not a satisfactory one because the permanent activities of our After-Care organisation would not warrant the very large expenditure in rent, rates, taxes, etc., required for their upkeep and furthermore the trend of public opinion in these days is towards combination and co-operation, and would not, in the opinion of those best qualified to judge, support direct competition between two such outstanding activities in the Blind World. What leads to the setting out of the foregoing arguments is the desire for plain speaking and the clearing up of misunderstandings which are so apt to grow when the policy which has been pursued by two such important bodies as St. Dunstan's and the National Institute for the Blind is not made public to those who are specially interested in them. The whole subject is suggested at the moment by the recent publication of the National Institute for the Blind's Annual Report, an amazingly interesting document which will well repay close study. As we have already stated there is no organisation of the sort in this country covering such a wide field as the Institute, and the perusal of their report and telling as it does of services to every class of blind person in the British Empire—many of which services are not rendered by any other organisation—will leave the reader in no doubt as to the truth of this statement.

The National Institute's many and varied activities include "Sunshine House," the Blind Babies' Home, where babies handicapped by blindness from their earliest days are fostered and trained; a Juvenile Education Department which deals with children over five and under sixteen years of age; the Higher Education of the Blind, which, embracing the Worcester College for Blind Boys, prepares suitable youths for such professions as the Church, Law, Music, Teaching, etc.; the production of literature in the two embossed types, Braille and Moon (during the year under review 250,295 volumes, pamphlets, newspapers, pieces of music, etc., in Braille, and 22,460 in Moon were produced, while 8,279 volumes, newspapers, etc., were supplied free to the National Library for the Blind, while it may be mentioned here too that there is an edition of the Bible in both Braille and Moon which is extensively circulated). In many cases these publications are given away and where they are sold blind people are able to purchase at one fourth the cost of production. This alone has meant a heavy loss to the National Institute during the year of £24,293, but we do not think anyone would suggest this is an extravagant expenditure. Other activities of the National Institute comprise an Inventions and Research Committee; a Music Department, responsible for the production of music in Braille; a Massage Training Branch; a Home Teaching Branch; a Blind Concert Party; an Information Bureau; Guest Houses for the civilian blind at Bristol and Brighton; a Woman's Hostel in London, and a Welfare Department which is concerned with the physical well-being of members of the National Institute's Staff. In addition to this direct work the National Institute

is responsible for work of wide and permanent national importance and during the year in question made extensive grants to institutions for the blind in all parts of the country.

What we have noted forms necessarily but the briefest resumé of the National Institute's activities, but enough has been said to show how far-spread is the field of labour for the welfare of purely civilian blind.

A Farewell Message from Captain T. Russell Roberts

WE gladly accede to Captain Russell Robert's request that we should find space for publication in our columns of the message of thanks and farewell which appears below, and we are quite sure that we are speaking for all our readers when we wish our late popular Adjutant at the Bungalow every happiness and success in the future.

"I wish to express my sincere thanks to the men of St. Dunstan's, both present and After-Care, for the magnificent presents made me on the occasion of my leaving St. Dunstan's. The kindly regard and friendly feelings of which this presentation is evidence will always be remembered by me. The work has been a pleasure and has been made easy by the way in which the men have co-operated and have played the game. I shall remember the four-and-a-half years at St. Dunstan's as the happiest time of my life. I also beg to thank members of the Staff, who participated, very sincerely for this token of their goodwill, and I wish to also thank them at the same time for their help and loyal support on all occasions. To all I wish to offer my heartfelt thanks and to express my appreciation of the honour done me."—(Signed) T. RUSSELL ROBERTS.

St. Dunstan's Poultry Farmers in the Public Eye

IN a recent issue of *Poultry Keeping*, one of the leading papers on the subject, prominent attention is given to many of the St. Dunstan's poultry-

farmers. Extracts are printed from the letters amongst others of: R. A. Clarke of Gunnislake, A. Smith of Buxton, T. W. Chamberlain of Brocklesby, B. Hamilton of Methwold, A. E. Eden of Sidford, H. T. Coates of Hutton, A. J. Radford of Chippenham and Lieut. Atholl Capper of Padworth.

In a leader on the subject, the Editor, referring to these letters says:—

"They will impress you as much as they have impressed me I have not the slightest doubt. The magnificent spirit evinced by these men who work in darkness makes one proud of the race. They have conquered fate in one of its cruellest forms. Many people, when they hear about blinded soldiers and sailors taking up poultry-farming seem incredulous. They say, how is it possible? If there are any such among the readers of this paper the perusal of these letters will prove to them that not only can poultry-farming be carried on by the blind, but that it can be carried on profitably. These men, for the most part, make their own poultry-houses, indeed, they appear to do more than is done by the average poultry-farmer who is blessed with sight. In some cases various side-lines are added to the poultry operations, including rabbits, goats, basket-making, etc. One poultry-farmer at Reading, writing in January, says that during the month he was making an average profit of 30s. a day, and adds "I have been appointed an Egg Distributing Centre by the County Agricultural Committee." The local authorities in other districts will no doubt make similar appointments wherever possible. It is certainly up to all of us—their poultry comrades—to do whatever is in our power to help the St. Dunstan's men in their brave fight to earn a living on the land."

News of St. Dunstan's Men— —From all parts of the World

A CUSTOMER'S TRIBUTE

L. SMITH, of Halifax, sends us a letter received from a customer of his at Sowerby Bridge. In the course of the letter this lady says "wherever your trays go they are greatly admired, and those I am ordering now are for friends of a lady who saw the one you did for her. No one ever thinks they are made by someone whose sight has almost gone, which is a great tribute to you and St. Dunstan's."

We heartily congratulate Smith upon securing such an encouraging tribute to his work. It is this recommendation from one customer to another which makes for constant increase of trade and forms the best testimony to sound workmanship.

PLENTY OF WORK

In the course of a letter received from G. B. Swanston, of Lockerbie, we learn that he has plenty of work. "I have been getting on well with the picture framing," he says, "and my customers have been very well pleased. I did some with the very narrow framing, and I succeeded in making a very good job. I have a pair of steps to make with ten rungs, and as they are wanted in a few days I must get them finished."

Swanston mentions also that he has been making such varied articles as hen-coops, barrows, and medicine chests. We are glad to hear that he is progressing so well and is able to turn his joinery training to such varied activities.

The following extract is taken from a letter recently received by Mr. Atkinson from W. Parnell, of 2142, Danforth Ave. East Toronto, Ontario:—

"First place I am going to tell you that I have not altogether given up the carpentry work, although I am not able to give as much time to it as I would like. A few weeks ago I made a kitchen cupboard as

a fixture, followed that up with a linen closet that I have had in the store for weeks, where lots of carpenters have seen it. I can tell you it does not disgrace St. Dunstan's. The last thing I made was a wheelbarrow, and I was well satisfied with it; since then the weather has been too hot to do any kind of work. I have made magazine racks, counters, and made shelves, so you can see I have not much time left on my hands for writing. When the weather comes a little cooler I am going to start on wheelbarrows and wooden engines for Christmas trade, as I sold an awful lot last year."

We are glad to hear that Farnell who has made a great success with his store in Ontario, still devotes a good deal of time to joinery, and note with much interest the variety of articles which he has recently made.

We congratulate E. J. Burgess, of Bristol, for having won first prize for poultry at the Yate and District Horticultural Society and Horse Show held last month.

We congratulate T. Rhys, of Bangor, upon having passed the following examinations at the Bangor University, North South Wales:—

Philosophy (consisting of Logic and Psychology), first class with distinction; English History, first class with distinction; German, first class.

OUR congratulations to S. J. Letch—and his young son!—who won a prize at the Baby Show, held at Hatfield, Peveril, Essex, recently. There were thirty competitors and Letch's son was the youngest boy amongst them.

ELSIE: "My husband says that I am his right hand."

FLORENCE: "Yes, but is he a man who lets his right hand know what his left hand is doing?"

Pension Notes

THE Ministry of Pensions, some little time ago, decided that Attendant Allowance could not be issued to After-Care men during periods of residence at Holiday Annexes. We have pleasure in intimating that, after considerable correspondence, the Ministry have very kindly reconsidered their decision and no deduction will therefore be made from the amount of pension issuable during any period spent at an Annexe.

It may be interesting to note that the original decision was based on the principle obtaining at Ministry of Pensions Convalescent Homes. St. Dunstaners are fortunately in the position of being accommodated by an Institution whose Annexes and Training Establishment do not obtain a Government grant or any part of a pensioner's allowance or pension and, on this basis, we were therefore able to obtain a reversal of the original decision.

Insurance Work for Masseurs

WE should like to remind our masseurs that during the past two years considerable efforts have been made by the After-Care organisation and the Association of Certificated Blind Masseurs to obtain work all over the country through Insurance Companies. The procedure is for a representative to call upon the Company's Headquarters and point out that there are masseurs settled all over the country capable and willing to undertake Workmen's Compensation and accident cases, and to advocate that trial should be given to them. The position of the Insurance Company is that they undertake to pay claims to employers when their workmen are damaged, and it is sometimes to the interest of Insurance Companies to make use of massage in order to get the damaged men well as soon as possible and thus reduce the number of weeks during which the disablement pay has to be given. Very hopeful success has been attained by our efforts, and in some cases a number of Insurance patients have been treated by our men.

The purpose of this note is to urge men in the provinces to visit Insurance Companies whose offices are in their own localities, and to say that we are only too willing to offer them assistance by way of introduction, etc.

