

# ST. DUNSTAN'S REVIEW

For Blinded British Soldiers, Sailors and Airmen

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[FREE TO ST. DUNSTAN'S MEN]

## CHAIRMAN'S NOTES

### A Happy Christmas

CHRISTMAS is a time when we think of old friends and distant friends. The recent international crisis has brought the Dominions and the Mother Country closer together in thought, and the air mails have brought them nearer in time. Many Australian and New Zealand St. Dunstaners have posted their letters to me six weeks or more in advance of Christmas to ensure delivery under the old postal arrangements, not realizing that the air mails would bring their letters in less than half that time. Thus I have been reading some of my Christmas post this week.

"Remember me to my old friends at St. Dunstan's", or "Best of good luck to all at St. Dunstan's" say the writers. We in the Old Country reciprocate these messages, and will think at Christmas time of the Dominions men we knew in the War or at St. Dunstan's. The best of good luck to them and their families.

### A Notable St. Dunstaner

One of my Christmas letters was from Captain Frank Marriott, C.M.G., M.H.A., blinded at Bapaume, February, 1917, who was at St. Dunstan's for about a year, and then returned to his own country, Tasmania. An active and successful farmer, he has brought up a family of four boys, all of whom are now started in life, some with families of their own. He is now in his seventeenth year of political life, and if the present Tasmanian Parliament runs its full course, he will have completed twenty years in the Tasmanian House of Assembly and have fought six successive general elections without losing one. This is a record. Commissioner of Boy Scouts for Tasmania, Federal President of Toc H in Tasmania, Member of the Board of Management of the Tasmanian Blind Institution, active supporter of every good and patriotic cause in the Island, he is a notable public figure, a citizen of whom the Empire may be proud, and a St. Dunstaner of whom we are all proud. And he does not forget us, for in his letter to me he most gracefully makes the following acknowledgement—" . . . these have all served to make a life, which, but for the training of St. Dunstan's, might have been a very empty one, full of interest, and for this I am truly thankful."

### Brighton Going Strong

The new Brighton Home is going strong. By the time Christmas is over more than three hundred St. Dunstaners will have spent a period of holiday or convalescence there. I continue to receive letters and messages, and am able to gather at first hand from

frequent visits that the Home is fulfilling our highest expectations. The newcomer very quickly learns his way around because the building has been designed on a symmetrical plan to make this easy. The comfort of the wards, which are always fresh without draughts, and the splendid beds are frequently commented upon. The programmes from three wireless stations laid on at every bed give tremendous pleasure. Lady Fraser was down there the other day and told me that almost everyone in the Home heard the big fight which ended so abruptly and unfortunately. Many went to bed early for the sole purpose of enjoying it undisturbed. Our private bus makes regular journeys to Brighton and Rottingdean to fit in with the general convenience of the men. The food is praised by many. The staff is settling down. All this is as it should be, but it is gratifying, nevertheless.

### The Good Companions

A few weeks ago I issued an appeal to the citizens of Brighton and Hove to join a Corps of Voluntary Helpers to provide "guides, philosophers and friends" for St. Dunstaners, to go for a walk, to read aloud, to organize or mark at a game of dominoes, to write letters, to act as extra V.A.D.s and so on. I want these ladies and gentlemen to be good companions to St. Dunstan's men, and I call them The Good Companions of St. Dunstan's. Mr. C. J. M. Whittaker, M.C., a well-known solicitor in Brighton, has been good enough to undertake the chairmanship of this new corps. A committee from amongst the members themselves has been appointed. Already over two hundred have enrolled. This sounds a very large number, but divided over seven days all through the year it is not too great. The Good Companions, too, are settling down, learning how best they can help, and the men are appreciating their services. I know this Corps has already made an enormous difference to the happiness of our men and the enjoyment of their holidays. I should like to express on behalf of St. Dunstaners as a whole our appreciation of the work of the Good Companions and our hope that they will continue their services in the regular and friendly way they have begun.

### Good Luck to All

To all St. Dunstaners and their families in England, Scotland, Wales, Ireland, Canada, Australia, South Africa, New Zealand and wherever else they may be, my wife and I wish a Happy Christmas and Good Luck in the New Year.

IAN FRASER.

### A Christmas Message

MY DEAR BOYS,

Right through your doorway comes my warmest Christmas Greetings to each and every one of you, your wives and families, and when the New Year comes I shall be with you all again, wishing you many blessings of peace and happiness for 1939.

Always your friend,  
WINIFRED BOYD-ROCHFORD.

### Commentating

Captain H. Whitelaw-Wilson is the St. Dunstaner referred to in Captain Wakelam's book of reminiscences mentioned here last month.

Captain Whitelaw-Wilson says: "As a rigger enthusiast, I went many times to matches with Captain Wakelam. He would sit in a box on a raised platform which was reached by an ordinary wooden step-ladder. I sat on a chair just outside. Thus, looking out past my head, he would give his commentary on the play."

### Does This Interest You?

WE propose to publish, starting with the January issue of the REVIEW, a supplement on poultry keeping and a supplement on gardening.

These will only be issued to those who are interested in the subject. Thus, the poultry supplement will be sent to all poultry keepers, but others who keep a few birds should write and ask that it be sent to them. Similarly those who are interested in their gardens should ask that their name be put on the list to receive the gardening supplement, addressing all letters to Mr. Ferguson, Country Life Section, at Headquarters.

