



# REVIEW

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Free to St. Dunstan's Men

FOR MEN AND WOMEN BLINDED ON WAR SERVICE



## CHAIRMAN'S NOTES

*Tides and Eddies*

During the Second World War, St. Dunstan's had contacts in many war zones. There were our oldest established associated societies in Canada, Australia, New Zealand and South Africa; and very soon we were in touch with the American authorities who asked us to look after any Americans who might be blinded in the European area before the U.S.A. had established its overseas hospitals and other organisations. Then we had a committee under Lady Casey's chairmanship in Egypt, and a welfare officer in Italy, and the school for prisoners-of-war under the guidance of Lord Normanby. Lady Casey is the wife of Lord Casey, at the moment Governor General of Australia, but at the time I am writing about, she was the wife of Mr. R. G. Casey, Minister of State in the Middle East and a member of Mr. Churchill's war-time cabinet.

In that capacity she took a great interest in wounded and disabled soldiers who passed through British hospitals in Egypt and in particular represented St. Dunstan's and brought encouragement and help to men who were blinded in North African fighting.

She has now written a book of reminiscences in which she refers to her experiences in Egypt, and makes special reference to St. Dunstan's and to the late Bert Baldwin and Colin Beaumont-Edmonds, ex-servicemen whom she remembers meeting at the time. The Editor has asked Beaumont-Edmonds to review her book, and I look forward to reading his contribution in due course and the book itself.

*EDITOR'S NOTE: We hope to print Mr. Beaumont-Edmonds' review of TIDES AND EDDIES next month.*

*War Widows' Allowance Extended*

I have received a message from the Minister of Pensions and National Insurance that it is proposed to make the temporary allowance for the widows of severely disabled War Pensioners, which is payable for 13 weeks after the husband's death, payable for 26 weeks instead. The change will not take place until some time in the autumn, but the Minister thought I would wish to know about it as soon as possible.

Many thanks to Miss Herbison, who has been a good Minister of Pensions.

The temporary allowance, which is intended to give the widow time for adjustment, is equivalent to the War Disablement Pension and main Allowances paid to the husband before his death, except the additional allowance for the wife of an unemployable Pensioner, and replaces the War Widows' Pension or National Insurance Widows' Benefit for the period during which it is paid, after which the appropriate widowhood benefits apply.

The allowance is paid by the Ministry of Pensions without application, and is usually made available to the widow within a week or two of her husband's death.

**Fraser of Lonsdale,**



(Photo: Bourneville Works Magazine)

## TRYING OUT TWO MODERN WAYS OF EXTENDING PERCEPTION

(Left) Aurally: Richard Dufton with the ultrasonic torch.

(Right) Tactually: Walter Thornton with the long cane.

**MIND HOW YOU GO**

For hundreds and perhaps for thousands of years blind people have relied on a stick or staff as some kind of aid to independent travel, but we do not know whether any instruction on how it could best be used was given in bygone days. About 1920 some of the blind in Britain started to paint their sticks white to draw attention to their disability and thus to their difficulty in avoiding other road users.

It seems significant that the white stick made its appearance just as the motor car began to come on to our roads in substantial numbers. However, many blind people did not take kindly to the idea of

using a white stick because they looked on it as an unwanted badge of blindness or as indicating a silent call for help which perhaps they felt they did not need. This prejudice has largely, though not entirely, disappeared, and it seems likely that the majority of blind people who travel alone today make use of the white stick as a direct protection to themselves, as an indirect protection to those dependent upon them and as a matter of courtesy to other road users. Certainly the modern motorist is glad when the blind do carry

(Continued on page 4)

**COVER PICTURE: Yellow Labrador, Amber Buckley, leads her master across a London street.**

**MIND HOW YOU GO** (*continued*)

a white stick because it warns him to be particularly careful.

**Technique**

This is a century of intensive technical development, so it is hardly surprising that techniques should arise to help blind people to get about alone on their lawful occasions. By "technique" we mean the formulation of a specific method of moving around, based on an idea or theory and developed as a result of practical experience, and techniques have to be learnt. Three mobility techniques are either already available or undergoing trial in this country, each making use of a special aid. One of these aids is thoroughly proven and well established, and the other two aids have been introduced quite recently. The technique for the use of one of the latter has still to be formulated and for the other has still to be proved. It is the acceptance or rejection of an aid by a substantial number of blind people that eventually spells success or failure.

**Dog, Torch or Cane**

The well established technique is the use of guide dogs which were first introduced into Britain in 1931. At this moment about 85 St. Dunstaners are guide dog owners, all of whom have undergone the training at one of the centres of the Guide Dogs for the Blind Association. Each owner would almost certainly give it as his opinion that the guide dog provides the safest, fastest and most relaxed way for a blind man to travel without human escort that is ever likely to be found. The two more recent aids are the electronic guidance device, or ultra-sonic torch, about which Richard Dufton, our Director of Research, wrote in the *St. Dunstan's Review* of February, 1965, and the long cane, about which Lord Fraser wrote in his Chairman's Notes last October. The torch is at present undergoing evaluation trials at the National Physical Laboratory under the sponsorship of St. Dunstan's advised by its Scientific Committee. The long cane is the subject of an interesting and informative article by Walter Thornton, of Northfields, Birmingham, which appears elsewhere in this issue. Walter went to the United States for St. Dun-

stan's last year as our first student to undergo the special training and report on its benefits.

**Not Enough**

We all subscribe to the ideal that the blind should strive to attain as great a measure of independence as the degree of their disability allows, which includes, of course, freedom of movement. We recognise that many blind people cannot go about unescorted because of age or additional handicaps. Aids and techniques, moreover, like courage, are not in themselves enough and nobody should imagine that dogs, torches, canes or any other developments which may come along in the future will make it safe and simple for any blind person to travel alone without considerable effort on his part, at least in the initial stages. Many factors personal to each individual help to decide whether he can or cannot travel alone. These factors include the state of health at any given moment, physical characteristics including the balance mechanism, the senses of hearing and touch and to a lesser extent of smell; the ability to visualise one's surroundings and thus to orientate oneself with respect to nearby objects both stationary and moving; the power of memory, the ability to concentrate the mind while relaxing the body at the same time, the degree of confidence that can be acquired and of caution to correct overconfidence, and, above all perhaps, the will to carry out one's intentions.