One essential feature of the scheme is that the men should agree to accept a standard scale of payment for such cases laid down by the Council of the A.C.B.M. In our negotiations we are always asked the question, "What are the men's fees?" and we want to feel sure that when we produce our standard fees that our masseurs will adhere to them. This scale of fees was recently published in the Association's Journal, a copy of which will be sent on application.

Netting Notes

OUR netters will remember that we went last year by invitation to an Agricultural Show held at Netley Marsh, near Southampton. We had such a pleasant day there, that we were much pleased when we received an invitation to again send a netting party to the Show, which was held on August 31st, at the same place. The party consisted of G. Brewer and C. L. Singleton, and by starting by an early train from Waterloo we were able to reach the ground shortly after 12 o'clock. We were met at Southampton and conveyed by car directly to the field where the Show was held. Here we found a large tent erected for us, where we were able to put out the rugs and nets which we had sent down beforehand. We had a very warm welcome from the Committee, and were pleased to meet again those friends who made our acquaintance last year. The day was beautifully fine and there was an excellent attendance. Our netters drew interested crowds, and we had a quick disposal of our nets and rugs. We were most kindly entertained to luncheon and tea, and were then taken back by car to Southampton where we got an express train to London. We hope that our excursion to Netley Marsh will be an annual one, for we are establishing in that neighbourhood a steady demand for our farm and garden nets. G. H. W.

St. Dunstan's, North Berwick

OPENING OF OUR NEW HOLIDAY ANNEXE

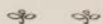
ON July 18th, just too late for insertion in that month's number of the REVIEW, our splendid new holiday and convalescent home for Scottish and North of England St. Dunstaners, was formally opened by the Chief. The large and distinguished company present included Provost and Mrs. Farquharson, Major Baird and Lady Hersey Baird, Lady Polwarth, the Hon. C. Scott, Colonel Spier, Mr. Whitehead, and many others. Situated on a hill overlooking the fine sweep of North Berwick beach, the Home could not be in a more bracing and health spot; and the spacious gardens add greatly to its attractiveness. The conversion of the house—originally the Tantallon Hotel, and later used as soldiers' billets during the war—has not been an easy matter, and extensive alterations have had to be made, resulting, however, in a bright, airy and cheerful holiday home. Cream-coloured walls, wickerwork chairs, and brown leather couches, leave an impression of cheerfulness and comfort. A comfortable lounge and recreation-room, a quiet reading and resting-room, and a large dining-room, are situated on the ground floor, while the remainder of the building is devoted to two large dormitories and numerous large and small bedrooms. The home accommodates between forty and fifty men, who may come for a fortnight's holiday, or for longer, if health reasons demand. Men who have left St. Dunstan's and are set up in business may avail themselves of the Home, which is intended primarily for blinded Scotsmen and men from the northern counties of England.

Sir Arthur, in declaring the Home open, said they had been exceptionally fortunate in finding so ideal a place. The majority of the Scottish soldiers who lost their eyesight in the war were trained and re-educated at St. Dunstan's, and this place would in future be a holiday and convalescent home for those gallant Scotsmen and also for blinded soldiers of St. Dunstan's living in the northern counties

of England. The staff were all old friends and helpers of his at St. Dunstan's; and the matron, Miss Thelsson, and her assistants had for years past been devoting themselves to the needs of those who lost their sight in the war.

The things that these blind boys had done during the last six years had never been done before, and they brought out in a perfectly amazing way the grit, the determination and the courage of their race. (Applause.) They had had about 1,500 men from the British Isles at St. Dunstan's, and about 200 from the Colonies. Besides the men who came to them direct from the battlefield with their eyesight destroyed, 23,000 men were discharged from the Army on account of damaged eyesight, and some of these would inevitably lose their eyesight completely. In one week eleven new men applied for admission. Of these eleven, seven were totally blind as the eventual result of wounds received in the years 1914 or 1915. It was quite impossible to say how long that would go on, and how many of these 23,000 men were going to require re-training.

Sir Arthur then dealt with the various branches of training undertaken at St. Dunstan's and mentioned also that visitors interested in their work came from almost every part of the world. In conclusion the Chief paid a grateful tribute to the labours of all those who had been responsible for preparing this splendid Annexe. The Chief's speech was enthusiastically received and Colonel Speir in reply extended a cordial greeting to Sir Arthur and said they would all do their utmost to justify the selection of North Berwick for the holiday home.



"I NEARLY saw your father to-day," said Tommy to his friend.

"What d'you mean, 'nearly' saw him?" asked Bill.

"Your father's P.C. 99, ain't he?" said Tommy. "Well, I saw P.C. 98."

Bridge and Whist

[MR. ROGERSON'S letter in our last issue dealing with the manipulation of playing cards, and our reply thereto, has brought some further interesting letters, which are printed below.]—EDITOR.

DEAR EDITOR,—Normality to the St. Dunstaner is just as essential in the playing of bridge as in any other form of activity. In my opinion, several points should be observed, namely, to attain as quick a speed as possible, especially when playing with sighted friends, also, to hold the cards in a perfectly natural manner, and again, to memorise "Dummy" after once reading, thus enabling the hand to be played through with as little assistance as possible from others.

The holding of the cards in the form of a fan—the usual way—and not in two or four sets between the fingers—a method far too frequently employed—has one further important advantage. With unfair sighted players it removes the temptation to notice how many cards are left in a certain suit or suits, and with fair players as opponents the abnormal position of unintentionally demanding that they shall not glance your way is entirely removed. I know of many instances where a sighted player has been greatly worried by the fact that a glance at cards held in suits between fingers has revealed the number of trumps, etc., particularly in the later stages of the hand—often a critical stage.

This method of holding cards is slightly more difficult to master, but I can give my own experience as to its accuracy and capacity of speed in playing. I invariably play with three sighted opponents, and scarcely ever—except possibly when it is my own deal—do I keep them waiting, and moreover, I must say—for the point is pertinent and excuses the egoism—that we play very quickly.

As regards the letter "O" to represent 10, I am in agreement with you, sir, if no inconvenience in the marking of the cards at the National Institute for the Blind results. The mistaking of "T" for "P" can only result when cards are very old,

in which case the same remark might be applied to the characters denoting 7 and Queen, 4 and 7, and so on.

The standard marking adopted by the National Institute for the Blind, essentially that suggested by Mr. Rogerson, who is evidently unaware that these cards are procurable, is superior to any I have seen.

—Faithfully yours,

REX FURNESS.

Fairhaven, Red Lane,
Hill Cliffe, Warrington.

Sir,—I would not have volunteered an opinion on the question of Braille cards, had you not written me on the subject, because, as you know, seeing as much as I do makes all the difference in the ease of handling, and thus I am hardly qualified to discuss the question. However, there are one or two points. As regards the marking, I strongly advocate the present system, with, as you suggest, an alteration for the 10. Some have the Braille on one corner only, but this is clearly inadvisable, until one becomes very proficient. I should altogether dismiss the idea of marking on the back, as people are often interested in the Braille system, and I am afraid any observant person could easily identify the cards during the deal. The suggestion of playing the hand with the cards spread out, back up, on the table is for the same reason to be still more discouraged, as far too much information could be extracted.

Then, as regards handling the cards, there are obvious objections to holding them in view, with fingers separating the suits, because, before many tricks have been played, you have revealed more or less to anyone who is watching, the composition of your hand, and it would not require scrutiny to notice when you had exhausted a suit. I remember once, even

when holding my cards fan-shaped in the ordinary way, being criticised for always arranging them in the same order, owing to the liability of giving information to anyone watching where the card came from, but this is rather far-fetched. I can see no serious objection to keeping one's hand below the table—provided the table itself permits—as I did myself to begin with; and I still support this method in ordinary circumstances. There is again the system used by a gentleman I knew well at Brighton, whose opinion should carry weight, as he was blinded in the South African War and is a master of the game. But perhaps it is not worth while unless one is playing a good deal of keen bridge. He has a black cloth across in front of him. He arranges his hand behind this and keeps it there during the play. In strict, keen play this is undoubtedly the best method, because no information is given away and it also removes the objection of concealing cards below the table, which is not quite in order.—Yours sincerely,

E. J. HUTSON,
Culdees,
Partickhill, Glasgow.

Dear Mr. Editor,—I was much interested to read, in the July issue of the REVIEW, Mr. Rogerson's letter on his method of playing whist, and your reply. Considering that we have, on many occasions, tilted together in the lists of auction bridge, perhaps you will permit me a small space in your columns to make one or two observations.

First of all, I quite agree that the only possible way to mark Braille cards is on the left-hand top corner and the right-hand bottom corner, and not on the back. I am also with you in advocating the adoption of the letter "O" for ten in place of "T" as used at present, as, in this way, one avoids confusing queens with 10's. In the matter of suits, you point out that "K" has been adopted for hearts because, in a worn pack of cards, the letter "H" might easily be mistaken for "D," which denotes diamonds. This is very true, but may I suggest that the same difficulty at present exists between "C" for clubs and "D"

for diamonds. Might not the letter "O" be used to advantage here?