The supplements will deal primarily with points of interest during the month after each publication.

Suggestions for their improvement will be welcomed and every effort will be made to make these as helpful as possible.

### About St. Dunstaners

J. S. Harrison, of Baker Street, N.W.1, has just had presented to him by the West Australian Rowing Association an inscribed blade showing the names of the crew and date of the Inter-state Race at Melbourne on May 3rd, 1914, when our St. Dunstaner rowed No. 3 in the Western Australian boat. The presentation was made by Miss Shaw, daughter of the President of the Association, who, with her mother, has been visiting this country.

A. Bundy, President of the Gloucester Services Club, placed the wreath on the City's War Memorial on Armistice Day. On the evening of November 12th, he attended the Club's annual Armistice Dinner. The City Member, giving the Toast of "The Chairman", said, "Mr. Bundy is one of the leading and most popular personalities in the life of the Club. He is its honoured President, and he enjoys the friendship, commands the respect, and excites the admiration of all who have the good fortune to meet him."

R. Cowley, of St. John's Wood, was guest of honour at a coming of age party in Pinner, Middlesex, last month. The party was for David Wallis, son of Col. F. H. Wallis. Cowley was a dispatch runner during the war and he brought the news of his son's birth to Col. Wallis in a telegram. Col. Wallis, temporarily blinded, could not read the wire and asked Cowley to read it for him. Two months later Cowley was blinded.

J. Sheehy, of Dover, placed a wreath on the local war memorial on Armistice Day on behalf of Major the Hon. J. J. Astor, M.P., and Lady Violet Astor. Congratulations to Sheehy, who has again been re-elected Vice-Chairman of the Kent Council of the British Legion, Vice-Chairman of the British Legion and United Services Fund Benevolent Committee, Dover, and representative of disabled men on the War Pensions Committee.

J. Gribben and W. Berry, with Mr. N. Macauley, placed the wreath on the War Memorial at Belfast on Armistice Day; J. Boyce, of Upwey, paid similar tribute at the memorial in St. Lawrence's Church, Upwey.

A. Abram, of Stockport, was a member of Mr. W. Rutter's orchestra when it played at the annual dinner of the old comrades of the 6th Cheshires last month. A tribute to Abram appeared in the *Stockport Express*, and he was also congratulated at the dinner by the Colonel of the regiment and other officers.

### —And St. Dunstaners' Wives

Mrs. C. T. Condon, of Worting, Basingstoke, holds the important position of President of her Women's Institute, and has been asked to stand again for the coming year. Its members number approximately ninety. These Women's Institutes play an extremely important part in the life of the women of the country, and usually include the most well-known and influential people of the district. Is Mrs. Condon the only St. Dunstaner's wife holding this position?

Mrs. J. Palmer, of Thornton Heath, took part in an exciting fire rescue last month.

The fire broke out in the next-door house, and was apparently caused by the occupant, an old lady of seventy-two, accidentally dropping some linen on the stove. She made a gallant effort to drag the burning linen into the garden, but by this time the kitchen was well alight. Mrs. Palmer saw her plight, sent her lodger to call the Croydon Fire Brigade, and herself dragged the old lady out of the kitchen. The interior of the house was gutted and the old lady was badly burned, but Mrs. Palmer's quick action undoubtedly saved her from more serious injuries, and perhaps death.

### Silver Weddings

Congratulations to the following St. Dunstaners and their wives, who have celebrated their silver wedding recently, or will do so very shortly: Mr. and Mrs. J. Mitchell, of Edinburgh, November 21st; Mr. and Mrs. J. Selby, of Larkfield, near Canterbury, December 1st; Mr. and Mrs. G. W. Lamb, of Withernsea, December 18th; Mr. and Mrs. W. Lowings, of Eastleigh, December 20th; Mr. and Mrs. W. W. Clark, of Bermondsey, and Mr. and Mrs. G. Strutt, of Sheffield, both on Christmas Day.

## The New Brighton Home

### The Chapels

"A TENT of God—a place for prayer, for comfort, and for peace, in which the inspiration of the memories and prayers of the Chapel of the old Brighton Home still lives"—thus the Bishop of Clichester described the Chapel of the new Home at Ovingdean when he dedicated it in October.

The Chapel is a fit setting for the purpose for which it has been dedicated. It is beautiful in its simplicity.

It lies at the foot of the Home, but it is quite separate from the main building. It is rectangular in shape, and the entrance is at the west, or lower end. A plain stone cross, set upon the brickwork above the entrance canopy, alone relieves the austerity of its face. Surmounting the rear of the Chapel, immediately below the entrance of the Home itself which rises behind it, is the stone figure of Winged Victory holding the St. Dunstan's badge.

The entrance leads into the nave which can accommodate about one hundred and fifty people. The pews on either side are of walnut, padded with leather; and the lower part of each pew drops to form a kneeling rest.

The four deep windows on either side are of plain glass; the walls are of cream, and the whole effect is one of light.

The organ loft is immediately over the entrance and above it is the only piece of stained glass in the Chapel. It is the window composed of glass from the Cloth Hall at Ypres which was presented to St. Dunstan's by one of its officers, the Rev. Harold Gibb, in May, 1936. The organ is a fine Compton organ.