**Safety Free**

Safety first and safety all the time must override all other considerations when one is out on the streets alone in the appallingly complex conditions of modern traffic, but can any blind person capable of doing so escape the prick of conscience unless he does all that he can to get about independent of sighted help, at least on ordinary routine journeys? Practice makes perfect, they say; it does at least enable the first journey over a difficult route to change from the status of an awfully big adventure to that of quite a commonplace experience. As in other fields, freedom in outdoor mobility by the blind can only be won through sustained effort and constant vigilance, but who will doubt that it really does matter that you mind how you go?

THE QUIET AMERICANS  
of Hines, Illinois, show  
WALTER THORNTON how

# the long cane

can

be

used

to

scan

ahead

in

the

dark

*This article is reproduced by courtesy of the Bourneville Works Magazine. Walter Thornton has asked us to express his appreciation through our columns to Don Blasch, Head of the Department of Orientation and Mobility Training at Western Michigan University and to the Assistant Director, Stan Suterko, his personal instructor.*

Some twenty-five miles west of Chicago, the Veteran's Administration Hospital of Hines, Illinois, is a massive complex of single-storey buildings, neatly and symmetrically laid out, with grass verges flanking the roadways. Among many other units it houses the Rehabilitation Centre for Blind Veterans. Here the long-cane technique for promoting independent mobility of the blind, devised by Dick Hoover, has set the pattern for the best and most stringent long-cane training to be found anywhere in the world.

The system secured general acceptance as a result of the achievements of servicemen blinded in Korea. Men who go to Hines generally spend from eighteen to twenty-two weeks there, following a general rehabilitation course, the central feature of which is mobility training. I spent one week there on the first leg of a programme studying the long-cane technique, at the request of St. Dunstan's.

My first impression was the calm, matter-of-fact atmosphere, without any emotional overtones, which pervaded the Rehabilitation Unit. It was typified by quietly-spoken Gene Apple, blinded ex-Army Officer, head of the Unit.

His relaxed manner must have given reassurance to many a newly-blinded veteran, just as his ease of movement and mastery of the long-cane technique evoke enthusiastic comment from sighted observers. The same quiet competence characterised my own orienteer (instructor), Eddie Mee, ex-G.I., married to a Bromsgrove girl.

The idea behind the long cane is a simple one, and was advocated by an Englishman many years ago. It is that the cane should be long enough for the user to investigate the area of his next step and have enough warning time to stop if necessary. For him to do this, the cane must be long enough to reach from ground level to about the height of the breast bone. For ease of movement and sensitivity it is made of aluminium alloy, with a nylon tip. A golf putter grip is fitted for handling.

The cane is held in front of the body and moved rhythmically so that the ground is touched ahead of the rear foot.

Thus the user is always moving into an

**LONG CANE** (continued)

area which has been scanned. If there is a drop ahead, he has a full pace in which to stop. The cane will give warning of objects in his path from ground level to about chest level. The result is maximum protection with the minimum of strain, but it is a skill requiring a good deal of practice and proper tuition.

**Training Schedule**

After a week of general adjustment, training starts in the gymnasium, then progresses to the hospital corridors. As a man becomes more competent he moves outdoors to the precincts of the hospital, next to a quiet residential district, and finally he is trained in crowded downtown Chicago.

Factors taken into account in fitting a man with a cane are his build, length of arm and stride. Mine seemed unduly long and awkward at first, but I was relieved to find that I could synchronise my movements fairly evenly and yet walk straight during my first lesson.

For five days I had an hour's instruction each morning and afternoon. My instructor was in constant silent attendance, ready to intervene should the necessity arise. He corrected my technique and set me increasingly difficult route-finding exercises. Hazards did not really exist, as all the practice was confined to the tremendously long hospital corridors.

Finally, I was taken into Chicago to observe a man going through his passing-out test. To accomplish this, he had to carry out a solo journey through the busy downtown area. He had two points of rendezvous with his orienteer: one at the top of the Prudential, Chicago's highest skyscraper, and the other in a self-service cafe in a department store. He was allowed to ask for, or to accept proffered assistance but he carried out his assignment mainly without it. For me it was a most revealing experience. Yet it was accepted as the normal standard.

I left the stimulating atmosphere of Hines with real regret. I had sensed a little of the strain some of the men undoubtedly felt, as, for example, when making solo traffic-light crossings, or

when taking part in a "drop-off". This is an exercise in which they were "dropped" without being told their position, in an area nine blocks by sixteen, in which they had been trained. They were required to find their way to an appointed rendezvous without making any enquiries. I also had the opportunity of gauging the spirit of self-reliance built up by these exercises and felt respect and admiration for Hines and the job it is doing.

The two principal centres for training orienteers in the U.S.A. are Boston College, Massachusetts, and Western Michigan University, Kalamazoo. At Boston they prefer the term "peripatologist" to "orienteer", but at each university the training is a twelve-months' post-graduate course, qualifying for a master's degree. It was my good fortune to be at Kalamazoo in perfect, delayed spring weather. During the three weeks I was there I completed my crash programme.

If I had thought that I had acquired mastery of the long-cane technique along the corridors of Hines, my first venture outside at Kalamazoo was salutary. I discovered that it is one thing to negotiate a hospital corridor and another to walk straight along an uneven path, with complications such as lamp-posts, road signs, kerbs and road traffic. As a blind pedestrian I have always experienced some difficulty in adjusting myself to traffic which keeps to the right. In Kalamazoo this was made more complicated by level-crossings and trains stopping in the high street. However, the main part of the training was not concerned with this kind of difficulty. A good deal of it was devoted to orientation techniques—the use of possible clues to establish position in relation to environment.

Like nearly all American towns, Kalamazoo is symmetrically laid out. It also has a fairly simple one-way traffic system. In the downtown area there is a pedestrian shopping precinct known as the Mall, which is full of unmistakable sound clues, such as a children's playground, a fountain and piped music. All this was valuable when I was required to carry out "drop-offs", although it was just my luck that none of the Mall's characteristic clues

**LONG CANE** (continued)

was in evidence when I needed: it was also just my luck that at the first independent traffic-lights crossing I was called on to make a pneumatic drill was at work.

These, however, were exceptional circumstances. The sun continued to shine and was invaluable for navigation. During training I took in department stores, escalators and congested streets. After several months back at home I am more than ever convinced of the increased safety and protection which the long-cane technique affords. Some modifications in its application are necessitated by the different conditions here, such as noisier and less disciplined traffic, the lack of sunshine and the haphazard layout of our towns.

The fundamentals, however, remain: particularly the insistence of the full operation of the remaining senses to get maximum information about one's surroundings. It is a movement which will spread.