In sorting out my hand at bridge, I first of all arrange the cards in suits separately between the fingers of my left hand. I then take each suit by itself, examine it and memorise it merely by its length and the honours (if any) it may contain. Thus, my hand might be as follow: three clubs, to the queen, five diamonds, to the nine, three hearts, to the jack, 10, and two spades, to the 6. (You will observe, Mr. Editor, that, automatically, I have given a sample of my usual luck.) I do not think it is worth memorising the smaller fry amongst the cards until one sees how the game is going to proceed, as there is quite enough to remember in the game without taking on unnecessary burdens.—Yours sincerely,

N. McLEOD STEEL,
93 Prince of Wales Mansions,
Battersea Park, S.W. 11.

Dear Captain Fraser,—I am much interested to see that you are taking up the subject of marking playing cards for the blind, and enclose two packs of our cards for your acceptance, together with a note about the method of marking, which you are welcome to use in the ST. DUNSTAN'S REVIEW if you think fit.

I think if you give the cards a trial you will find the marking has been thought out carefully and reduced to the greatest simplicity consistent with distinctness. The use of the full sign on aces and court cards is very helpful when one wants to run through a hand quickly to get an approximate idea of its value—it answers the purpose of the pictures on cards for seeing people. I am not sure if it would be wise for the Inventions Committee to restrict playing cards to one form of marking; I, in common with others who have played cards by sight, much prefer to have the marks on the face, but all blind folk that I have met who did not play before prefer the marks to show on the back, because they have trained their fingers to read quickly and have not learned to hold cards like seeing folk. I suppose card playing is not taught in schools, and their friends have not shown them how

cards are held. I think, therefore, you will find there will always be a demand for two forms.

I hope I have described the cards I send clearly in my note.

W. PERCY MERRICK,
Woodleigh, Shepperton.

Mr. Merrick's explanatory note is as follows:—

"BRIDGE AND WHIST"

"The importance of handling cards in the normal way will be evident to all who have played cards before losing their sight, but it is often difficult to get blind persons who have not played by sight to attempt to manipulate their cards like the seeing. They will not be convinced that the thumb can be taught to distinguish marks while it assists in sorting and playing the cards. Rather than take a little trouble at the outset, they resort to devices which, however ingenious they may be, are usually inelegant, inconvenient and apt to allow a careful observer to detect to some extent the composition of their hand.

"More than twenty years ago my brother devised a plan of marking which has entirely satisfied us and, I think, our seeing friends, for they are usually kind enough to remark that we play as quickly and as accurately as they do!

"We mark the cards on the face and at both ends so as to be reversible. The marking that is read appears on the left-hand lower quarter, just where the left thumb falls upon it as it helps to shift or play them. No marking occupies more than three Braille cells, and it is all on the same line, so that the thumb loses no time in moving up and down, but has only its natural horizontal movement. The dots are as few as possible, and set wide apart so that they are easily recognizable and as indelible as marking ink, for the signs remain legible long after the pack has become dirty and worn. Mistakes can only happen through sheer carelessness.

"The signs are as follows:—

"From the twos to the tens the signs are the Braille numerals written with one blank pit between each dot. Thus, K stands for two; AA for three; AK, four; A apostrophe, five; KA, six; KK, seven;

K apostrophe, eight; apostrophe A, nine; and apostrophe K, ten. Aces and court cards have the full six dots (for); it stands alone for an ace, is preceded by A for a knave, by K for a queen, and by the apostrophe for a king. The suit sign follows the numeral or 'for' sign without a space; these are, dot 2 for clubs, dots 2-6 for diamonds, apostrophe for hearts, and nothing for spades.

"In marking the twos, however, a whole blank cell is left between the numeral and the suit sign, which is written as A, A apostrophe and apostrophe respectively, instead of dots 2, 2-6, and 6. This prevents possible confusion between such pairs as the two of diamonds and the seven of spades, etc. The markings should begin a little more than a clear cell from the left hand margin, and the top of the line should be about an inch from the bottom of the card. When marking a pack great care should be taken to arrange the frame so that every card gets exactly into the same place, and to make no wrong dots, for no amount of erasing will ever obliterate them effectively."

(A further letter on this subject appears on page 22.)



The Blackheath Annexe

NOT only the St. Dunstaners who have been at Blackheath but her very wide circle of friends everywhere will regret to learn that Miss Sandeman is leaving Blackheath. The retiring Matron has achieved three-and-a-half years of sterling work at the Annexe and, quite apart from her executive duties, has interested local residents in the work of St. Dunstan's to such good purpose as to have been the means of raising considerable funds. A presentation of an inkstand with a suitable inscription has been made to Miss Sandeman by Sir Arthur and she will carry all good wishes with her.

Mrs. Taylor, late of the General Linen Room is taking up the position of Matron, a position she is eminently well fitted to hold.

News from the Workshops

DURING the holidays arrangements were made for the Boot Shop to give up half its space to the mat makers. This made the Mat Shop available for Braille, Typewriting and Shorthand. It will obviously be very convenient for this instruction and the work of the trades to be under one roof.

MAT SHOP

W. J. Packwood finished his work as a Pupil Teacher at the end of last term; his recent mats included some special designs, and one lettered "Anchor Hotel." We congratulate him on his consistent success, and offer him our good wishes for the future. J. Davies and W. T. Collins have done some very promising work in this department, and we anticipate they will make quite good men. J. Bennett has also done very good work on the frame, but owing to a disabled hand he will be unable to do bordering; his wife has, however, got him out of this difficulty by coming for instruction herself. During July A. Chaffin has made several excellent mats.

BOOT SHOP

H. Dingel is now deriving some benefit from his steady work during the term, and his marking and rivetting are much better. F. T. Dance has also made good use of his time and gained useful experience in building up and general treatment of repairs. H. D. Clevitt has had all round experience with boot repairing, and has also made good strides in the Mat Shop. All kinds of jobs have been well tackled by R. Perkis, and he has now reached a very satisfactory level on unaided work. Throughout the term A. J. Jones has advanced steadily, showing great keenness and making all round improvement. G. Southen also made a big advance in the months previous to the holidays, getting remarkably good edges and a clean finish to the soles. His work in the Mat Shop is also very promising. The good standard reached by C. Johns referred to

previously has been well maintained; he has patiently attacked his difficulties and mastered most. From some of the work done by J. W. Yarwood in the Clog Shop we have reason to expect quite good things in the near future. The work of E. T. Hughes and G. Bennett has always been well worthy of commendation, and both of them gained much confidence from further experience. S. R. Gamble has always made good use of his time; he has a retentive memory, and promises to do quite well. W. Nelson has made some remarkably neat jobs of ladies' single sole shoes and also several with quarter-rubbers. As a contrast in the class of work, we may refer to a pair of men's tipped and nailed boots excellently repaired by J. Vernon.

BASKET SHOP

We had the advantage of some further assistance from H. C. Boase as a Pupil Teacher before he left; he showed great keenness on this, and also did repairs and other work—soiled linen baskets and hampers. At the centre cane table A. Mann put in some very good work on barrels and waste paper baskets. R. Tudor also made some very nice work-baskets, and gained a much better idea of the work generally. In spite of difficulty with his leg J. Walne did some very neat work. We have nothing but admiration for the way in which G. Barr, who has only one hand (and that his left), is gaining ability, both in working his strokes and the shape of the baskets. Of the men on willow baskets C. Pellett has kept well to his round work; while P. Dixon has made excellent use of his short period in the shop. J. Lloyd has also done successful work, showing considerable ability in a short time on quite large baskets. The work of G. Colbeck since March has been very varied, and in all respects shows a marked advance. The same may be said of G. F. Furniss, who keeps close to his work, and is doing really well with a scalloped

hamper; he works very quickly and independently. S. Goodwin has been much hindered by illness, and is now gaining useful experience with barrels and small work. The work done throughout the term by J. Buckle has been particularly good; several shaped cycle baskets and oval clothes and bakers' deserve special commendation.

JOINERY DEPARTMENT

E. Harlow, newly introduced into this

department, has surprised us with his early work on a soap box, which is one of the finest specimens we have had made in the shop. T. W. Moore is keenly interested in making his tool chest, while H. E. Raymond has just completed a mortice and tenon joint which is far above his average achievements. E. Lupton has completed a well-made dog kennel, which does him great credit. E. H. Hainsworth is justly proud of an excellent tray which he has just completed.

H. O. W.

Departmental Notes

The Braille Room

WE are now comfortably settled in our new quarters at St. John's Lodge, but we are very sorry that Mrs. Broughton, Miss Woolrych, and Miss Oliver are no longer with us; they have been in the Braille Room since the very early days and we shall all miss them more than we can say. Mrs. Broughton and Miss Woolrych are going to work with the After-Care, so St. Dunstan's is not losing them, and as Miss Oliver is going to the National Library for the Blind she, also, will still be in touch with many of her pupils. We are sure all the men will join with us in wishing them the best of luck in their new work and we hope they will often find their way to the Braille Room to cheer us on our way.

We heartily congratulate the following men on having passed their tests:—

Reading: L. Johns, T. W. Moore, S. McIntosh, W. J. Harris, C. Marshall, D. Pettitt, and T. E. Clarke.

Writing: H. McAteer, W. F. Gannaway, C. John, J. Edwards, A. Morgan, F. E. C. Bulley, J. P. Meighen, A. W. Back, L. Johns and J. Yarwood.

Shorthand, Typewriting and Telephony

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

J. Noble, J. Davies, J. Lloyd, W. J. McQuirk, J. Walne, W. E. Archibald, H. Dingel, E. Sayers, D. Pettitt, W. A.

Burtenshaw, W. Buckle, A. Dembanski, J. Bennett, and R. Noble.

Our congratulations to the three following telephonists:—A. Scott and H. D. Manning, who have started at the London Hospital on a rather busy board, and A. Bocking. The latter has made a start at the Gas and Water Co., Oldham, Lancs; a different type of board is used in the Midlands but we hope he will find it satisfactory. D. P.