At the east end of the nave is the raised chancel. On the north and south sides of the chancel opening are the lectern and the pulpit, and behind these are two rows of choir stalls.

A simple gold cross stands upon the beautiful altar cloth of blue and gold, which was a piece of tapestry used at the Coronation and has been presented to St. Dunstan's by Lady (Arthur) Pearson. A bronze carpet leading from the chancel to the altar was also used during the Coronation as part of the carpet covering the floor of Westminster Abbey.

Behind the altar, rising almost to the ceiling, is an exquisitely painted design in

blue and gold. It represents a dove with outspread wings, superimposed on a circle of light from which radiate beams of gold.

Over the chancel, inset in the ceiling, is a circle of opaque glass and through this a soft light falls upon the altar. At night, concealed lighting illuminates the altar.

Since its dedication, a number of services have been held in the Chapel by our Chaplain, the Rev. R. M. Raper. They have been well attended. The members of the choir have been fellow St. Dunstaners, looking very dignified in their blue cassocks and surplices. The first service after the Dedication was Harvest Festival. The Chapel was crowded too, on the evening of December 4th, when a service of remembrance was held for our late Matron, Miss Thellusson, whose magnificent work and splendid example was recalled by Mr. Raper.

Although the Chapel is essentially Church of England, the services are as simple as possible so that they may have a wide appeal to men of all denominations.

### The Roman Catholic Chapel

A room on the fourth floor of the Home has been converted into a most beautiful little Chapel in which Canon Newton or one of his curates celebrates Holy Mass once a week if possible. Sister Peacock is Sister-in-Charge of the Chapel.

On December 3rd, the anniversary of our late Matron's death, Mass was said in her memory. It must have pleased her spirit to think that the work she began at the old Home is being so faithfully carried on.

### Successes

At Higham Ferrers R.A.O.B. Chrysanthemum Show A. J. Holland won 1st and 3rd prizes for his specimen blooms, and a special prize for the finest bloom in the show. This, a white flower, was 11in. in breadth and 11in. in depth.

Mrs. Hutchinson, wife of our St. Dunstaner, L. Hutchinson, of Barnby Moor, exhibited her husband's whippets at the important Metropolitan and Essex Show last month. "Flight Lieutenant" won a 1st prize and two 3rds, and "Lady Be Good" won one 1st and one reserve prize.

D. Batchelor, of Banbury, won several prizes for his bantams at the Banbury Show early in November.

## Brighton News

AS all St. Dunstaners know, the New Home is now occupied, though it has not yet been officially opened. Much has been said and written about it, but to appreciate fully the improvements, the attention to detail, and the comfort, it is necessary to spend a holiday there. The only tinge of regret is that it isn't quite in the town, but that is a small detail, as our own private and very comfortable bus runs at regular intervals, so there is no trouble in getting to any particular destination.

There is another regret—that suitcases are not made big enough to hold one of the sorbo mattresses, which all agree are the most comfortable they have ever slept on. I might also add that the soldier's dream has been realized, for one is awakened in the morning by the arrival of a cup of tea at the bedside—only the Sergeant Major is missing!

The new corps of Good Companions are providing plenty of escorts and cars for walks and drives—to say nothing of several excellent concerts which they have organized, and just to show that, though we have gained many new friends, the old ones have not forgotten us, Mr. and Mrs. Pittman with their good helpers gave their usual supper and dance at which each of our men received a money gift and cigarettes, but the boys who could not go to the dance were not forgotten and next day each of them was sent five shillings and a "packet of twenty". The busmen also gave their winter dinner and dance for us at the Princes' Hall, where many useful prizes were won by our men.

A number of St. Dunstaners were present at the annual dinner of the Rottingdean branch of the British Legion on November 2nd. Major W. F. Wraight, county secretary, welcomed the St. Dunstan guests, as also did Major C. H. Cooper. The toast of "Our Guests" was submitted by the Rev. W. O. White, who said he would add the title of "distinguished guests". There were none, he added, more entitled to that title than their friends from St. Dunstan's. Dick Newman responded on behalf of the St. Dunstaners, and said that although Ovingdean was their postal address, Rottingdean was their brewery address. "ONLOOKER."

## What St. Dunstaners think of the New Home

Appreciative letters about the new Home at Ovingdean continue to come in. Here are extracts from just a few of them:

"I have just returned from a week-end at the new Home at Ovingdean; in my opinion it is a marvellous building. There is simply everything for one's comfort. Anyone who is not satisfied with this structure will not feel comfortable in Paradise."

"I find the distance to the White Horse is ten minutes going, and thirty minutes on the return journey."

F. G. BRAITHWAITE.

Guildford.

"The arrangements made for deaf St. Dunstaners at the Home enabled me to enjoy my week-end to the full. I was also glad to find a barber was there."

R. J. WILLIAMS.

Southwick.

"Grand. Everything a man could wish for."

M. COSTELLO.

Clacton.

"The Home is marvellous. The beds are wonderfully comfortable. I will take a large trunk the next time and stay there for good."

R. WESTWOOD.

Bellerby.

"My first impression on entering the Home was one of amazement, bewilderment and finally the simplicity of it all. If a man is not happy there, he will not be happy anywhere."

C. T. CONDON.

Basingstoke.

"I have never seen anything so near perfection in all my travels."

"Everything has been catered for—quiet, music, cards or dominoes, transport, and the staff are wonderful under the very able management of our beloved Matron."