**LETTER TO THE EDITOR****From Samuel A. Chambers, of Birmingham.**

One incurable failing of early St. Dunstaners is that of getting born too soon. They tell me that in some institutions for the blind in these latter days, instruction and training is given in the art of getting about. I can't remember any such thing in the days of my callow youth.

There is a popular belief to the effect that you can't teach old dogs new tricks. Be blown to that—I'm receiving instruction from Mr. Walter Thornton in the use of the new American Long Cane, to which he has kindly devoted a good deal of his valuable time. While at present I'm only a child in this matter, I must say that I think this new idea is an excellent one. If you should happen to be exploring in this district in the near future I feel sure you will find fewer lamp standards with the paint knocked off and trees barked by contact with my nose. More seriously, the new method gives better protection, greater confidence and less nerve strain, to say nothing of greater pleasure in one's walks abroad.

**Mr. S. W. WAIN****OUR OLDEST ST. DUNSTANER  
PASSES ON**

Sammy Wain, whose death at the age of 97 we reported in last month's *Review*, was for many years our oldest living St. Dunstaner. He was born in the Isle of Wight on 5th January, 1869, but moved with his parents to Derby before he was one year old.

His working life started as a photographer, but when this became a popular art for the ordinary man business declined, and Sammy took up work as a warehouse man with Ley's Malleable Castings Ltd., of Derby. He also joined the St. John Ambulance, and this was why, on the outbreak of war in 1914 Sammy, although already 45 years of age, joined the Royal Army Medical Corps.

He was blinded in one eye on the Somme in 1918, and returned to Derby where he was for five years a Verger at St. Chad's Church.

In 1925 Sammy lost the sight of his other eye and as a totally blind man he was admitted to St. Dunstan's for rehabilitation. He was trained as a basket maker, and followed this occupation for many years, living in Derby with his wife and only unmarried daughter, Miss Mabel Wain. About a year after his wife's death in 1957, Sammy, now 89, was admitted to Pearson House as a permanent resident, where he remained until his death on 5th February, 1966.

Tall and good looking, cheerful, humorous and kindly, Mr. Wain has been described as "a perfect gentleman". His loss is keenly felt by his relatives and friends. Among his accomplishments, Sammy Wain played the flute. He leaves seven children, 13 grandchildren and 21 great-grandchildren.

## DOWN UNDER

by  
George Fallowfield

*Concluding the article published in last month's Review*

Any form of competition or sports are very keenly contested. One has to see these Australians at play to understand why some people here regard their bowlers in a Test match as ruthless. Australian Football is played rather like Rugby, and with an oval ball. There are 18 men in each team, there are four goalposts but no goalkeeper! If the ball is kicked between the two inner posts it is a goal, but if between an outer and inside post it is a point, and the results are something like Geelong 35, South Melbourne 26! It is played very fast and the pitch is oval and there's two "Touch Umps" and two "Goal Umps" besides the referee, and most spectators take cans of beer and if the ref. becomes unpopular he gets the empty cans! Most Football Clubs do not own the ground as they do here, the splendid grounds with grandstands are the property of the local council and are hired for any sport, and most have a fine track round them for athletics and cycling, horse shows take place there, too.

The Annual Show in Melbourne is a magnificently organised show which lasts about a week or ten days, all in brilliant sunshine, and there are competitions to suit almost everybody. On the one hand there is the wood-chopping contest, and fine strong men come from all parts of Australia and New Zealand to compete in this. The huge tree trunk is laid and firmly secured at each end and the competitor stands on it and with his heavy axe, which has an edge on it like a razor, he chops between his feet. The man who can chop through the tree trunk the quickest wins, and when we went it was a New Zealander who won. There are many competitions for horses, riding contests of all kinds, the Mounted Police have their competitions which include their horses dancing to a band! One sits or stands high in the uncovered stand, and below is the arena and while at one point the Police are putting over their display at another point huge dray horses with drays are going through their paces and trotting races are taking place round them! The carriage is merely two bicycle wheels and a canvas seat for the trotting races. This big show at Melbourne is much like our village summer fete, with bread-baking contests, needlework and so on, but on a gigantic scale, people attend this from all over Australia.

Melbourne has a very good electric railway system, much like the London "Met". Yes, and you think you are in England, too, with the English names

of stations! Taxi-cabs are good and very cheap compared to London and Brighton, and the taxi drivers chat to one all the time and will give some good hints to the visitor, too. There are not many buses, and what there are are single deckers, with a driver-conductor, and in both Brisbane and Sydney a St. Dunstan's badge was a free pass! I should point out, however, that I had a free pass on Melbourne trams and for buses in Sydney, but was rarely asked to show it.

I have been asked in a letter by two friends: "What about the blind in Australia?" Well, I did not go out to represent and inspect and attend meetings, but, naturally, I visited the Melbourne Braille Library, which is a good one and, naturally, the one for Victoria, and there's plenty of books about Australia. All Braille is post free in Australia, *BUT* the postman doesn't deliver your periodicals or large volumes! Your letter box is at the gate, and when he calls he blows a whistle to warn one he's left a letter or letters, and a slip of paper to tell you there are parcels at the post office for you. I do not agree with the "Count your blessings" approach to life, indeed, not until we free ourselves of this attitude shall we advance through life, but, as my friend Billy Bell once wrote in the *Review*—"There's nothing so bad as can't be worse", so here one is fortunate in having one's Braille periodicals and books delivered by the postman.

I only learnt of one deaf-blind man in the Melbourne district, and met none.

## DOWN UNDER (continued)

Reunions such as we have at Ovingdean for men all over the British Isles are quite out of the question in a vast place like Australia. Indeed, many cannot attend the Annual Dinner organised for War Blinded of their State, trains are too infrequent and journeys too long. We had to spend a night in a Melbourne Hotel in order to attend the Annual Dinner for Victoria.

Then, again, it seems that equipment for the blind nearly all comes from London, Braille watches, Cards, Dominoes, etc. Braille machines, folding sticks and all, plus Braille periodicals. There is a Braille magazine, same length and width as our *Nuggets*, but only of a few pages issued six times a year by the Victorian Library, and a full-size page magazine, *In Touch*, issued by the N.S.W. Association for the Blind, but not nearly as good as our *Progress*. I saw an American Braille machine out there, but did not come across any American periodicals whilst the R.N.I.B. seemed to send all our periodicals and our Library at Westminster most of the books. The Blind are more or less scattered about so that except for the large cities there are no Clubs or groups, and Braille teachers and social visitors have some pretty long journeys to make!