More Massage Successes

AT the examination of the Chartered Society of Massage and Medical Gymnastics, held in June and July of this year, the following St. Dunstan's men presented themselves for examination in Massage, and all passed:—S. A. Kelly; J. Ingram; P. J. Sparkes; C. J. R. Fawcett; W. Strachan; E. W. Jarman; A. A. Biggs; G. F. Taylor. (The names are given in order of passing).

In the examination in Remedial Exercises, the four St. Dunstan's men who entered were successful. Their names are given below in order of passing:—F. Jackson; S. A. Kelly; J. Ingram; E. W. Jarman.

Heartiest congratulations are offered to the above, who have kept up the excellent tradition of St. Dunstan's where Massage examinations are concerned. Their performance is especially creditable, in view of the fact that the standard of these examinations is steadily rising.

P. L. W.

Sports Club Notes

SPORTS mean much to all at St. Dunstan's. The majority are young men who were in the height of their athletic powers when the War came. In spite of their handicap they wish to carry on in their games from where they left off before the War. There is nothing like good outdoor exercise for health, and to the St. Dunstan's boys it means rich encouragement and splendid confidence. There are many cases in which men have come to us for training, after the hospitals had done everything possible for them, feeling that it would be more than difficult to even walk with any degree of confidence. It can be understood how cheered these men must be when they discover that not only are they able to get about perfectly normally but that they are able to run better, in their hundred yards sprint for instance, than ever before. It is a tremendous thing to feel that it is possible to run again in a race, to kick a football, to attend football, cricket and boxing matches, and to enjoy them thoroughly. So sports are more than useful at St. Dunstan's—and there is no place where sports are more enjoyed. We attempt, generally, in our games almost everything that we used to be able to do, and our term programme is framed upon that basis. Of course, through the gradual closing down of main annexes our numbers are decreasing, but there is a large percentage of keen sportsmen among us, whilst the enthusiastic new men of Blackheath will help to still further increase the competitive spirit.

ROWING

We are fortunate in having a lake close by, and every opportunity is taken for rowing practice. Our Rowing Instructor gives expert advice to all beginners, so that men who have perhaps never handled an oar can get the correct style at the outset. Beginners and advanced are regularly coached, and our sports sisters look after all who want to row from early morning until evening each day. The men improve wonderfully quickly and are able to take

their place in races against sighted competitors. At all events, rowing is a delightful exercise, and one that brings great pleasure with it.

SWIMMING

This is a very popular pastime, and this term we hope to make quite a good show. A large number of men have given in their names for swimming instruction, and every morning, before breakfast, parties of the boys attend the Marylebone Baths for training under our capable instructor. Men who have never attempted the art soon pick it up and become quite efficient in a comparatively short space of time. Life-saving is also taught, and only this year one of our boys has been instrumental in saving life.

Swimming is not only one of the healthiest and best of exercises but, apart from its practical use, it is something that can be continued after finishing training in London. A rowing man must have water and a boat for his exercise, but the swimmer can find swimming baths in the majority of the towns—and there is, too, the joy of swimming in the sea during the seaside holiday. One of our boys who had only just learned, voted his last holiday by the sea the "time of his life." Then, again, local swimming clubs have been most kind in inviting us to their swimming galas and already we have been asked to send a team to the Kingston Ladies' Swimming Gala this month. Needless to say, these outings are greatly enjoyed.

FOOTBALL

Possibly our most popular outdoor "stunt." We have all kicked footballs, and there is something so fascinating in the big ball that we do not want to stop it. At all times of the day between working hours parties of men can be seen on our football pitch kicking the football as if their livelihood depended upon it! The ball quickly shows signs of wear and tear, for the boys kick hard—the sighted

goalkeeper will testify to this. Football Cup Competitions are arranged for teams of six on the "Knock-Out" principle, and cause great excitement.

We will carry on this competition this term, and I believe the Blackheath boys are so interested that nearly every man of the Annexe is attaching himself to one team or another. We hope that we will have the pleasure of having friendly matches with some of the big league teams as during the last football season. Again, the League Matches at the Arsenal and Chelsea are very attractive, and large parties go regularly week by week to these grounds on the kind invitation of the Clubs mentioned. So popular have been these excursions that a ballot has frequently to decide the lucky ones to go!

ATHLETICS

Great keenness is shown in all kinds of running and walking races, whether long distance events of three miles or short seventy-five yard sprints. Already this term quite a number of men who have never attempted anything in this direction have joined, and it is exceedingly interesting to notice how quickly they improve. We will go in strongly for these field events this term, such as jumping, skipping, sprinting, putting the weight, throwing the football, three-legged races, egg-and-spoon races, and if possible we will try and get one of the running champions to come up and run against us. We will only ask him to give us the same handicap he usually gives to the sighted competitor, but it gives us an idea of what we can really do.

We had a few invitations last year to send Tug-of-War teams and runners to compete at various sports. It is always a real joy to the men to have such a sporty trip, and we hope that some invitations will be forthcoming.

PHYSICAL EXERCISES

We will certainly hold to our "jerks" this term. Every morning about 7 a.m. the class commences, and a high percentage of the men regularly attend "quite on their own." There is no doubt as to the great benefit to be derived, and this must have been clear to the mind of an

old gentleman, who regularly last term followed our Bungalow Class in its park exercises in the early morning and tried to do likewise!

CYCLING

Is quite popular amongst a certain number of the boys, but so far the obvious and unnecessary risk has prevented us trying competitions, but it is a very enjoyable exercise and a delightful way of getting the air.

The Jerks Competition, which concluded at the end of last term, was in every way successful. The competition lasted over a period of ten weeks, and it is very gratifying to notice how many boys attended throughout without missing one morning. I trust the winners will accept our hearty congratulations.

	Attend- ances		Attend- ances
J. Burtenshaw ...	38	F. Peacock ...	38
A. Dembanski ...	38	E. J. Lloyd ...	38
W. J. Sparkes ...	38	E. T. Hughes ...	38
W. Moorcroft ...	38	G. Burnett ...	38
S. R. Gamble ...	38	A. G. Loveridge ...	38
W. J. McQuirk ...	38	A. Lillie ...	38
G. F. Furniss ...	38	J. Simpson ...	38
F. Hemsworth ...	38	A. G. Cole ...	38
S. J. Jordan ...	38	S. Bagstaff ...	37
A. T. Turrell ...	38	J. McCarthy ...	37
C. Singleton ...	38	E. Lupton ...	37
W. J. Harris ...	38	F. Bulley ...	37
T. Walton ...	38		

It has been a real delight to many of our boys to attend the Cricket Matches at Lords, at the kind invitation of the M.C.C. The play has been followed very easily, and the excitement has not been all on the side of the sighted match enthusiasts.

Large parties have already attended the League Matches at the Arsenal and Chelsea Grounds—so great has been the demand of our boys to attend the various games that more seats have had to be requisitioned.

The Amateur Athletic Association were most kind in inviting us to their Championship Meeting at Stamford Bridge on July 2nd. We all had a most delightful time, and the kindness of the Association in supplying tea to our party was greatly appreciated.

The Polytechnic Harriers also invited us to their Marathon Meeting on July 16th, and a most interesting afternoon was spent.

E. W.

One Diamond

By Douglas Newton

NOEMI BARCHARD was well dressed and she was assured. She was also beautiful in a calm and aloof manner. All the same, she turned pale and trembled when the young man she knew distantly as Adrian Rix spoke to her.

He was a delightfully dressed young man, and his easy-going inconsequence was so marked as to be a phenomenon. He was a walking-sample of the Idle, Brainless and All for Pleasure Rich. He said to her in a calm and conversational voice:

"It is a good and wholesome thing to steal a £10,000 diamond from a she-profiteer, but you should have waited until the lady was well mixed in the crowd. On a small, clock-golf lawn like this the number of possibles in search for burglars is rigidly limited. Only five possibles—including you and me, you see, for Mrs. Gammon can't be one of us. No, nor that sixth with her. He's the detective on duty. She is telling him the palpitating story of her loss. . . Ah, the little drama is about to begin. We are going to be searched. Have you ever been searched by a good, hard-bitten sleuth? The strength of the thrill depends on the value of the plunder you have lifted."

The young man stood smiling at her with a mild and genial smile. He gently tossed one of the golf balls of the garden game in his hand as he spoke. He was delightfully calm. Noemi was not. She went paler. She trembled more. She uttered a faint gasp of terror. The young man with his genial insouciance went on.

"No, though you did the grab at that gaudy pendant in quite a useful manner, I fear I must admit you are not really good at the burgle business." He tossed the golf ball indolently. "You had better give that diamond to me." The girl shivered and drew away. "As you like, of course," he went on. "It's me or that purposeful policeman, and the police are proverbially stony-hearted." The girl put her hand towards her hair.

"Thought so," said the young man. "A good hiding-place, but not new. Do give it to me. When Mrs. Gammon gets really ardent, she'll be unnerving—she's beginning now, look at her, the angry dowager of the 'movies' is a mere puling child to the angry Mrs. Gammon of this world. You'll give yourself away, and that sleuth will know it and act accordingly."

The girl still hesitated. The violent and vulgar Mrs. Gammon came down upon her five guests on the lawn with righteous indignation at her loss already sizzling the air about her. She was dangerously close. The genial Adrian Rix stepped in front of Noemi and snapped in a voice of iron, "Give me that diamond, you dainty idiot—or go to prison."