J. C. OWEN.

Liverpool.

"It seems that nothing has been forgotten that would in any way help towards our comfort. I shall take away with me many happy memories of my first visit here."

C. GLASSPOOL.

Brixton Hill, S.W.2.

"Surpasses all expectations."

G. WILKINS.

Reading.

"I had a very happy and interesting time exploring the house, or I think it would be more fitting to say the mansion. During my stay I found it very easy to find my way about as the plan has been so well thought out. We have the best Matron we could ever wish, and a very good staff of sisters and orderlies who do all they can to make one feel happy and comfortable."

J. KIRKHAM.

Southampton.

### Result of Scenario Competition

THIS competition proved more popular with St. Dunstan's men than with the staff, although the standard of entries in both sections was very good. In consultation with Mr. Arthur Leslie, a well-known authority on the art of the film, it has been decided to award the prizes as follows:—

St. Dunstan's men—

First Prize (five pounds), A. J. Radford, Castle Cary.

Second Prize (one guinea), W. Shakespeare, Birmingham.

St. Dunstan's staff—

First Prize (five pounds), J. Boyd, Brighton.

Second Prize (one guinea), S. C. Hall, Raglan Street.

Commenting upon the entries, Mr. Leslie said:—

"I consider all of them quite good efforts which disclose the fact that the writers are appreciative of the story valuation in the films they go to and have an eye for original treatment."

### Competition for Deaf St. Dunstaners

WE have received from G. Fallowfield some suggestions for competitions in Braille. Feeling that such might be welcome and knowing most of our deaf men to be keen Brailleists, it has been decided to confine entries to such men for the present.

The following is the first competition—send in a sentence written in Braille which can also be read upside down. A prize of 10s. 6d. will be given to the man who sends in the longest sentence. Entries should be addressed to the Editor of the REVIEW and reach us not later than January 15th.

We should appreciate any ideas that may occur to you for competitions of a similar nature to the one above, as if the response is encouraging we should like to run contests of the kind from time to time.

### Memorial Service to Sir Arthur Pearson

THE Memorial Service for our Founder, the late Sir Arthur Pearson, was held in the Chapel of the new Brighton Home on the afternoon of Friday, December 9th.

Lady (Arthur) Pearson, D.B.E., Sir

Neville Pearson, Bart., Captain Sir Ian and Lady Fraser, Miss Hamar Greenwood, Miss W. Boyd-Rochfort, and Mr. Askew, were present with nearly one hundred St. Dunstaners to pay tribute to Sir Arthur's memory, "that splendid life for whom we thank God to-day."

The Lesson, "The greatest of these is Love" (I Corinthians, xiii) was read by Sir Neville Pearson, who in a short address described to St. Dunstaners the beauty of the Chapel in which they were assembled. "The beauty of this place," said Sir Neville, "leads one to think of other forms of beauty, particularly the beauty and nobility of character, and in that connection one's mind turns naturally to all those who are connected with this place, and to-day particularly to our Founder, and those attributes in his character."

Dr. Leonard Marsh, F.R.C.O., the well-known blind organist, was at the organ. The Rev. R. M. Raper, Chaplain, conducted the service.

☆ ☆ ☆

A party of St. Dunstaners, Drummer Downs, A. Craigie, and J. Edwards, accompanied by Mr. J. Dawkins, visited Hampstead Cemetery during the morning, where they placed a wreath in the form of our badge on Sir Arthur's grave. A very beautiful wreath from St. Dunstan's telephonists was also on the grave.

### Competition Corner

WITH 118 words, W. Webb, of Great Houghton, wins last month's prize of 10s. 6d. for the highest number of words in BRIGHTON, but we have decided to award a consolation prize of five shillings to A. S. Emerson, of Little Clacton, who was a close second with 116 words. Here is another competition.

"GOOD LUCK TO ALL ST. DUNSTANERS"

From the letters in the sentence above, make another sentence. Each letter must, of course, only be used the number of times it appears here, and none of the actual words above should be used.

A prize of one guinea will be awarded to the sender of the *longest* sentence and there will be consolation prizes of five shillings for the two next best. Even if you cannot use up all the letters, send in your sentence. It may still win a prize. At the top of your entry, state the number of words in your sentence. Closing date: January 6th, 1939.

### The Great Scheme

HE burst into my room, face aglow with excitement. Without stopping to sit down, he let it loose.

"You know I'm learning Braille," he began, "and I never could remember those beastly numerals—you know, A for 'one', B for 'two', and the rest. Well, I've thought out a splendid scheme for remembering them. Listen."

I pushed my papers patiently on one side, and prepared to listen.

"This is it," he went on, "I'd like you to hear it, so that you can hand it on to the other poor blighters who are learning Braille. It's simply association of ideas, you see. A stands for 'one'—A1; that's easy, isn't it?"

I agreed, but murmured that I thought I might have managed to remember A for 'one' without any aid to memory. He ignored my remark, and went on.

"Now, B for 'two'. You remember that by thinking that it's not be-fore, but be-two. See the idea?"

I did see—dimly.

"C for 'three'," he proceeded, "that's obvious—C3 population and all that, don't you see? Now, D for 'four' is another negative one, like B for 'two'. You think to yourself, it's not B-fore but D-fore. So far so good."