As far as I knew, I was the only blind man in the small town where my daughter lives—and the only deaf one, but there is one point not to be overlooked, the deaf and blind live a more normal life, they have no close deaf or blind friends, so live more with the physically fit population.

There is a free wireless licence for the blind, but no Wireless for the Blind Fund. The blind have to buy their own wireless sets! Talking books they have, but it seems, not on such a good footing as here.

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## BRITISH LEGION

J. Cowan, of Boreham Wood, Herts., has been elected to the local British Legion Committee and will serve for one year. He is also playing in the British Legion North West Metropolitan Crib Championship.

## DERBY SWEEPSTAKE, 1966

Applications are once again invited from St. Dunstaners and St. Dunstan's trainees for tickets in the St. Dunstan's *Review* Derby Sweepstake. The attention of everyone is drawn to the rule that **every application for tickets made in the British Isles must be accompanied by a stamped addressed envelope.**

Tickets are 2s. 6d. each, and applications for them should be made as soon as possible and will be received up to the first post on **Wednesday, 11th May.** Each application must bear the name and full address of the sender, together with the number of tickets required, and, **with a stamped addressed envelope enclosed**, must be sent to the Editor, *St. Dunstan's Review*, 191 Marylebone Road, London, N.W.1.

Cheques and postal orders should be made payable to St. Dunstan's and crossed. Loose money should not be sent unless it is registered.

Tickets will be issued consecutively, and are limited to twenty-four.

The total money subscribed, less the cost of printing and expenses, will be distributed as follows:—

*50 per cent to the holder of the ticket drawing the winning horse.*

*20 per cent to the holder of the ticket drawing the second horse.*

*10 per cent to the holder of the ticket drawing the third horse.*

*20 per cent to be divided equally among those drawing a horse which actually starts in the race.*

No prize won in the Sweepstake will be paid to any person other than the person to whom the winning ticket was sold.

The Draw will take place in the London Club on the evening of Thursday, 19th May.

## BRIDAL VISIT

Recently Pearson House had some gay visitors. They came to see Bill Charlton, who is now bedridden. His son brought his new bride straight from their wedding celebration with a tape-recording of the service. The bride, who wore her wedding dress, was accompanied by her two small bridesmaids.

## CLUB NEWS

**Cardiff Club Notes**

The Club Members met again on Saturday, the 5th March, 1966.

Although our Members were few, all enjoyed their afternoon at the usual games of Cards and Dominoes.

We should like to extend a very warm welcome to any St. Dunstaner who would like to come to the Cardiff Club, and spend a pleasant Saturday afternoon with us. We hold our Club meetings the first Saturday of every month, at the Cardiff Welfare Institute for the Blind, Newport Road, Cardiff, and commence at 3 p.m.

The next meeting of the Club will be on Saturday, the 2nd April, 1966.

D. STOTT,  
*Secretary.*

**London Club Notes**

Dominoes are still the main feature of our Club Nights on Thursdays, when the game usually commences shortly before seven o'clock. Although numbers have decreased a little of late, this does not apparently detract from the enjoyment of our regular players. The journey seems worth while, not only for the game, but in fact the Club also becomes a meeting place for old friends.

We are sorry indeed to note the absence of Jim Murray and Charlie Luker, due to the illness of Mrs. Murray and Mrs. Luker. We miss them all, and are looking forward to having the genial company of "Grandad" and his daughter-in-law as well as Charlie and his wife again in the near future. Our best wishes, Mrs. Murray and Mrs. Luker: get well soon.

Apropos to dominoes . . . the name came to be applied (or so the dictionary says) through the custom of calling "faire domino" when winning with the last piece, much as the French still say "faire capot" (*capot* meaning hood, as does the original domino).

What has all this to do with the twenty-eight pieces of black wood faced with white and marked with a certain number of dots, with which the London Club play

so enthusiastically each Thursday night? As you know, a Domino weekend at Brighton has been proposed for later in the year, and we would like all interested people to submit their names soon to Norman Smith to enable a date to be arranged for this. It is hoped that many of you will take this opportunity in what could be a most enjoyable and social occasion, so please enter your names as soon as possible for what could well prove a delightful weekend.

W. BISHOP,  
*Secretary.*

**Derby Outing**

It is proposed to run a coach trip, leaving H.Q., Marylebone Road, at 9 a.m. on Wednesday, 25th May, for the Derby.

Any St. Dunstaner wishing to join the party should send in his name *not later than* Saturday, 16th April, to Mr. N. Smith, Club Steward, H.Q. If seats are available, it may be possible to include in addition to the St. Dunstaner's escort, other members of his family, but full price will be paid for children. A packed lunch will be provided. Details of the charge will be made known later.

Join the trip and lose your shirt on the horse you fancy.

**Midland Club Notes**

We had quite an enjoyable meeting on Sunday, 13th February, at the British Legion Headquarters, and one or two items of interest for the future were announced. The draw was made for this year's knock-out domino competition, and two games were played off. Mr. Walter Cotham has been given the job of running this competition this year, and he has some very good ideas on domino competitions.

At our A.G.M. last year some of the wives suggested that we should hold a "Bring and Buy" Sale at one of our meetings to help the funds along. Therefore this was one of the ideas raised at this meeting, and our meeting in April

## CLUB NEWS

will be devoted to this, so come along and bring your bits and pieces, etc., and let's have a good turn out. We do not need any three-piece suites, or anything large, just items that can be taken home on a bus if necessary.

Another announcement that was made was regarding the outing this year, which will take place in June, and it will be a trip to Church Stretton. More details of this, with times, etc., will be announced later. For the benefit of those who spent their training months at Stretton, the committee are sorry to announce that "Fern Tickets" will NOT be available.

Thanks were given to Mrs. Hordyneic for arranging tea for us this month, it was excellent.

D. E. CASHMORE,  
*Secretary.*

**Mr. W. SHAKSPEARE**

I should like, through the *Review*, to thank Mr. Lloyd and the members of the Birmingham Club for the delightful Coffee Set which they gave to my wife and myself, and the handbag my sister received on the occasion of our leaving the Midlands.

We are only too glad to have been of service to the Club in which my father was so active, and we shall miss greatly our monthly meetings with so many old friends. May we wish them and the Club success and happiness in the future.

W. SHAKSPEARE.

**Liverpool Club**

The Liverpool Club paid a visit to the Royal Court Theatre on 5th February, and enjoyed a very good show. We had an excellent meal at a nearby restaurant. Unfortunately, owing to illness, some of the members were unable to be with us, and we wish them a speedy recovery and look forward to seeing them again soon.