Noemi, with a gasp, passed the diamond across. The young man moved away from her with an indolence that masked a curious swiftness. He was walking off the lawn. Mrs. Gammon screamed.

"Stop—stop, Mr. Rix. You must please stay here and not move at all. This man—this man with me is a police officer."

Adrian Rix turned round, he was still inconsequent, he was still smiling, still he played with that ridiculous golf ball.

"Ah, a police officer," he smiled, "that is why, I suppose, I thought he was a lord mayor. Charmed to meet you, Mr. Conan Holmes. How's Watson?"

The detective remained imperturbable, but Mrs. Gammon made up for that. Hers was the nature to require the maximum effect. That single and fabulous diamond that hung on her spacious bosom at the end of a thin platinum chain was worth £10,000. Well, she expected at least ten-thousand-pounds-worth of disturbance when it went missing.

She herself helped the good work on. She enjoyed the incident in much the same fashion that in poorer, pre-profiteer days she had enjoyed a good hearty funeral. She would listen to no explanation. The diamond had not been dropped and lost accidentally. It had been stolen. It had

been stolen within the last fifteen minutes, and by one of those on the lawn.

She refused to be discreet. She did not mind whether she ruined her social position or not, she must get back her diamond from the clutches of the thief. Until that happened the two ladies and the three gentlemen on the lawn must regard themselves as potential thieves. With the aid of the detective and a footman she hustled the indignant five into the house just as they were. By the aid of a strong-minded housemaid and man-servant, she had women and men guests searched, searched with indignity and thoroughness.

To three of the guests the incident was an outrage on good taste, though they submitted to their pockets and handbags being turned inside out, and their bodies to the sensitive handling of their searchers. To one of the guests it was a matter of terror, though nothing was found in her handbag, on her person, or even in her hair—as Adrian had said, the detective noticed Noemi's nervousness, and saw to it that the searching of her was complete. To the fifth member of the guests the whole business seemed to be an episode stage-managed to fit his sense of humour. He was still as inconsequent as ever, he found the sleuth droll, and though that left the sleuth calm, his finding his hostess droll also left the lady at boiling point.

The fact that the diamond could not be found also added to her temperature. The search had been too complete for any of these guests to be thieves. She had to fall back on the fact that, after all, the diamond must have dropped off her chain and been lost. She also had to apologise, an art requiring a nicety of which she was not the master. In addition to her diamond, she lost the friendship of five quite smart and socially useful guests. They left her house immediately.

Noemi, also left the house immediately, in company with Adrian Rix. After a minute she tried to speak to him, but he said: "Oh, no, not in a public place, don't you know. Hold up for a few minutes until you get to my little sitting-room round the corner."

In the little sitting-room round the corner he gave her the moral stimulus, in a tumbler, she so badly needed, and listened indulgently while she told him why she was a thief. Ruined by the war and an orphan, possessing no means nor talents for money-making, she found it a desperate necessity to keep up her position in society. "And, after all, they got all their money by a sort of legal dishonesty. These profiteers are no better than I am. In a sense I only took what they had taken, by not much better methods, from the public. Don't you think that—"

"I always do," said the genial young man.

"Then it didn't seem too bad, my taking that diamond. And what did you do with it? Throw it down somewhere?"

"What—throw down—£10,000 of the best? Me, with desperate necessity to give society the full and continuous benefit of me. Oh, no, I find better use for such bawbles and geegaws."

"You—you brought it away. But how? You were searched. There wasn't a thing on you that wasn't searched."

"Oh, one thing," grinned the young man. "This." Noemi became aware that he still toyed with the golf ball. "This," he said pleasantly. He tossed the golf ball in the air, caught it, both hands cupped. The hands twisted, came apart. In the palms lay the golf ball—in half. In halves and hollowed. In the hollow of the right there was nothing. The hollow of the left half was filled with something that flashed and flamed in the light—Mrs. Gammon's £10,000 diamond.

"You—you stole that diamond," gasped the girl.

"No. You stole it," smiled the young man. "I went there prepared to steal it. Lucky, wasn't it, that I should recognise the right moment for partnership."

Do you remember the time when your father drove a donkey-cart?"

The Parliamentary candidate fixed his eyeglass and gazed thoughtfully at the interrupter. Then he replied: "As a matter of fact I had quite forgotten the cart. But I am thankful to see the donkey is still alive."

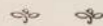
Church Notes

Church Notes

I HOPE that by the time these Notes appear we will have resumed our Sunday services. We are all so sorry to lose our Chapel, but the fact that we are only able to use the Lounge will not in the least impair the efficacy of our worship. It seems impossible, under the new conditions, to retain our helpful Intercession services, but we are grateful for the opportunities we have had of unitedly commending our work to God.

Our services during the month will be announced in due course, and I feel sure that I shall continue to have the earnest co-operation of so many of our keen sisters and men.

E. W.



Births

J. JOYCE, son	- - - -	June 22, 1921
E. FAIRFIELD, daughter	- - - -	June 29, 1921
S. BRAZIER, daughter	- - - -	July 5, 1921
A. ROBBINS, daughter	- - - -	July 14, 1921
W. DAVIES, son	- - - -	July 15, 1921
W. BAMBER, daughter	- - - -	July 17, 1921
H. GOODWIN, son	- - - -	July 18, 1921
G. E. BISHOP, daughter	- - - -	July 18, 1921
E. MOSS, daughter	- - - -	July 19, 1921
W. WATT, son	- - - -	July 20, 1921
O. GREAVES, daughter	- - - -	July 20, 1921
A. PINK, daughter	- - - -	July 23, 1921
J. MITCHELL, son	- - - -	Aug. 2, 1921
W. BRUCE, son	- - - -	Aug. 4, 1921
B. BOWERING, son	- - - -	Aug. 12, 1921
E. SWINGLER, daughter	- - - -	Aug. 16, 1921
W. GIRLING, daughter	- - - -	Aug. 19, 1921
C. DURKIN, son	- - - -	Aug. 25, 1921
W. W. CLARK, son	- - - -	Aug. 30, 1921



Marriages

ON Monday, June 25th, S. Haylings was married at Old Hackney Church, to Miss Hilda May Adams.

On Saturday, July 6th, J. R. Smith was married at the Parish Church, Bolsover, to Miss Constance Helen Haynes.

On Saturday, July 16th, H. A. Perrett was married at the Wesleyan Church, Devizes, to Miss Edith May Brown.

On Thursday, July 21st, at St. Marylebone Church, William John Harris was married to Miss Ethel Margaret Thomas.

On Sunday, August 1st, J. Stibble was married at St. Etheldreda's Church, Fulham, to Miss Lilian S. Howard

On Sunday, August 1st, S. Jennings was married at Chrysoston's Church, Bradford, to Miss Ilda Mary Fowler.

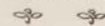
On Saturday, August 6th, A. G. Peckham was married at St. Mark's Church, Regent's Park, to Miss E. M. Harper.

On Monday, August 15th, at S. Mary the Virgin, Putney, Arthur Thomas Hazel was married to Miss Hilda Emily Grimsdale.

On Wednesday, August 17th, A. T. Brooks was married at St. Julian's Church, Kingston-by-Sea, to Miss Dorothy Fanny Coster.

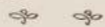
On Sunday, August 21st, T. Salter was married at St. Saviour's Church, Pimlico, to Miss Marion Cook.

On Saturday, August 27th, at St. Marylebone Church, Joseph Billington was married to Miss Victoria Daisy Buck.



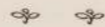
Baptism

ON Tuesday, July 12th, Ralph Ian, son of John James and Isabel McClellan, was baptised in St. Dunstan's Chapel.



Obituary

T. WALL, daughter, died August 13th, 1921.



"BUT, Tommy," said his mother, "didn't your conscience tell you that you were doing wrong?"

"Yes," replied Tommy, "but I don't believe everything I hear."

The Great Giving

THE WAR RECORD OF THE BRITISH RED CROSS AND THE ORDER OF ST. JOHN

THE War Record of the British Red Cross Society and the Order of St. John of Jerusalem has now been issued in a monumental volume containing over 800 pages and weighing nearly five pounds.

In very truth it is a splendid record of generous achievement of devotion and self-sacrifice. Organisations, individuals, soldiers and civilians alike, rendered themselves right royally, and reading, one is proud to have shared in the life of those terrible years 1914-1918, one of the great band who worked and gave and suffered.

In a small war it is within the power of the government to succour the wounded, but in such a time as that through which we have passed no Army Corps could be expected to cope with the situation. Here the Joint Societies stood ready and behind the organisations, in reserve force, the eager multitude of civilians only asking to be trained and utilised, to be allowed to give alike of themselves and their possessions.

In all, the Joint Societies had over twenty-one million pounds with which to help, while the staff at home and abroad numbered nearly 10,000, among them being an ex-Home Secretary, an ex-ambassador and a distinguished official of the Egyptian government. In addition came the ranks of the V.A.D.'s, numbering 126,000, of these 90,000 were women.

Within due limits the organisations were untrammelled by restrictions. Once the consent of the War Office to send out a Commissioner to a certain seat of war was obtained, the Joint War Committee was free to act. The number of personnel and the quantity of stores likely to be required would be discussed with the Commissioner appointed, in consultation with the War Office, then the Commissioner would turn to definite departments to carry details into effect. It was the duty of the Medical Personnel to find his doctors, of the Nursing Department to

supply his nurses and of the V.A.D. Department to produce the requisite V.A.D.'s. After everyone was certified medically fit they were equipped through the uniform department. It was the boast of Dorland House that the average time in which an individual could be fitted and equipped was ten minutes. . . . By actual trial in a specific case the feat was accomplished in six!

