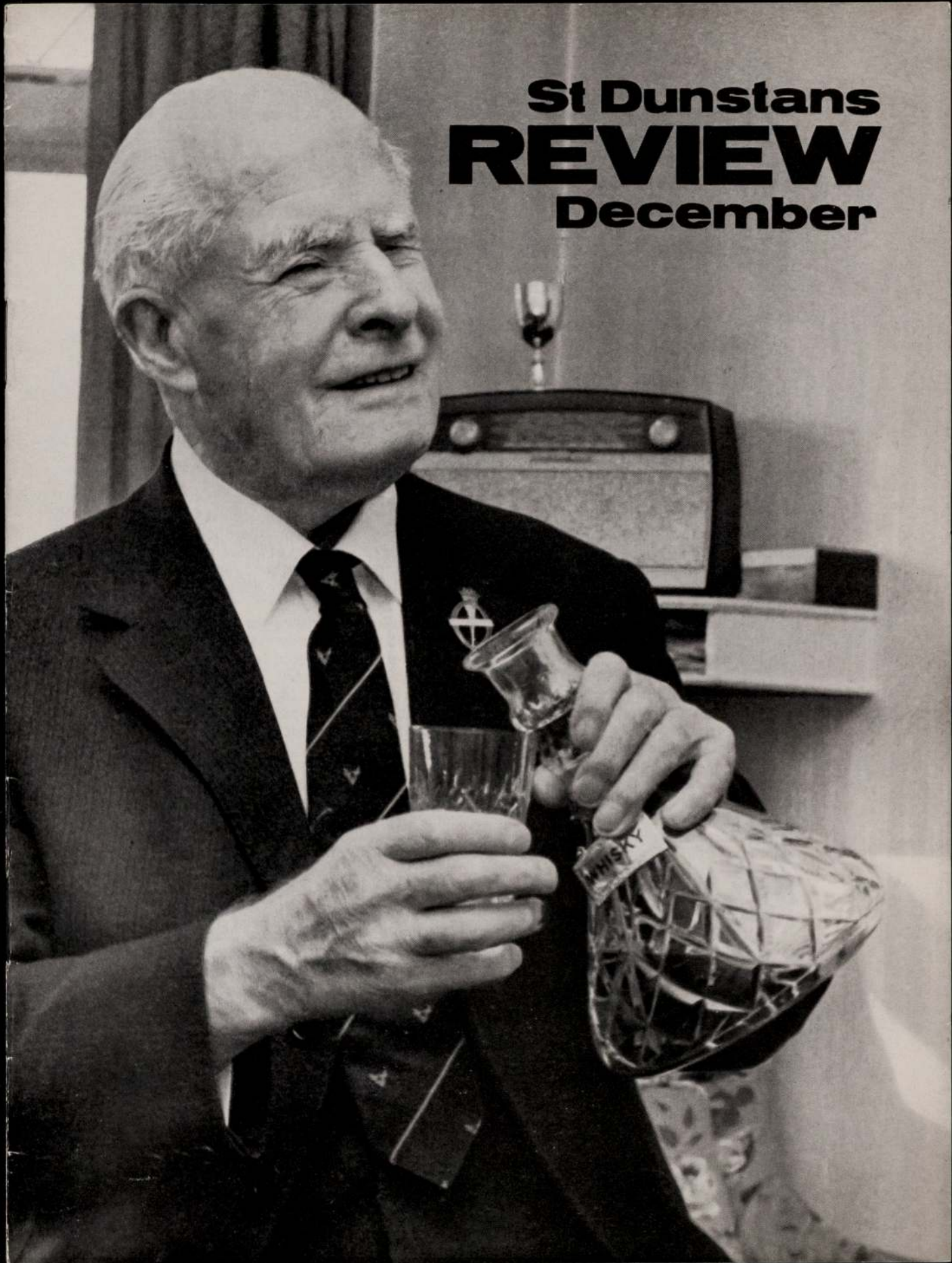


St Dunstons
REVIEW
December



St. DUNSTAN'S REVIEW

NO. 647

DECEMBER 1973

5p MONTHLY

CHAIRMAN'S NOTES

The Talking Book

I think the talking book is undoubtedly the most important invention that has arisen in the blind world since Braille itself. In some respects it may be even more important because more than half the blind lose their sight in middle or old age when it is difficult to learn Braille, though of course we must never forget the importance of Braille to younger people and for notes, records, etc.

Many St. Dunstaners use the talking book but there are still a number who do not. Perhaps they do not care for reading aloud or perhaps the wireless is sufficient. However, I commend the talking book as a wonderful pastime and by now there is a very great assortment of novels, detective stories, biographies and other books of interest in the library. The talking book machine works off the mains and is free and so is the library. If necessary, an earphone can be used, so that you can have the machine by your bedside and listen to it if you are sleepless without waking up your wife; I often do this.

This service started in an experimental way in a hut in my own garden, which I used to use as a workshop, and it has developed so that there are now 38,000 readers in the United Kingdom and our system is used in 15 countries throughout the world.