I gave a gulp, and steadied myself. "Go on," I said calmly.

"E for 'five' has done me absolutely," he continued. "It's the only one I couldn't find anything for. So we have to remember it by its being the only exception. After all, the exception proves the rule, doesn't it?"

I said I supposed it did. At any rate, he was now half way through.

The second half began without any interval.

"F for 'six' is an easy one. Six rhymes with fix. I've made a little verse about it—'If you can't think of six, you'll be in a fix.' Quite neat, don't you think?"

"Quite," I said.

"Now, the next one is the gem of the lot. I'm rather proud of it. G for 'seven'. Gee means horse. That makes you think of the Seven Horsemen of the Apocalypse. And there you are. Rather good, eh?"

"Very ingenious," I answered, "but surely there weren't seven——"

But he was off again.

"H for 'eight' is quite simple. Eight sounds like 'hate'. You can remember it by thinking how you hate Braille. Of course, you don't really, but you might. Then, I for 'nine'. I is the chief sound in 'nine'. So that's that. J for 'nought' had me thinking for a long time. Then I said, 'By Jove, I have it! D'ye see it? O stands for 'nought', and O comes next to J in Jove.

"And that's the lot," he concluded, triumphantly, adding reflectively, "You can't think what a lot of concentration it's meant. If there'd been any more, I don't think my brain would have stood it."

I assured him that mine certainly would not. MEDOC.

### Advice to Contributors

(Not, however, to be taken too seriously!)

If you've got a thought that's happy

Boil it down.

Make it short and crisp and snappy—

Boil it down.

When your brain its coin has minted,

Down the page your pen has sprinted.

If you want your effort printed—

Boil it down.

Take out every surplus letter—

Boil it down.

Fewer syllables the better—

Boil it down.

Make your meaning plain. Express it

So we'll know—not merely guess it;

Then, my friend, 'ere you address it

Boil it down.

Cut out all the extra trimmings—

Boil it down.

Skim it well—then skim the skimmings

Boil it down.

When you're sure 'twould be a sin to

Put another sentence in.

Send it on, and we'll begin to

BOIL IT DOWN.

Author unknown.

### From Our Post Bag

I had the pleasure of doing a guard of honour to the late Queen of Norway, then known as Princess Maud, accompanied by Princess Christian, whilst she was opening a bazaar at St. George's Hall, Liverpool, in the year 1896—forty-two years ago. I was enlisted then in the Irish Brigade volunteers.

I know there are still a few faithful old-timers, amongst our St. Dunstan's boys, but I wonder if any of them have ever done a guard of honour before Royalty previous to this date—1896?

T. W. BLOOMFIELD,

Liverpool.

### Young St. Dunstaners

Ivor, the son of Mr. and Mrs. R. Wylie, of Bromley, has won a Central School scholarship.

☆ ☆ ☆

Delcie, the thirteen years old daughter of Mr. and Mrs. W. Muir, of North Gosforth, has passed with Honours in the Intermediate Section of the London College of Music.

☆ ☆ ☆

Ethel, the daughter of Mr. and Mrs. Hill, of Tideswell, has won her School Certificate at the age of fifteen.

☆ ☆ ☆

Noreen Taylor, the daughter of Mr. and Mrs. A. Taylor, of Lye, near Stourbridge, who is only ten, has passed with distinction the primary grade pianoforte examination of the Victoria College of Music, London.

☆ ☆ ☆

Mr. and Mrs. Frank Rhodes's daughter, Jean, who learned to swim through St. Dunstan's (she is one of those who accompany their fathers to the swimming classes at Marylebone Baths) is now champion of her school at the age of thirteen. She has swum for Willesden Borough Team, the Willesden Guide Team competing in Middlesex Championship, and has been chosen to represent Middlesex for the Southern County Championship.

☆ ☆ ☆

In a novice solo singing contest in Abergele, Violet Roberts, daughter of Mr. and Mrs. E. Roberts, of Rhyl, was an easy winner. The judge said that Violet had the makings of a really excellent contralto.

☆ ☆ ☆

Mary, daughter of Mr. and Mrs. J. Woodhouse, of Derby, has been awarded a scholarship to Ashbourne Grammar School.

☆ ☆ ☆

Vera, the ten years old daughter of Mr. and Mrs. F. W. Tarry, of Hastings, has won a scholarship, and she now joins her elder sister, Eileen, at the High School.

☆ ☆ ☆

Mr. and Mrs. J. W. Mileham's daughter, Marjorie, was married at St. Andrew's Church, Gorleston-on-Sea, to Mr. H. C. Williams, of Gorleston.

### National Laying Test

REPORT for the first period of four weeks, October 10th to November 6th.

Position	Name	Test score	value
1	Holmes, P. ...	...	113
2	Brown, M. Watson ...	...	109
3	Benning, A. ...	...	96
4	Carpenter, E. H. ...	...	87
5	Holmes, P. ...	...	81
6	Campbell, J. ...	...	79
7	Jarvis, A. ...	...	69
7	Jackson, G. C. ...	...	69
9	Smith, W. Alan ...	...	61
10	Pink, A. ...	...	58
11	Hill, R. E. ...	...	55
12	Knopp, H. A. ...	...	54
13	McIntosh, C. ...	...	50
14	Chaffin, A. ...	...	48
15	Fisher, T. M. ...	...	46
16	Jackson, G. C. ...	...	45
17	Hammett, H. A. ...	...	43
18	Woodcock, W. J. ...	...	38
19	McLaren, D. ...	...	31
20	McLaren, D. ...	...	26
21	Powell, G. ...	...	20
22	Webb, W. ...	...	17
23	Smith, W. Alan ...	...	16
24	Chaffin, A. ...	...	5

### Wise Words

Man reaps what he sows, unless he be an amateur gardener.