A special commission attended to passports, transport officers saw the travellers through formalities, a finance commission arranged for the transmission of funds and the Stores Department sent out the stores and attended to further requisition orders.

The story of the growth and effort of this Stores Department is one of the most amazing sections of the report. The staff learnt to face undismayed, demands for the immediate erection of a complete hospital on foreign soil, or for a convalescent camp to accommodate anything up to 2,000 men. It stood ready to provide alike warm clothing and hot water bottles when a hospital ship struck a mine in the channel (from ten to fourteen thousand patients were weekly brought into Dover alone) and dressing gowns and slippers for the interned in Switzerland.

Small wonder that loaders and packers worked night and day in ceaseless shifts, for in one week as many as 4,618 boxes and bales of goods were sent out. India cabled for 70,000 articles, Bucharest needed 1,200 bales, Mesopotamia wanted mosquito net, Archangel needed everything, and all the while the world's supplies grew steadily shorter, but so wide was the net spread by the Joint Committee that when Roumanian children were dying for lack of milk the Red Cross provided it from Vladivostock!

Mobile units were sent forth in wider and wider directions. Has the layman any idea of the equipment necessary for say a 200 bed unit? It means 300 pillowslips

for one thing, and other supplies in proportion, while experience has taught that in "stock equipment" must be included such things as a sewing machine, a garden fork, hair clippers, hanks of horsehair, boot polish, fingercots and sterilising tabs by the tens of thousand and formalin by the hundred weight.

Such was the initiation of the Stores Department before the American Red Cross came to it with lists more comprehensive than any yet received. It wanted a million yards of calico sheeting and 10,000 safety pins (this was followed by a further order for 800,000, although brass came under the ban of the Ministry of Munitions) and for 100,000 mattress covers. Faster and faster the lists poured in. One day the department grappled with an order for two and a half million bandages, a million pounds of absorbent cotton, 40,000 rolls of wadding and 1,400,000 yards of jaconet. . . . On the following morning came a request for 50,000 yards of rubber sheeting and an equal number of suits, just to mention a few items.

And the orders were fulfilled. So too were those for games and comforts which were on an unprecedented scale—100,000 packets of playing cards, twenty-five million cigarettes, 3,000 jig-saw puzzles, for chewing gum, for theatrical accessories, for beds and blankets and wool. Day by day the supplies of raw materials grew scantier.

Yet somehow the needs were met, and the emblem of the Red Cross took on a wider meaning. Ofttimes it could go where authority could not. The Hague Convention, for instance, had laid it down that it was the business of any government detaining prisoners to feed them. Hence the German Government forbade the receipt by the prisoners of any articles issued by our Government. Yet we at home knew the need was urgent. Finally the receipt of parcels of food was permitted if such were sent as gifts from private sources; hence the formation by the Red Cross of the Central Prisoners of War Committee.

Another new cry sounded: "All we

have to read here, is a scrap of an advertisement page from *The Daily Telegraph* which I picked up in the desert," wrote a man from Egypt; "on this it says that you send books to the wounded and sick. Please hurry and send us some" Again the people gave, and again the Red Cross distributed. Ultimately as many as 45,000 daily papers and 10,000 periodicals were issued daily from Boulogne alone. Once a request came to head quarters for 6,000 books for a hospital ship—ninety minutes was all that could be allowed for packing. The cases went!

The story of the first unit for foreign service is another tale of resourcefulness. It had been mobilised with the object of establishing V.A.D. rest stations outside Boulogne and arrived to find no accommodation, and conditions at their worst. Nothing daunted, it procured three French waggons and converted them into dispensary, kitchen, quartermaster's store and billeting quarters. Within twenty-four hours this plucky little unit had fed 1,000 wounded men; ultimately it became one in a chain of such rest stations that stretched from the base hospitals to the fighting lines.

And all the while the great giving went on. The Red Cross sales began and the whole nation contributed; women gave of their jewels, pearls sufficient to make forty-one necklaces were collected, many being offered "in memory of the fallen." Artists sent blank canvases and eager buyers paid £10,000 for them. Stock breeders despatched valuable animals and a single individual sent a flock of 500 sheep. Loads of hay were among the offerings, a blind man gave two boxes of blacking and a box of matches, frozen rabbits came from overseas, hides, carcasses of mutton, egg-pulp—and always money "given in gratitude and remembrance."

In the largesse so gathered the world gave and the world shared. Among the gifts sent out was a Christmas offering to the Queen of Italy—£10,000 worth of stores for the needy. When she heard of its coming she asked that instead of stores artificial limbs might be sent. Was ever such a Christmas gift offered to a queen before?
E. THORNTON COOK.

"Blindness—Deafness!"

AN INTERESTING COMPARISON

[This article is written by Harry C. Boorman who lost his hearing in the course of the war, and is the brother of an old St. Dunstanian now settled on Poultry Farming at "Mount Pleasant" Farm, Ropley, Hants. In the course of the letter sending the article, Boorman says:—"As both my brother and myself were hardly hit by the War, in the manner explained, great credit is due to St. Dunstan's inasmuch as their undertaking on my brother's behalf has been the means of my joining him, for health reasons mainly, and a new beginning for the whole family." The subject of the article is an interesting one and we should like to have other readers views on it.]

MUCH comment has recently been made in the columns of the REVIEW concerning the much discussed handicap of blindness, but little has been written of the relation of blindness compared with that of other disablements inflicted upon our soldiers during the war. In the view of the Ministry of Pensions, the degree of disablement next to blindness is, I believe, loss of speech, and, next in order comes loss of hearing. It is the latter degree of disablement I am using for my "comparison," inasmuch as I am myself so handicapped. Naturally I have followed with keen interest, the great and good work carried out under the directorship of Sir Arthur Pearson, and it is interesting to note how comparatively little has been done for the ex-soldiers who were unfortunate enough to lose their hearing (by the loss of the senses mentioned, I mean, or to use the general terms, total blindness and complete deafness). I recently read in the REVIEW the following passage from an old St. Dunstanian. "I have to thank you for the social position I hold in the world to-day." Well, from my own experience, and I think my fellow comrades will agree, although it must be understood that our sympathy goes out to the men blinded in the war, I have found that the social position of a deaf man apart from personal friends and of course, members of the home circle, is a poor one. There is an old proverb, "Birds of a feather." I do not dispute these words in the case of the deaf men, but St. Dunstanians will agree with me that we are more apt to forget our handicap when in the company of normal persons.

"Victory over Blindness" is not only my brother's motto, but actually the "feats" he carries out. Not only does he

cope with his handicap,—his sympathy goes out to me, and I am made to understand in a genial manner, not common with the general public I have met with. Strange, but nevertheless quite true. However, Old St. Dunstanians and ex-Deafened Soldiers, only ourselves know what we have to fight against, but the battle for happiness in life is apparently being fought well. To the men thus disabled. Good luck to you all!



A New Competition

ONE of the leading camera makers make wide use in their advertising of a catch phrase which has a good deal of appeal in it for most of us, "Take your holiday home with you when it is finished," they tell us. Well, summer holidays are over for another year and we are all settling down to work again. But there is no reason why we should not dwell upon the happy hours by river, moorland and sea, and to help the memories of these we are announcing a new Competition.

We offer a prize of Two Guineas for the most interesting account of

Where and How I Spent My Holiday

We will pay at the rate of ten shillings per column for all contributions that are printed.

Entries must reach us by October 6th, and must not exceed 250 words in length (one page of typewriting in double spacing). Write on one side of the paper only, and address your entries to the Editor, ST. DUNSTAN'S REVIEW, Headquarters St. Dunstan's Work, Inner Circle, Regent's Park, N.W.1.

St. Dunstan's Exhibition

METHODS OF ATTRACTING THE PUBLIC

WE have pleasure in calling attention to the continued success of the Exhibition of St. Dunstan's Work, organised by Capt. Fraser, in the Beaver Hut, Strand, a full account of which appeared in our last issue.

The working exhibition, in which most of the professions and trades followed by St. Dunstan's men were represented, was continued until the end of July, when it was replaced by a simple display of goods for sale. Much attention was given by the Press to this Exhibition, which must have proved of great advantage to St. Dunstan's as a whole from an advertising point of view. The main object of the enterprise was, however, to popularise the articles made by St. Dunstan's men and create sales, and in this it has been extremely successful. The massage exhibit gains a good deal of attention, and a number of doctors who were invited to come were much struck by the model treatment room which was displayed. The Hut is still open, and arrangements have been made to keep it open week by week as long as the turnover justifies this course of action. During the time the Exhibition has been in progress various "stunts" have been made use of to attract public attention, among which the most interesting was a demonstration of wireless telephony given by the Marconi Scientific Instrument Co. At their own expense, this firm very generously fitted up a wireless receiving set in the Hut itself and arranged for twenty-five pairs of telephones to be available for the use of the public. Three times a day, during the last week of the Exhibition, songs and band selections were sent out by wireless from the offices of the Marconi Scientific Instrument Co., some distance away in Soho, and received by the aerial on top of the Beaver Hut. From here the electrical waves were led down to the most up-to-date receiving and magnifying apparatus, which passed them to the telephones, where the public were

able to hear the songs and tunes with wonderful clearness. More than fifty notices appeared in various newspapers all over the country about this experiment, and there is no doubt that the public interest which was aroused was reflected in increased sales.