The readers are in the main professionals, such as B.B.C. announcers, and they read exceedingly well. I gave them a cocktail party in a private room at the Houses of Parliament the other day in order to tell them how very much we all appreciate their services. Some were old friends who have read to us for some 30 to 40 years, such as Eric Gillett, Alvar Liddell and Stephen Jack.

The first reader of all was Mr. Anthony McDonald and it was when he was regularly visiting the workshop in my garden that he met my daughter and they fell in love. They have now been married for 34 years. They have four children, three grandchildren and are a very happy family, the father and mother now living in Malta. There may be a few St. Dunstaners who remember Anthony McDonald's early readings.

New St. Dunstaners

I was looking at some figures the other day and was reminded that more blinded ex-Service-men came to St. Dunstan's after the Great War than during the War years and the pattern is repeating itself now. This is because the door of St. Dunstan's is ever open for any man or woman who has suffered the loss of sight on account of war service, however long delayed.

I am sorry to tell you that I have myself visited a hospital in London to meet three young men blinded within recent months in Northern Ireland and they are now St. Dunstaners. I have told each of them that, whilst we regret the circumstances, we older men nevertheless give them a very warm welcome.

COVER PICTURE: Frank Rhodes with his presentation decanter—see *It Strikes Me on centre pages.*

Photo: Brighton Gazette

'In Touch'

In addition to those who come to St. Dunstan's because they have been blinded as a result of service with the Armed Forces, a small extension of our objects has taken place during the last year or so. This arose because a special legacy was left to St. Dunstan's by a generous lady which enables us to apply appropriate St. Dunstan's benefits, such as training and settlement, to an ex-service person who has gone blind even if the war service qualification cannot be proved. I referred to this under the name of the Gubbay Trust in the *Review* of October, 1971.

Lieutenant-Commander Robin Buckley, G.M., our Public Relations Officer, answered questions about this at 5 o'clock on Sunday, 11th November, during the B.B.C. "In Touch" programme which many St. Dunstaners may have heard. I thought that this was one of the most excellent broadcasts I have ever heard and extend congratulations to Commander Buckley.

Christmas

In some respects the family of St. Dunstan's has its own "bush telegraph" or "grapevine" and it has got round that Lady Fraser has not been so well recently. As a result a considerable number of St. Dunstaners have written to ask how she is getting on and to wish her luck. There are too many of these letters for us to be able to answer them all personally, so may we both thank the writers very much indeed for their warm-hearted messages.

Lady Fraser has rheumatoid arthritis and this is a condition which comes and goes. I am glad to say that she is now much better and will be going with me to South Africa shortly for our usual business visit.

We shall be in Cape Town on Christmas Day and will think of all our St. Dunstan's friends throughout the world and drink a special toast to them and their families, wishing them a happy Christmas and good luck in the New Year.

Fraser of Lonsdale

Coming Events

FOUNDER'S DAY

The Founder's Day Service will be held at St. George's Church, Kemp Town, on Sunday, 9th December, at 3 p.m. The Rev. W. Popham Hosford, O.B.E., M.A., R.D., will conduct the Service. Mr. Nigel Pearson, a member of the St. Dunstan's Council, will give the Address. Commandant Fawcett will read the Lesson. There will be a pedestal of flowers and other floral arrangements in the Church.

On the morning of Friday, 7th December, a party of St. Dunstaners, accompanied by Mr. C. D. Wills, will leave Headquarters in Old Marylebone Road, and make their way to the Hampstead Cemetery to lay a wreath on Sir Arthur Pearson's grave.

The subscription towards the cost of the wreath is 6p and St. Dunstaners who would like to contribute are asked to send two 3p stamps to Mr. Wills at 191, Old Marylebone Road, London, NW1 5QN. Receipts will not be issued unless specially requested.

ARTHUR LEONARD CURNOW of Liskeard, Cornwall, is a member of the local branch of the Royal British Legion. This year he was the Poppy Day organiser.

At the annual meeting of the Liskeard and District Branch he was elected President and will hold this position for the next three years.



Guy Lawrence in Lotus posture.

HEALTH IS WHERE YOU FIND IT

by Guy Lawrence

The author served with the South African Air Force from 1940-1945 as an Aerial Photographer. He became completely blind in one eye within weeks of being discharged at the end of the War and the sight in the other eye became progressively worse during the next few years until he was completely blind. Despite this disability, Guy Lawrence went into the Estate Agency business where, with the help of his wife, Elaine, he has done very well. He is a keen bowler and has won Springbok Colours for representing South Africa in an International Blind Bowlers' competition. Guy Lawrence is a tape-recording enthusiast and exchanges recorded tapes with people all over the world. He is a good organiser and is Chairman of the Rainbow Club for the Blind in Germiston. He is a Long Cane user.