☆ ☆ ☆

A philosopher is a man who can look at an empty glass with a smile.

☆ ☆ ☆

When a man says his word is as good as his bond—get his bond.

☆ ☆ ☆

The great misfortune to mankind is that only those out of office know how to solve great problems.

☆ ☆ ☆

If husbands went everywhere their wives told them to go, there would be fewer divorces but more widows.

☆ ☆ ☆

What is fame? The advantage of being known to people who don't know you.

☆ ☆ ☆

For every ill beneath the sun.

There is some remedy or none.

Should there be one, resolve to find it ;

If not, submit, and never mind it.

### Telephonists' Reunion

A RECORD number of telephonists, shorthand-typists, and business men came to Headquarters on the night of November 25th for their annual reunion dinner. Even the stormy evening had failed to dampen down the attendance. Captain Sir Ian Fraser presided, and Lady Fraser was with him to welcome the guests. A very old friend of St. Dunstaners, Mr. Talbot O'Farrell, entertained the company with songs and stories, and he brought with him Miss Ann Seton who led the singing of many popular choruses, accompanying herself on the harp.

A most successful and enjoyable reunion in every way—that was the unanimous opinion.

### An Unusual Patient

FRED CHANNING, of Winchmore Hill, one of our masseurs, has been treating a bull mastiff weighing nine stone.

The dog, Rex, injured his left knee six months ago and has since limped very badly. The veterinary surgeon in charge of the case ordered infra-red and massage treatment and Rex came to our St. Dunstaner.

The owner is most satisfied with the result of the treatment. As for the dog himself—directly he arrived at the treatment room, he would go over to his "doctor," nuzzle his hand, and solemnly go to the spot where he was to have his treatment. Once he went to sleep during the proceedings.

### Physical Training at Home

THE physical training table as printed below has been arranged as the forerunner of subsequent tables to be published monthly with the hope that they may fulfil a long-felt want to the St. Dunstaner who cannot for various reasons keep up a series of exercises outside his own home.

The tables will, of necessity, be progressive and will be compiled having in mind the average age of members who are likely to use them. Column 2—the instruction column—is important inasmuch as it gives details of each position which enables the maximum benefit to be taken from each exercise.

Two or three times through each exercise, if done with vigour and concentration, should be sufficient and the whole table completed in twenty minutes easily.

Care should be taken if working indoors to have a good clear space, well away from any furniture.

Table I.

INTRODUCTORY EXERCISES	INSTRUCTIONS.
(1) <i>Leg Ex.</i> —Heels raise—lower.	(1) Heels together, raise well up on toes, keep head erect.
(2) <i>Neck Ex.</i> —Head backward bend—upward stretch.	(2) Chin well tucked in, points of shoulders well back.
(3) <i>Arm Ex.</i> —Arms bend—arms downward stretch.	(3) Forearms perpendicular, clenched fingers facing points of shoulders, wrists straight.
(4) <i>Trunk Ex.</i> —Feet closed—hips firm—trunk bending sideways.	(4) Don't let head fall to side inclined.
(5) <i>Leg Ex.</i> —Hips firm—heels raising and knees bending.	(5) Well up on toes, bend knees outward to half knee bend, body upright.
GENERAL EXERCISES.	
(6) <i>Balance Ex.</i> —Hips firm—knee raise.	(6) Raise knee, thigh parallel to ground, instep directly below knee cap. Brace up standing leg.
(7) <i>Lateral Ex.</i> —Hips firm—alternate foot forward place—trunk turning.	(7) Turn trunk only towards forward leg, turn from the waist above, keep chin in.
(8) <i>Abdominal Ex.</i> —Hips firm—foot sideways place—trunk bending backward.	(8) Only bend about six inches, no more, keep chin in.
(9) <i>Dorsal Ex.</i> —Hips firm—foot sideways place—trunk bending forward.	(9) Keep elbows level with sides, chin must be kept in.
(10) <i>Marching Ex.</i> —Alternate heel raising with arm backward and forward movement.	(10) Walking on the spot. Keep ball of feet on ground and raise alternate heels, making a forward and backward movement of arms as you bend knee to raise heel.
FINAL EXERCISE.	
(11) Arms raising sideways and lowering with breathing.	(11) Breathe in as you raise arms and exhale as you lower them.

## Keeping the Ball Rolling

May I be permitted to give that ball a push Scotty started rolling? I know my story isn't like the average St. Dunstan's for I didn't come from St. Mark's, and when I did arrive, I'd been deaf five years, and though I had made use of every opportunity that came my way to get out and about, I came for adventure, as I was ready at the time to fall in with anything. I found, however, only Mr. Banks and Miss Pain able to talk to the deaf when I did arrive that sunny Friday in May, 1923. There had never been a totally deaf man in St. Dunstan's before. There was, by a coincidence, one St. Dunstan able to talk to me in London, Fred King, of Derby. Miss Pain equipped me with a pair of gloves. On the back of the right hand were the letters from A to M and on the left hand, N to Z; on the right, too, was Yes and the left No, and with these gloves I was sent down to the Brighton Annexe where nobody at all could talk to the deaf when I arrived. Things looked a bit black as the gloves were O.K. for the sighted staff, but not for our boys, so I set to and between tea and supper I taught Harry Mortimer, Joe Evans, Syd Bagstaff and R. J. Williams the proper manual alphabet and soon everybody learnt from the Boy Scout to Matron.