During the last few weeks an instrument called the Stentorphone has been installed in the Hut, and this has been used for a similar purpose—that of drawing people into the Exhibition who might otherwise have passed it by. It is a coincidence that an article describing this new and very wonderful invention happens to have just appeared in a monthly magazine called *Conquest*, and we append an extract from it, describing the instrument:—

The main points of difference between the Stentorphone and gramophone are in the sound box and the arrangement of air valves. A separate power unit is necessary consisting of a small electric or petrol-driven motor of $\frac{1}{2}$ horse power, which drives an air compressor. The air, under a pressure of 10 lbs. per square inch, is delivered into a small cylinder or reservoir. The power unit may be placed in any convenient position. From the reservoir the air is conducted through an india-rubber pipe to another cylinder in the gramophone cabinet. Thence it passes through another tube to a regulating cock, where it may be by-passed through a silencer into the atmosphere when not required, or directed into the sound box at will. On its way it passes through two filters. Within the sound box is a simple grid valve, delicately sprung and balanced. When the by-pass is closed the full volume and pressure of air is exerted against the sound box valve, which opens to its full extent and virtually serves the same purpose as the blower of an organ, the volume of sound depending upon the amount and pressure of air. The moving portion of the valve is in one piece with the needle holder.

The Expression of the Blind

MANY aspects in the psychology of the blind have been discussed, and in all probability the title of this small article has been used before. But I venture to revive it in the hope that others may attack the problem and throw more light on it than I am able to do. Briefly, the point that puzzles me is this: "Why should the faces of the blind reveal their emotion so much less than do the faces of the sighted—always supposing that there *does* exist this interesting distinction?" I am not altogether competent to judge. If I could wander round examining the features of my blind friends, I could assure myself on the fixity or mobility of their countenances. But I cannot do this. I therefore have to accept the opinion given me by various sighted persons that we blind are on the whole careful not to reveal our feelings. Why should this be so?

One is at first tempted to suggest that it is pure and reasonable laziness. If we took toll of all the varying conversations which must be endured in the course of a day, the discovery would be made that only a certain proportion was of sufficient interest to us to make us forget our whereabouts and the passage of time. It is expected of us that we sit gazing with rapt eyes at our companions with a constantly changing expression of face. Now a blind man cannot so gaze into his partner's eyes; he has no temptation to do so. He is able to follow the course of the conversation quietly and analytically, and to answer appropriately when his turn comes. He soon discovers his freedom, and in time freedom becomes a mental habit to him. He allows himself to do what he would have done years ago if etiquette had permitted—to become sensibly lazy and economical of effort. He takes advantage of his handicap to improve his mental reserves.

But there are other considerations to be surveyed before we can decide on the blind man's lack of expression. I would

like to put forward three separate considerations, believing that they all contributed in producing the psychological phenomenon we are discussing.

First of all there is the influence of "Imitation." Now man is essentially an imitative animal. We smile almost automatically when we see a stranger smiling at us. One yawner will set a whole bus-load yawning; and a cry of fear will cause a pang of alarm to run through every man who hears it. Babies of certain age can be influenced into amazing contortions of the face if somebody stands opposite grimacing at them. Some folk are more prone to this instinctive "imitation" of facial expression than are others; there are, for example, men who cannot possibly watch a wink or a twist of the mouth without unconsciously imitating it themselves. As a matter of fact we all imitate our neighbours. Facial expression is communicated from one person to another, and if the eyes are removed the imitation does not exist. One may yawn and smile before a blind man without in any way influencing him. He may imitate the tones of the voice, modes of expression, even movements of the body; but he cannot imitate expressions of the face. This huge type of stimulus is cut away from him, and instead of sitting opposite his friend, nodding and smirking at him, he merely drinks in the spoken words and in due time makes his answer to them.

The next point is that a blind man is deprived of one great weapon in the battle of life, the ability to watch his neighbour's countenance. If a person in full possession of his sight enters a room, an office, or a court, he gathers something of the attitude of the occupants by the expression of their faces, long before a word is spoken; and, as the business proceeds, he watches his opponent's expression as the timekeeper watches the fingers of his clock. Unable to do this, and aware that the sighted persons can make signals to each other if they wish,

without detection from himself, the blind man is bound to fight the world with its own weapons. He cannot distinguish the feelings of his neighbours from their faces; very good, neither shall they be able to detect his own feelings from *his* face. He must retain his own council in and out of season, and economise his mental effort towards balancing and replying to his neighbour's remarks. This mental attitude is extended to every occasion. To a blind man many strange, and, for the moment inexplicable things are bound to happen. If we are sighted, we immediately turn our eyes towards any curious and alarming sound and ascertain its cause. This a blind man is unable to do. Even in the most desperate circumstances he has to be bravely reserved—to wait until his course of action becomes plain to him. He learns an immense patience. He learns quite coolly, and as part of the day's work, to sit still with a face of marble, waiting till something shall give him a clue as to the situation.

Finally, when we analyze it, we realise all that expression of features means in a sighted community. When two friends, two lovers, meet, all the little interchanges of look and nod mean almost as much to them as the interchange of words. It is a mass of silent language, that is immensely primitive in humanity, and which nothing can altogether replace. But the blind man, losing it, feels instinctively that he must try to replace it by other means. He struggles to express his feelings by the tones of his voice and the pressure of his hands rather than by transmitting elaborate nods and winks and smiles that may never reach their destination. He caresses with his voice and fingers rather than with his smile. He bullies with his tones and his stamping foot rather than by his frown.

F. Le G. C.



"You seem to have a good deal of faith in doctors," said the friend to the invalid.

"I have," was the reply; "a doctor would be foolish to let a good customer like me die."

Bridge and Whist

(continued from Page 9)

Dear Editor,—I feel constrained to write a few remarks upon the subject of the manipulation and notation of playing cards raised in the July issue of the REVIEW.

There certainly should be a standardised system, and I think that Capt. Fraser's suggestion of marking cards on the top left-hand corner on the front is the method that has been found most useful by players of some experience, and I feel that the National Institute would be taking a step in the right direction if they adopted this system.

With reference to the suggestion of substituting "O" for "T," I must say that for my part my views are not strong either way, nor do I take exception to the "X" as used by many civilians.

Concerning the manipulation, I heartily agree with Mr. Rogerson's plan of holding two suits between the thumb and index and the other two between the index and second fingers. I have made use of this practice for a long time with the exception that my arrangement of suits rather differs from his. I hold clubs and diamonds, and hearts and spades together respectively, principally because it facilitates bridge playing. Of course these remarks refer to sorting only.

Rather than hold the cards fan-fashion in the right hand during the process of play, I find it much easier to hold them in bulk in two hands and move the cards on each other with the left thumb while reading them simultaneously. This becomes perfectly natural after a little practice.

I would like to warn readers of the danger when sorting, of putting each suit on the table after each one has been completed, as this must enable an astute sighted player to quiz one's hand more than is perhaps desirable.

I look forward with keen interest, like many other readers, to all remarks that may be made upon this subject.—I am, yours faithfully,

E. G. LOMAS.

3 Beech House Road,
Croydon.

"Touch" in Typewriting

The following article, written by the champion speed typist of Great Britain, gives many useful hints for the attainment of speed and the avoidance of fatigue in typing. The suggestions made should be equally as useful to the blind, as to the sighted operator.

FEW typists can type eighty words a minute; but there is no reason why anyone should not do so with much less fatigue than is entailed by the usual thirty or forty words a minute.

The way to become an expert typist is to work by touch. The old-fashioned method by which the eyes must be continually moving between the copy and the keys wastes time, and is far more tiring to the operator.

In touch typing the fingers are trained, as they are for the piano, to know the position of every key without needing the eyes to guide them, so that the eyes need never be taken from the copy.

Correct fingering is of utmost importance. There are several recognised methods, but it is immaterial which is adopted provided it is a system which brings every finger into play. Most typists shirk the use of their little fingers, but it is naturally possible to type more speedily with eight fingers at work than with only six, and a little perseverance will make the little fingers just as efficient as the others.

"RAG-TIME" TYPISTS

Personally I use the little finger of my left hand for Q, A, and the left-hand shift-key, and the little finger of my right-hand for P, the semi-colon, the full-stop, and the right-hand shift-key. In typing, the left hand always has more to do than the right, and the space-bar should therefore be manipulated by the right thumb only.

Speed alone is useless, but the secret not only of speed, but of accuracy, and the even touch which distinguishes the work of the expert, is perfect rhythm.

Listed to the machine when the average typist is at work, and you will hear a series of short spasmodic rushes, an occasional slowing-up over a difficult word, a furious spurt when the language is simple, and many intervals of silence while she is

looking for her place in her note-book. This "rag-time" typing will never produce a high speed or turn out beautiful work.

The typist who aims at increasing her speed and improving the quality of her work should never race over familiar words and slow down over unfamiliar ones. She should reduce the speed of all her work to that at which she can type the most difficult words, and then, as she becomes more expert, gradually increase her speed, always remembering that the great secret of success is in keeping perfect rhythm.

SAVING LABOUR

Most typists waste time in moving back the carriage. The right way is not to hold the line-spacing lever and push the carriage right back to the margin, but to throw it back with a short, sharp jerk, so that by the time the carriage is in position the hand is back on the keys ready to continue. The moving back of the carriage should cause no perceptible pause in the typing.

The back-spacer is another time-waster. It is nearly always used when a faint letter—due to a too light touch—has to be re-typed. In touch typing the touch becomes so even that the back-spacer is rendered superfluous.