It is with regret that the Liverpool Club have to record the death recently of two of its most regular members—J. C. Owen and T. Kinder.

J. C. Owen had been a regular attender at the Club from the commencement, and

had served as Chairman and Vice-Chairman for many years.

T. Kinderr was also a founder member of the Club, and had been Club Treasurer and, until his death, was Vice-Chairman.

The loss of these two members is a great one, and they will be sadly missed by all. I would like, on behalf of the members, to extend the deepest sympathy to their families.

V. FORMSTONE, *Secretary.*

**Sutton Club Notes**

At our last meeting, which was held on the 4th March, we were very fortunate in having presented to us, by Lady Onslow, our president, a bottle of Sherry, which we were able to raffle, and we are pleased to say that Diane was the lucky winner!

Bingo!! which continues to increase in popularity amongst the members, was, once again, organised by Alf Shaw, whose good humour and enthusiasm helps to make these afternoons so enjoyable.

The Dominoes "knockout" organised by Florrie and myself, was played after tea. The winners were George Jenrick, Tony Spring and Eileen Dudley.

The game Fives and Threes was played by Bill Kennedy and Bobby Dow, with Bill Kennedy coming out the winner. Bad luck Bobby!

We had much pleasure in welcoming to our Club a new member, Mr. Bill Muir, and his wife Alice, whom we trust will make many new friends from amongst us. We hope, of course, that if any other St. Dunstaners are interested in joining the Club, they will contact Ted Dudley at CRO 0596 or George Jenrick at CRO 3066, who will be only too pleased to give any further help and information they may require.

P. SPRING.

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Our St. Dunstaner, T. Taylor, has recently been appointed Chairman of the Farrington branch of the Local Preachers' Mutual Aid Association. This is an organisation concerned with benevolent work amongst local Preachers.

## BRIDGE NOTES

The third "Individual" Competition of the Brighton Section was held on Saturday, 26th February. The results were as follows:—

C. Kelk and A. Smith, 49;  
H. Boorman and F. Rhodes, 38;  
S. Webster and R. Goding, 38;  
B. Ingrey and J. Whitcombe, 32;  
D. Giffard and J. Chell, 31;  
M. Clements and W. Burnett, 28.

The Third "Individual" Competition of London Section took place on Saturday, 5th March.

Congratulations to some of our newer members who again achieved good scores. The results are as follows:—

R. Bickley and G. P. Brown, 75;  
M. Tybinski and R. Stanners, 68;  
G. C. Andrews and T. J. Simmons, 61;  
R. Fullard and P. Nuyens, 61;  
F. Matthewman and E. Carpenter, 60;  
W. Scott and H. Kerr, 60;  
H. Meleson and F. Jackson, 51.

## DAILY DIP

Nearly every day at lunch-time you can see Barley, a golden retriever, sitting by the edge of Garston Baths, Liverpool, watching her mistress swim. Barley is no ordinary pet—she is a guide dog, and her mistress is our St. Dunstaner, Mrs. Violet Formstone.

So that Barley can accompany Mrs. Formstone on her swimming trips, the Liverpool Baths and Public Laundries Committee has broken its 130 years old rule that no animals are allowed into any of its baths.

Mrs. Violet Formstone chooses lunch time for her half hour dip because this is one of the quietest times at the baths.

"I really look forward to my swim," she said. "I learnt as a girl, then took it up again about a year ago, and it has really given me a new interest in life. Barley enjoys coming with me, too. Generally she sits by the edge of the pool and watches me."

## IMPORTANT NOTICE

Mrs. Tarlo, Hon. Secretary of the London County Contract Bridge Association, has just notified me that due to international commitments the match fixed for July 2nd has to be changed. This will now take place on Saturday, 14th May, while the Match announced for that date on our fixture cards will be changed to a day to be announced. Will all concerned please make a note of these changes.

I should also be grateful if, as soon as possible, the names of the players representing the various St. Dunstan's teams wishing to play against the "Masters", could be sent to me by their captains.

PAUL NUYENS.

As a tribute to Mrs. Formstone's courage in coping with her handicap, she has been presented with a year's free contract to the baths to be renewed each year, just as long as Mrs. Formstone wants to swim.

★ ★ ★

## TROOPING THE COLOUR

We have once again been fortunate enough to receive an allocation of tickets for the Trooping the Colour Ceremony, which will take place on the morning of Saturday, 11th June, and it is hoped that we may also be granted an allocation of tickets for the Private View of the Royal Tournament at Earls Court on the afternoon of Wednesday, 13th July.

St. Dunstaners wishing to attend should apply to me for tickets by the 30th April, please.

C. D. WILLS.

## UNITED STATES HOLIDAY

by  
L. M. Androlia

We had planned for about two years to make a trip to the United States to see my people, so you can imagine how pleased we were when a day in October dawned and we started our journey.

My eldest son, Christopher, came along to Southampton with my wife and myself, and our youngest son, Karl, aged 7, who was to accompany us on the journey.

We had five enjoyable days at sea aboard the Queen Elizabeth, and arrived in New York to find the temperature in the 80s. We had a taxi across the city through Times Square, which was a blaze of light, to Pennsylvania Station, where we caught a train to my home town—Beaver Falls.

After travelling through the night, we arrived at Beaver Falls Station, which looks just like those you see in cowboy films on television. My parents, my brother and his wife and four children, were there to meet us. It was quite an event as we had not seen them for 16 years.

The next three weeks flew by. My father, who has retired, had a car waiting for us every morning after breakfast. His idea of a short drive was anything from 50 to 250 miles. Over in the States distance doesn't mean much when they want to go out!

The three Sundays we were there we had big family reunions, the last Sunday 76, all of them relations, arrived!

There is no bus service at Beaver Falls so everyone has a car, and Karl much enjoyed being driven everywhere. My wife admired the American kitchens, which have all the gadgets most of us only see on television.

The highlight of our holiday was our two nights we stayed in a motel at Niagara Falls. At night coloured lights shine on them and they look really beautiful.

My wife went to Bingo a few times and found it as popular in America as at home. A few of the regulars managed 18 cards at a time!

The day of our departure came all too soon, and once more we were waiting on Beaver Falls Station, soon to be aboard

the Queen Elizabeth again on our return home after five weeks which were certainly a holiday to remember.