They were happy days at Brighton.

It was on January 2nd, 1924, that I came up to start my proper training and my chequered athletic career. Shall I ever forget my first race? It was on the wires in the spring in the 50 yards sprint—and our old friend Bill arranged to give me a tap on the back for "Go". The tap came and off I went, the wind in my face. The ground seemed to come up and hit my feet, rather than my feet go down to hit the ground; it was a queer experience to me, and I enjoyed it until suddenly something hit my right knee, something cut my left arm and over and over I went bumping and rolling. What had happened? Well, Bill had forgotten about the whistle at the end, had seen the danger a fraction after starting me, and had yelled to Ben Lomax to stop me. Ben had to think quickly, and he was in the act of ducking under the wire as I reached him.

Then came the walks. Will any of those who completed the seven laps round the Outer Circle in September, 1925, ever forget that day? It rained cats and dogs, coming down at one time as from a shower-bath. And what tricks the clerk of the weather played upon us at Maidenhead in 1928. We started out in brilliant sunshine, went through a semi-blizzard and finished up in sunshine.

One might write a whole chapter upon any one occasion, for we have done our stuff on many grounds, at Birmingham, Manchester, Brighton, Maidenhead, Wembley, Barnes and Putney. I know I've never had the pleasure of joining you in your concerts and expeditions to the theatre, but when the day comes for me to lay aside my scull, unlace my walking shoes for the last time, and say "Good-bye to all that", I shall, I hope, still be able to look back upon some jolly days—and nights—spent with the sportsmen of St. Dunstan's and our very many good friends.

GEO. FALLOWFIELD,  
Worthing.

## SPORTS CLUB NOTES

### Six Mile Walking Handicap

THIS, the opening walk of the season, took place at Headquarters on Saturday, November 19th. As last year, each man started at his handicap allowance, which resulted in a very keen and exciting race. The times and placings are as published on the opposite page.

A very much appreciated tea was served by Miss Davies and her helpers. Lady Fraser, who very kindly presented the prizes, thanked the walkers for taking part, and also all who had helped to make such an enjoyable afternoon's sport possible.

### Nine Mile Walking Handicap

The nine-mile walking handicap race will take place from Headquarters, Inner Circle, Regent's Park, on Saturday, January 28th, at 2.30 p.m.

Unless we hear to the contrary, may we take it you will be taking part?

### Bridge Tournament

#### RESULTS TO DATE

	P.	W.	L.	D.	Pts.	Pos.
Waite						
Slaughter	13	6	6	1	13	3
Crook						
Nuyens	8	3	6	0	6	7
Coles						
Toft	14	8	6	0	16	2
Gover						
Thompson	15	11	4	0	22	1
Milligan						
Brown	9	2	6	0	4	9
Downs						
Graves	11	5	6	0	10	5
Rhodes						
Collins	6	3	3	0	6	8
Taylor						
Craigie	11	6	5	0	12	4
Winter						
Roden	8	3	4	1	7	6

Total of sixteen games to be played by each pair. Will competitors please forward results of matches to Sports Office immediately after each game to enable us to keep the chart up-to-date.

### Tuesday Night Concert

Miss Zucker's concert will take place at Headquarters on February 14th, at 8.

## Rambles

THE remaining dates are given below of Home Counties Rambles to which St. Dunstaners have been invited.

Sunday, January 15th. "Sussex Richness" Fernhurst.	Private Coach. Dep. Charing Cross Und. Emk. 9.30 a.m.
Sunday, January 22nd. "Not So Far" Bayford.	Dep. Kings Cross (Local) 10.5 a.m. C.D. fare 2s. 2d.
Sunday, February 12th. "Beechwoods in the Chilterns" Fingest.	Private Coach. Dep. Charing Cross Und. Emk. 9.30 a.m.
Sunday, February 19th. "Three Counties" Cowden.	Special train. Dep. Victoria a.m. Fare 2s. 8d.

In the case of Coach Rambles, two members are invited when no charge whatsoever would be made; on other events any number would be welcomed and only the railway fare would have to be paid.

Members wishing to attend Coach Rambles must apply to the Sports Office when, if more than two applications are made, a draw will take place. With reference to the other Rambles please notify the Sports Office if you wish to attend.