There is a correct way of putting in the paper. Hold the sheet in the left hand by its left-hand top corner. Place it lightly in the machine, and as you feel it touch, turn the platen-knob quickly with the right hand. The paper will be quite straight, no adjustment will be necessary, and the paper release can be ignored.

The adoption of this method saved me three minutes in every hour. At the rate of eighty words a minute this means a large number of words added to the day's output.

TRY THE EXPERIMENT

A typist who has not learnt the touch system can do so without interference

with her work. I changed from two-finger typing to touch typing in a week when I was earning my living at the typewriter.

The change can be gradual. First acquire the correct fingering and never strike a key with any but the correct finger. Know the keyboard by heart. Always keep your hands in position over the keys unless obliged to move them. Above all, keep the rhythm even.

Look at the keys as little as possible, and you will soon find that you need not look at them at all.

At first you are sure to think that you are typing less rapidly, but at the end of the day you will find that you have done more and better work than usual—with nothing like the usual fatigue.

“Fingers that See”

THAT hands have the faculty of seeing things is a claim made by Professor Louis Farigole, of the University of Paris, says the Paris Correspondent of the *New York World*.

The famous scientist says that visual organs in the form of the tips of a certain kind of nerves are distributed all over the human body, and by persistent and systematic training can be developed to such a degree as to observe things by visual power. Having hypnotised a man, Professor Farigole blindfolded him so carefully that he could not see with his eyes, then asked the man to read the title of a newspaper.

The man in the trance read the title. Having done that he said he was too tired to continue the experiment.

Five other persons could read while blindfolded.

The *Lancet* says that the tips of hitherto unknown nerves have been discovered in the human skin, and another kind of nerve in the snout of a pig. The tips of these nerves, according to Professor Farigole, are microscopic eyes. He thinks science will discover a hitherto unknown faculty that enables the blind to see; that through education and training one will be able to see with the nerves of the hand instead of with the eyes.

Does Blindness affect Spelling?

THE following letter appears in the current issue of *The Beacon*, and we reprint it as it raises a point which St. Dunstaners may find it interesting to discuss:—

“Dear Sir,—I wonder if any of your readers could enlighten me on a subject which has just occurred to me. The other day I had occasion to write a word which I had not come across for some time. Now I have always prided myself on being a particularly good speller, but, if I may be permitted to use a vulgarism, I found myself on this occasion ‘regularly stumped.’ Of course the trouble arose from the fact that I had neither seen the word in print nor had occasion to use it for a considerable space of time. This fact set me wondering as to whether people who have lost their sight and are thereby cut off from the printed word are liable to become particularly bad spellers.

Yours, etc., “SPELLER.”

Billy Button

Tune: “Duncan Gray.”

Billy Button was a boy,
Ho! Billy Button, O!
Billy was his mother's joy,
Ho! Billy Button, O!
He was never late for school,
He would never play the fool,
He the prizes got at Yule,
Ho! Billy Button, O!
Billy Button went to France,
Ho! Billy Button, O!
He would make the Germans dance,
Ho! Billy Button, O!
But the Germans gave him one,
It was, Oh, so easy done!
He will never see the sun,
Ho! Billy Button, O!
Billy went to old St. Mark,
Ho! Billy Button, O!
Later on to Regent's Park,
Ho! Billy Button, O!
There he lived with Saint Dunstan,
This good saint made him a man,
He can laugh, if blind man can,
Ho! Billy Button, O!

Third Reserve

Nature's Soft Nurse

(By Melipona)

THAT we should fall asleep each night on going to our beds is so much a commonplace of existence that we rarely give it a thought, and it is only when sickness or other mental or bodily derangement deprives us of our habitual slumber that our thoughts become centred upon it. Like toothache, when free from pain we give it not a thought, but when the pain returns we can think of nothing else.

There is no suffering like the prolonged loss of sleep; few of us can miss it for a single night without much discomfort, while a second or a third such waking night becomes almost unendurable. I have heard of sea captains being continuously on the bridge in stormy weather for five consecutive days and nights, and this must surely represent the uttermost limit of human endurance. In ordinary life, however, men do not so often suffer from the entire absence of sleep as from too short and too unrestful periods of it, to invigorate the body and refresh the jaded mind. Worry and overwork are perhaps the most common causes of this wretched condition, and with the great Bolingbroke, overwrought by cares of State, our troubled spirit cries:—

“O sleep, O gentle sleep,
Nature's soft nurse, how have I frightened thee,
That thou no more will weigh my eyelids down,
And steep my senses in forgetfulness?”

Sleep is a physiological necessity to all living things, and without it we die. It is a difficult subject for investigation, for we cannot dissect the sleeping body nor apply reagents to its living tissues. Accordingly the precise state of the inner parts of the body is unknown, nor can we definitely say how sleep is induced, or what chemical changes are involved in the process, though the loss of consciousness is undoubtedly determined by a reduced supply of blood to the higher centres of the brain, for we see the same thing happen in a faint. But sleep is far more than the mere cessation of mental action, its ultimate cause lies far deeper, in the very core and marrow of

our being, and all the cells of the body are concerned in it. Not only do the higher animals sleep like ourselves, but the process can be traced among the simplest living beings at the very root of the tree of life, as also among the plants.

In the cells which form the upper surface of a leaf are little green bodies or grains of chlorophyll, whose business it is to break up the carbonic acid gas supplied by the atmosphere, to store up the carbon within themselves and return the oxygen to the air. Now the point of interest here is that these little grains of chlorophyll can only work in the light, and as day declines they become less and less active, and cease work altogether at dark. The carbon they have collected during the day, and stored up in the form of starch, would, if not removed, soon clog the cell, and prevent further work, and accordingly during the night this starch is drawn off to other parts of the plant, leaving the leaf cells swept and garnished ready for the next day's work. This, then, in barest outline, is the sleep of plants, and it exemplifies in a very simple way what happens to the rest of living nature, plant and animal alike. There is the period of daily activity in the light, followed by the period of repose in the dark, for, as we might say, the cleaning up of the workshop.

In its essence our own sleep is nothing more than this: the activities of the day accumulate waste products in the cells of the body, and the repose of night removes them. It is interesting to note here that it is the accumulation of waste products in the cells which gives rise to the sense of fatigue, and fatigue is the signal to the remainder of the body that rest is needed in order that they may be removed. What actually causes us to go to sleep we cannot say. Doubtless habit has something to do with it, and in beings possessed of a highly organised nervous system the matter is complicated by the exercise of the will. During sleep the functions of the



body are slowed down, the muscles relax (though not entirely), and the senses fail to respond to stimuli from without, unless indeed these are violent enough to wake us up, while the temperature of the body is lowered. Hence, under ordinary conditions, darkness, quiet and warm clothing are necessary to restful sleep.

It is a common thing to compare sleep to death, or vice versa, but any resemblance between the two states is entirely superficial, and the more closely we examine them, the more unlike do they appear; the absence of consciousness being almost the only thing they have in common. In death the body is cold as stone, relaxed, with no trace of muscular tone, and absolutely still, whereas sleep is pulsating life itself. Would we realise this distinction, we have but to look at a sleeping child with its warm little body and flushed rosy cheeks, and then imagine its effigy carved in marble, and the difference strikes us with something of a shock. Shelley must have felt the chasm between the two when he wrote:

How wonderful is Death,
Death and his brother Sleep!
One pale as yonder waning moon
With lips of lurid blue,
The other rosy as the morn
When throned on ocean's wave
It blushes o'er the world;
Yet both so passing wonderful!



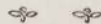
A Blind Soldier Author

WHAT is in many ways a remarkable book has been sent us for review.

"Blind: A Story of These Times" (published by Macmillan & Co., Ltd., at 8s. 6d., net) is the production of Ernest Poole, an American officer, blinded in action during the later days of the war. The book really forms an autobiography of the author's life from the time when, as the son of a rich American manufacturer, he passes through all the phases of a varied and adventurous career as journalist, dramatist, social reformer, and a thousand and one other activities, until

the war draws him into its vortex and he goes to France with his Division. There he is blinded by a shell splinter, and it is during the long convalescence in which he still has hopes he may regain his sight that this vivid and arresting book is begun. They are curiously uneven, these chapters that deal with the author's life until the advent of war. Mr. Poole is a master of vivid word painting, and although his deep earnestness is inclined at times to carry him too rapidly in the flood of his words, he can always grip and hold the attention of the reader. His own father, the young surgeon Steve McCrea, and his cousin, Dorothy, are splendidly drawn and really living people. The later chapters, dealing with his own emotions, his hopes and fears as to whether or not he will regain his sight, have a wonderful poignance and intensity. He learns finally that his blindness is irremediable, but by then he has gained new interests, new hopes, and he is to marry his cousin. The book ends on a note of serenity and happiness and hope. "I shall be blind for life, but in spite of that I am happier now than I had ever hoped to be again. . . . Now as I sit here late at night alone in this familiar room, with my own little agony left behind, and my new life opening ahead, it feels so quiet and peaceful."

We have dealt only with some aspects of the book that will specially interest our readers, but it covers a much wider field of thought and surmise, especially the changes in social conditions and forms of government that the great war, so far from having settled, have made more acutely imminent.



AN American millionaire was travelling in Europe in a hired automobile and the driver was a speed demon. Finally the scared millionaire got up courage to ask, "Where are we?"

"In Paris," shouted the man at the wheel as they tore along.

"Never mind the details," said the millionaire, "I mean what continent."