## Laughs at Fred's Cafe

One of my very first customers ten years ago was an old road sweeper, who asked for a cup of tea and a cake. The price was then sixpence. The years rolled by and, with price increases, etc., the cost of a cake and tea has risen to ninepence and more. Still this man comes into the shop every day—asks for tea and takes a cake and STILL bungs me a tanner. At that price I am losing but I DON'T WANT TO LOSE HIS CUSTOM!

## WAS IT YOU?

A gentleman from Reading said recently that he saw a blind man with his stick waiting to cross the road, and asked if he could help him across.

"Get away from me, I don't need your help", shouted the blind man.

The sighted man stood back to watch what would happen next. A young girl came up and offered help in the same way.

"With pleasure," said the blind man, and away they went.

## Mines on a Golf Course

Our St. Dunstaner, Vic Davies, who is a greensman at Saunton Golf Course in Devon, was working with a mate in preparation of the Schweppes Golf Tournament when they discovered two rusty anti-tank mines. A telephone call brought bomb disposal experts from the Army hurrying to the spot but, fortunately, the anti-tank mines were only dummies which had been laid many years ago.

## SPORTING NOTES

It is hoped that there will again be support for the Sports Weekend at Ovingdean which will be held this year from 3rd to 5th June, and those wishing to take part should write to the Commandant direct by not later than 30th April. He will then arrange for them to receive full details. There will again be 30 beds reserved and, if necessary, there will be a ballot.

The programme has not yet been finalised, but it will follow on the lines of the previous weekends. It is also planned to include three days' fishing immediately after 5th June for 10 St. Dunstaners, and anyone interested in this is also invited to write to the Commandant as soon as possible.

The attention of our readers is also drawn to the Beginners' Sports Weekend, planned from 6th to 9th May. Ten beds only are being reserved for this event, and anyone who has not yet indicated his or her interest in attending should write to the Commandant now. Here, also, it may be necessary for a ballot.

## "FAIRE DOMINO"

(with apologies to the members of the London Club)

To this and that with noisome glee,  
Black wood, ivory faced 'pon a green  
baize sea:  
Numbered dots, five, six, it cannot be?  
Is it right or wrong?

There's Bill and Jock and Jim the boy-o,  
There's the clicking and clacking of the  
old domino;  
With Charlie and Paul and the Bobs and  
wives-o,  
All the evening long!

Whilst helpers steamy vigil keep,  
With sandwiches and cakes and scones  
four deep:  
To soothe and hush their fitful sleep,  
Hilarious kettle's song!

Behind club doors players take heed  
Of lively discussion and ethics, their creed;  
Until time to say goodnight, indeed,  
For the day is done.

F.S.

NELSON'S  
COLUMN

Four more titles to solace all and sundry for the endless electioneering. At least, nobody is expected to believe anything written in this column which, alone, must be a relief from this month of headaches.

"Thin Ice", by Compton Mackenzie, reader *Eric Gillett*, is a fine yarn which anyone may dislike reasonably enough because the central character has homosexual tendencies. Fortescue was the chap's name, I think, and the story is his biography by a friend who was up at Oxford with him and kept in touch with his family and political life afterwards. So gently is the book written, and so powerfully, too, that the sordid side becomes apparent only towards the end when, passed over for Office at his brilliant best, Fortescue stagnates and decides to relax the care with which he has lived for so long. The friend digs him out of trouble once or twice and writes the story only when his subject dies. It is a good tale; don't be too repelled by the taint of the word homosexual.

"Ninth Life", by Elizabeth Ferrars, reader *David Broomfield*, is a most unlikely yarn of a career girl convalescing with her younger sister and brother-in-law in Dorset after having her appendix removed. Brother, ex-crime reporter, and sister have two permanents in their guest house, and the poor convalescent drops straight into a web of intrigue, suspicion and counter suspicion, so that before anything happens at all everybody is suspect. Attempted murder, arson and murder eventually clear all the cobwebs and instead of returning to hospital with double hernia our stalwart heroine tries a honeymoon. All on a mere 13 tracks, too.

"The Savoy", by Stanley Jackson, reader *David Geary*, pleased and fascinated me more than I can say. Arnold Bennett's Imperial Palace peopled by real folk from the day of its opening until the present day. August, 1889, saw the hotel's opening, hence, somewhat typical of the Savoy's luck, the jubilee year hit 1939, a year of many cancelled bookings. The

## NELSON'S COLUMN (continued)

meticulous care for every detail of equipment and personnel is undoubtedly the rock upon which this fairy story of reality has thrived. Peter of Savoy built a palace on the site in 1246 and Wat Tyler burned it over John O' Gaunt's absent head in 1381. A town in itself this monster hotel with many more complications of organisation and administration. Read, mark, learn and inwardly digest!

"The Go Between", by L. P. Hartley, reader *Gabriel Wolfe*, is comprised of a prologue, 25 chapters and an epilogue. A man of 63 stirs old memories looking over a box of oddments. An old purple and gold diary defies his memory awhile, then the mists clear and he slips back to the year 1900, his 13th birthday in July, whilst visiting a friend at Brandon Hall, Norfolk. The boy is the title of the book used by unscrupulously amorous grown-ups during his month at the Hall. The lad is much pre-occupied with the signs of the zodiac and the possibilities of magic spells and naturally the grown-up world of Brandon Hall is difficult to decipher. A shocking tragedy ensues. He revisits the Hall in 1950 and, though some ends are tidied up, he likes it not at all.

## NATIONAL INSURANCE

St. Dunstaners who are Supplementary Pensioners and have reached the age of 65 years are reminded that it is to their advantage for their wives to claim National Retirement Pensions on reaching the age of 60 years, provided that their wives have not paid insurance contributions to cover themselves for a pension in their own right.

The effect of such a claim is that the St. Dunstaner will lose the Supplementary Allowance of £2 per week for his wife, retaining the basic disability allowance of 10/- per week, and the wife will receive £2 10s. 0d. per week retirement pension, so that their joint incomes are increased by 10/- per week.

## Miss F. Lloyd

St. Dunstaners will be pleased to hear that Miss Lloyd, who has been ill for some time, is a little better. Miss Lloyd has found it difficult to write personally to her many friends who have either written or sent messages and Christmas Cards, and she would be grateful if all St. Dunstaners would accept this as a friendly acknowledgement of the letters which she finds it impossible to answer personally. Miss Lloyd sends greetings to everyone who has been asking about her.