## Brighton

The next meeting of the Brighton

### SIX MILE WALK, 19th November, 1938

Competitor	Actual Time	Handicap Time	Handicap Allowance	Position in H'cap	
A. Craigie	63:49	54:49	9:0	1	'B' SECTION
W. C. Scott	65:43	54:58	10:45	2	
T. ap Rhys	58:44	56:44	2:0	3	takes Fastest Time Prize.
H. Boorman	62:53	56:53	6:0	4	takes Third Prize
F. Rhodes	72:58	58:28	14:30	5	
T. Ashe	71:34	62:34	9:0	6	
C. Peach	79:7	68:52	10:15	7	
T. Rouse	63:24	54:39	8:45	1	'A' SECTION
W. T. Scott	62:42	54:42	8:0	2	
S. Dyer	63:22	55:22	8:0	3	
J. Jerome	58:50	55:50	3:0	4	Fastest Time
G. Fallowfield	60:40	55:55	4:45	5	
H. Giles	64:18	56:18	8:0	6	
J. Coupland	65:3	58:3	7:0	7	
R. J. Williams	68:26	59:11	9:15	8	
W. Trott	65:0	60:45	4:15	9	

Sports Club will be held at the Home on Wednesday, January 11th, 1939, at 5 p.m.

The arrangements with regard to bus service will be as for last month.

## Mrs. Spurway

St. Dunstaners will join with us in sending our sincere congratulations to Mr. and Mrs. Spurway upon the birth of a second little daughter on November 10th.

## Sister Helen Goolden

ST. DUNSTANERS will hear with deep regret of the death of Sister Helen Goolden who was a V.A.D. at St. Dunstan's from 1920 to 1924, and came back to us as Lounge Sister in 1930 upon the death of Matron Power. Four years later, however, she resigned from that position owing to illness. In August of this year, she was taken seriously ill at East Bridgford, Nottinghamshire, and passed away there on December 3rd.

## A Record?

D. Batchelor, of Banbury, writes:

"As Mrs. Batchelor and I went down the village to the Cenotaph on November 11th, we passed an apple tree in full bloom. I think this must be a record."

## "In Memory"

PRIVATE WILLIAM FITCHIE  
(1/4th Kings Own Royal Lancs Regiment)

WITH deep regret we have to record the death of W. Fitchie, of Penwortham.

Enlisting in September, 1914, he was wounded at Givenchy in March, 1918, receiving wounds in head and right arm. Blinded as a result, he came to St. Dunstan's at the end of that year. On account of ill-health, however, he was never able to do any strenuous work and carried on sometimes with a little poultry keeping and wool rug making as hobbies. His condition became much worse, however, and he was admitted to hospital some months before his death, which occurred on November 23rd.

He was accorded a military funeral, sixteen men from the East Lancashire Regiment escorting the coffin, which was draped with the Union Jack. A volley of three shots was fired over the grave before the sounding of the Last Post. Two St. Dunstaners from Preston, C. Porter and E. Lupton, attended the funeral and among the many wreaths was one from Captain Sir Ian Fraser and his colleagues at St. Dunstan's.

Fitchie leaves a widow and five children to mourn his loss, to whom we extend our deepest sympathy. His wife had devotedly nursed him for twenty years.

LANCE-CORPORAL WILLIAM DYKES  
(West Yorks Regiment)

WE deeply regret to report the death of W. Dykes, of Cudworth.

Although discharged from the Army in July, 1918, after three years' service, he did not come under our care until August, 1937, when his sight had failed as a result of severe gassing. He was in very bad health, but always hopeful of coming to St. Dunstan's for training, he entered hospital for further treatment. His condition, however, became worse and he died at his home on November 26th.

Members of the Cudworth British Legion, of which Dykes was for some time secretary, were bearers at the funeral. The coffin was draped with the Union Jack, and a bugler sounded the Last Post.

In his youth, Dykes had been a well-known amateur footballer and counted a number of professional footballers among his friends. A wreath from his old friend, Mr. James Seed, and the Directors of Charlton Athletic Club was among the many flowers. A wreath was sent from London from Sir Ian Fraser and his comrades at St. Dunstan's.

We extend our deepest sympathy to his wife, who has given him every possible care in his long illness, and to his two children.

PRIVATE JOHN BALL  
(West Riding Regiment)

WITH deepest regret we record the death of J. Ball of Lupset.

An old soldier, who had served in the South African War, he re-enlisted in July, 1916, and served two years as a result of which his sight was severely damaged. His age, however made him none too fit for training, but he learned occupational work and was set up in a business. This has been a real interest to him, in spite of indifferent health, right up to within a few days of his death, which took place in hospital after an operation on November 30th.

A wreath was sent from London from Sir Ian Fraser and his St. Dunstan's comrades.

We extend our deepest sympathy to his family in their second loss. Mrs. Ball only died a few months ago.

TROOPER WILFRED BIRCH  
(1st Life Guards)

It is with deepest regret that we announce the death of our telephonist, W. Birch, of Fulham.

Birch was admitted to St. Dunstan's in January, 1921, when he was trained as a telephone operator and worked in that capacity right up to the time of his illness. When it was seen that he was not at all well, he was prevailed upon to have a convalescent holiday at the new Brighton Home, but had only been there a short time when it was found necessary to admit him to hospital and he died shortly afterwards.

The funeral took place three days later at Brighton Cemetery and was attended by many of his St. Dunstan's comrades, and a large number of friends from London including a representative of his old regiment, the 1st Life Guards. Matron Boyd-Rochfort, Sister Peacock, and Sister McCarthy, were also present. There were many wreaths, including one from Sir Ian and his St. Dunstan's colleagues.

We extend our deepest sympathy to Mrs. Birch and her three sons in their great loss.

## Births

JUDD.—To the wife of W. Judd, of Hayes, on December 11th, a son.

MAY.—To the wife of H. May, of Redruth, on September 21st, a daughter.