## Nuffield Talking Book Library for the Blind

## Additional Tape Titles—FICTION

Cat. No.		Playing Time Hours approx.
937	AMBLER, ERIC—A KIND OF ANGER (1964) Read by Anthony Parker. An international news reporter is ordered to find a missing witness to a murder in Switzerland and discovers more than he bargained for.	10
943	BARLOW, JAMES—THIS SIDE OF THE SKY (1964) Read by Robert Gladwell. The problems that arise when an ambitious actress and an American major, both of whom are already married, meet and fall in love.	10½
932	BUCHAN, JOHN—MR. STANDFAST (1919) Read by John Dunn. Sequel to Cat. No. 486. Richard Hannay tracks down a German spy network during World War I.	13½
933	BUCHAN, JOHN—THE THREE HOSTAGES (1924) Read by John Dunn. Sequel to Cat. No. 932. Continuing the adventures of Richard Hannay, this tells how three children are kidnapped and fated to die unless they can be found in time.	12
941	CHRISTIE, AGATHA—THE CLOCKS (1963) Read by Anthony Parker. A man is found dead in a blind woman's house and Hercule Poirot investigates.	9½
928	DEIGHTON, LEN—FUNERAL IN BERLIN (1964) Read by Anthony Parker. A British secret agent is sent to Berlin where a Red Army security head is prepared to sell an important Russian scientist to the West.	11½



## Nuffield Talking Book Library for the Blind

### Additional Tape Titles—FICTION

Cat. No.		<i>Playing Time Hours approx.</i>
936	HEYER, GEORGETTE—DEVIL'S CUB (1932) Read by Maurice Turner. Fleeing from justice after a duel the Marquis of Vidal, rake and gambler, persuades lovely Sophie Challoner to elope.	9½
935	TURNBULL, AGNES SLIGH—THE GOWN OF GLORY (1952) Read by Jill Waller-Bridge. Set in a small New England village at the turn of the century, this is the story of a minister and his family.	14½
<b>NON-FICTION</b>		
945	BARKER, RALPH—TEN GREAT INNINGS (1964) Read by Alvar Lidell. Brings to life some fine cricket by Hobbs, Constantine, McCabe, Bradman, Hutton, Edrich and others.	7½
951	MORRIS, JAMES—COAST TO COAST (1962) Read by Roy Williamson. Impressions of many aspects of life in the U.S.A., which the author believes to be a nation founded on honourable principles but rapidly losing these values.	10

## FAMILY NEWS

### Adoption

Barbara, elder daughter of our St. Dunstan, J. Chell, of Eastbourne, and her husband, have adopted a little son, David.

★ ★ ★

### Ruby Wedding

Congratulations to Mr. and Mrs. L. Arnold, of Poole, Dorset, who celebrated their Ruby Wedding Anniversary on 25th March, 1966.

### Grandfathers

#### Congratulations to:—

J. Chell, of Eastbourne, has had two more grandchildren added to his family during the last six months. The wife of his eldest son gave birth to a daughter, Tracy, in September, 1965, and the wife of his youngest son gave birth to a son, Antony, on 11th February, 1966. He now has four grandchildren.

W. R. Freeman, of Winnersh, Berks, also announces the birth of two grandchildren. His married daughters, Maureen, gave birth to a son, Ian, on 24th July, 1965, and Pat gave birth to a son, Robert, on 15th January, 1966.

M. Linacre, of Birmingham, on the birth of a grand-daughter in September, 1965.

### Golden Weddings

Very many congratulations to Mr. and Mrs. B. H. Derges, of Exeter, who celebrated their Golden Wedding Anniversary on 14th March, 1966.

Sincere congratulations to Mr. and Mrs. C. Marshall, of Southchurch, Southend-on-Sea, who celebrated their Golden Wedding Anniversary on 14th December, 1965.

### Great-Grandfathers

#### Many congratulations to:—

A. Blaker, of Lancing, Sussex, on the birth of a great-grandson, Jonathan Paul. This is his second great-grandchild.

W. J. Roberts, of Prittlewell, Southend-on-Sea, on the birth of a great grand-daughter, Karen, on 4th January, 1966.

★ ★ ★

Our St. Dunstan, Mrs. B. Bates, of Clacton-on-Sea, is very proud of her daughter, Denise, who has now acquired her Silver Medal for Ballroom Dancing. She was highly commended and got 100 marks out of 102. This is her eighth medal, and she is hoping to obtain her Gold Medal before very long.

## FAMILY NEWS—continued

Jacqueline Caswell, daughter of our St. Dunstan, J. F. Caswell, of Reading, married Thomas Powell, at St. John's the Evangelist Church, Woodley, Reading, on 5th March, 1966.

★ ★ ★

David, son of our St. Dunstan, J. Chell, of Eastbourne, married Miss Susan Fletcher on 12th March, 1966.

★ ★ ★

J. A. Garbutt, of Stockton-on-Tees, Co. Durham, is very proud of his grand-daughter, who has recently received a prize at school for being the best all-round pupil, and she has also obtained her G.C.E. with nine "O" levels.

Susan, daughter of our St. Dunstan, John Martin, of Boreham Wood, is to be married to Terry Walsh on 12th March, 1966.

★ ★ ★

Kathleen Rayho, grand-daughter of our St. Dunstan, A. E. Ahrens, of Stanford-le-Hope, was married to Gerald Sharp on 5th March, 1966.

★ ★ ★

Yvonne, daughter of our St. Dunstan, H. T. Bice, of Bournemouth, has passed her British Horse Society Assistant Instructor examination and is taking a post as Head Girl in stables at Christchurch, Hants.

### Deaths

We send our very sincere sympathy to:—

A. Beazer, of Brighton, whose wife died in hospital on 20th February.

A. Northcott, of Brighton, who mourns the death of his sister, Mrs. Dobson, who died on 2nd March, 1966.

R. F. Gray, of Lee, S.E.12, whose mother died on 2nd March after an illness lasting some months.

S. G. Smith, of Rottingdean, whose wife died on 17th February, 1966.

## In Memory

### Edward Baumann, Royal Army Medical Corps

It is with deep regret we have to record the death of Edward Baumann, of Ovingdean on 16th February, 1966. He was 47 years of age.

He joined the Royal Army Medical Corps in 1939 and served with them until his discharge in 1946. He was admitted to St. Dunstan's in 1956 and trained as a telephonist. He continued this work for some time until ill health forced him to resign, and he went to Ovingdean in 1961. He died in the Prince of Wales Hospital, London, after a grave illness.

We offer our sincere sympathy to his sister, Miss Clara Baumann, and his widowed stepmother, both of whom visited him frequently.

### Edward John Burley, 8th Devons

With deep regret we have to record the death of Edward John Burley, of Stithians, Truro, on 16th February, 1966. He was 70 years of age.

Edward Burley joined the 8th Devons in 1915 and served with them until his discharge in 1917. He came to St. Dunstan's in 1923. Before coming to St. Dunstan's he was a farmer, and he continued this occupation on quite a large scale with poultry keeping. He also did some mat-making. He kept poultry, although on a reduced scale, right up to his last illness at the end of 1965. He died in hospital.

We offer our sincere sympathy to his widow and family.

## In Memory—continued

### John Donald Cush, 23rd Battalion, 1st A.I.F.

We have to record with deep regret the death of John Donald Cush, of Punchbowl, Sydney, New South Wales, on 23rd October, 1965. He was 70 years of age.

He enlisted in 23rd Battalion, 1st A.I.F., on 19th August, 1916, and served with them until his discharge in 1917.

To his widow and family we send our deepest sympathy.

### Thomas James, Royal Engineers

It is with deep regret we have to record the death of Thomas James, of Preston, Lancs, on 1st March, 1966. He was 60 years of age.

He served with the Royal Engineers from 1940 to 1943 and was admitted to St. Dunstan's in 1960. On account of his age and ill health he was not able to undertake any training. He had been in poor health for some considerable time, but his death was sudden.

To his widow we offer our sincere sympathy on her sad loss.

### Vere Jones, 8th Cheshire Regiment

With deep regret we have to record the sudden death at his home on 1st March, 1966, of Vere Jones, of Northwich, Cheshire. He was 75 years of age.

He served with the Cheshire Regiment from 1914 to 1916 and came to St. Dunstan's in 1919, when he took up the occupation of poultry keeping and carried this on for some considerable time.

He always enjoyed the Reunions and took great pleasure in his frequent trips to the sea and countryside.

To his widow and daughter and all his relations we offer our very sincere sympathy.

### John Edmund Lambourne, 8th Royal Berkshire Regiment

We have to record with deep regret the sudden death at Pearson House, where he was staying of John Edmund Lambourne, of Bletchley, Bucks, on 22nd February, 1966. He was 68 years of age.

He served with the 8th Royal Berkshire Regiment from 1915 to 1919 and came to St. Dunstan's in 1938, where he trained in mat making, and carried out this occupation for some years. Ill health compelled him to give this up eventually. He was also very fond of his garden and took great pleasure in this. He enjoyed very much his annual visits to Ovingdean, and was staying there during the illness of his wife.

We offer our sincere sympathy to his wife and two sons on their sad loss.

### John Fred Leeman, D.C.M., 8th Lincolnshire Regiment

It is with deep regret we have to record the death in hospital on 3rd March, 1966, of John Fred Leeman, of Louth, Lincs. He was 73 years of age.

He served with the 8th Lincolnshire Regiment from 1912 to 1916 and was wounded in Armentières. He came to St. Dunstan's in 1916 and trained in basket making and also kept some poultry. He carried on both these occupations for some considerable time until age and ill-health compelled him to give up.

To his wife and family we send an expression of most sincere sympathy.

### Terence Lydon, Merchant Navy

With deep regret we have to record the death of Terence Lydon, of Rottingdean, on 7th March, 1966. He was 50 years of age.

During the Second World War Terence Lydon served with the S.S. Monkwood, until his discharge in 1942. He came to St. Dunstan's in 1946 and he studied many forms of handicrafts and excelled in everything he did, but he settled in the confectionery business in Hove. In 1952 St. Dunstan's found him another business in New Malden, Surrey, where for some years he was very successful, but his health began to deteriorate. He retired and returned to Sussex to live. His health became worse a few months ago and he was nursed at Pearson House.

We offer our very sincere sympathy to his widow and to his daughters in their great loss.

### William Trott, Royal Flying Corps

It is with deep regret we have to record the death at Pearson House on 2nd March, 1966, of William Trott. He was aged 69 years.

He had lived at Ovingdean since 1957 and previously lived in Birmingham. He served in the Royal Flying Corps from 1915 to 1917, being wounded in France in 1917. He was admitted to St. Dunstan's in 1918 and trained in mat making and boot repairing and carried on these two occupations for some time. His wife pre-deceased him in 1964. He has no known relations.

## THE HAPPY-GO-LUCKY DO-IT-YOURSELF MACHINE

Recently a machine was demonstrated at Ovingdean on which you can walk or run as fast as you like for as far as you like, working up a real sweat—and removing, perhaps, some surplus pounds—without going outside your own front door.

Invented and built by Les Dennis, one of St. Dunstan's best-known road walkers, to help him in training, the indoor roller trainer could be of benefit to others besides athletes. In the medical world it could be of help in enabling patients to take their first steps after illness or injury in safety and under close supervision. It could also help those who are not able to get out and about easily to take their

Below: Wally uses his acute sense of touch to learn how Les walks on the machine.



Above: Les jokes with Wally in deaf/blind manual.



exercise. On it you can, quite literally, step it out—indoors.

Wally Thomas, one of our deaf-blind St. Dunstaners, had this problem: how to get sufficient exercise when his double disability makes it so difficult to go for a walk without an escort. The Research Department came up with the answer—Les Dennis's indoor roller trainer.

Les was very willing to permit St. Dunstan's to make a second prototype for Wally's use. A demonstration was arranged in the gymnasium at Ovingdean, and who better than the inventor to coach Wally in how to get the best from the machine?

The B.B.C. sent a film cameraman for television and a sound radio reporter along to cover the story, and the *Review* photographer was there, too. Our pictures show how Wally, with Les's help and George Brooks as interpreter, got to know the roller trainer.

Les's invention consists of an endless belt which runs over a series of rollers mounted close together in a steel frame.

## **THE HAPPY-GO-LUCKY DO-IT-YOURSELF MACHINE**

*(continued)*

There are 528 revolutions to the mile. There must be some resistance to prevent the user walking off the machine and the original prototype, on which Les demonstrated to Wally, can be fitted with handrails or a waist belt attached to a frame at the rear of the machine. As the walker steps out, the "road surface" revolves beneath him and he can walk or run on the spot.

A brisk walk on the machine produces a definite sense of exertion. Between puffs Wally described it to the B.B.C. as the happy-go-lucky, do-it-yourself machine. "It gives a wonderful feeling of freedom and independence," he said.

*Right:* Posture is important. Les shows Wally how an upright stance is more efficient.

*Below:* A B.B.C. television camera-man films George Brooks translating for Wally.