Most of us who are blind and have reached middle-age can look back and say that we enjoyed a measure of good health once but we now seem to have perhaps lost some of it in later years. Of those who have

lost it, some seem to have the good fortune to make a good recovery, whilst others just go on floundering in a welter of aches and pains for the rest of their lives. I was nearly trapped in this latter stage by ignorance of the fundamental rules pertaining to the maintenance of good health throughout the whole of life. For many years I had accepted my natural fairly good health without question—it was just there and vaguely I thought I was lucky. I realised that some people had good health and others didn't, but what I did not know at the time was that you have to work the physical body to retain your natural heritage of good health.

Designed to work

The human body is designed to work: by this term I don't mean it is necessary to slog at tedious manual labour, but our bodies must function in all their parts. It is a complex system of self-regulating muscles, tendons, nerves, body fluids and specialised glands, all inter-related and, most marvellous of all, it is self-healing. If you do not give your body enough

physical activity the mechanism slows down, clogs, gets out of balance and mal-functions, then disease take over.

I became totally blind at the age of 38, and little did I realise at the time that the ravages of stress combined with years of bad food habits, and now the complete lack of mobility, would knock me back for a whole decade. By the age of 50, I had endured 10 years of indifferent health and hellish backache of the lumbago variety. In a vain endeavour to ease the constant pain I had been sleeping on a fracture board—I was full of aches in all limbs and was being tested for the onset of arthritis. Indigestion plagued me and I was subject to daily headaches. I dosed myself with bi-carb powders and took loads of aspirin tablets, all the while trying to joke about old age creeping up like a thief in the night.

Low state

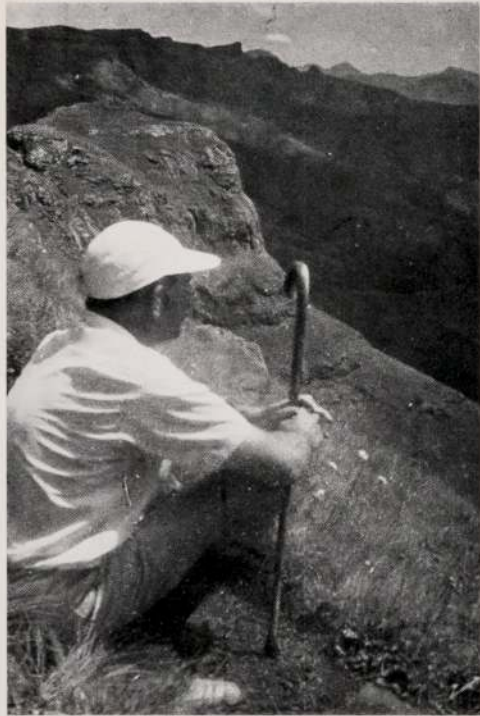
I was blissfully unaware of the low state into which I had sunk due to my neglect of the need to cultivate my sagging health. My doctors and I had merely relied on palliatives and pain-killers, I just assumed that it was all part of growing old. I had to lose good health in order to find it again, and now that I have regained my body vigour and a strong feeling of well-being, believe me, I can truly appreciate the meaning of the words "good health".

At this low point in my life I was about to be surgically operated on for prostate gland and piles when some innate resistance to the idea prodded me at least to try a herbalist before giving in to drastic measures. I found one who was also a Chiropractor and unexpectedly he gave my spine a workout, expressing his astonishment at the very poor condition of my spine due, it seemed, to lots of calcification and the slight displacement of several vertebrae. Later I was discussing my troubles with my good friend, the late Johan Botha who, being a physiotherapist, knew all about human anatomy. I was somewhat startled when he rebuked me by saying, "Why do you let your back get into this state?" This pointed remark gave my thinking a jolt.

Suddenly it became obvious that I had been assuming that all my aches and pains



Head-stand: King of Yoga positions.



Enjoying a breather on a walk in the Drakensberg mountains.

were due to my bad luck, that somehow it was all being done to me, but instead I was accused of bringing it all upon myself. This realisation brought a radical change to my inner thoughts. I began seriously to look for ways and means to improve my state of health, or rather the lack of it. I began to talk to my friends about health culture, not illness.

Suggestions

As suggestions came my way, I tried them out and evaluated each one carefully. One friend said that to keep the back in good condition you should daily suspend yourself from a bar fitted in the shower such as he did, for a minute, when taking his daily shower, whilst another told of how he often hung on the door frame when walking through his house. I began trying out these ideas on the crossbeam over the patio and while playing around I came to appreciate that natural traction of the spine by slow degrees was better than being hospitalised and having it done artificially by hanging weights from the feet in a bed. Yet another

friend enthused about the natural spring that was put into one's step as a result of doing Yoga exercises so I made it my business to try this—to me unknown—system of physical culture. I acquired a book giving a 9-week home course of basic Yoga postures, and eventually got a recording describing in detail all the individual exercises. This search was very stimulating and I eventually went the whole hog and had a horizontal bar erected in the garden and got down to a daily session of Yoga exercises.

Hatha Yog

Looking back now I can say that Hatha Yog, as the physical training system is known, is the key that unlocked for me the gateway that led me back on the long road to good health. I soon found that Yoga is the ideal manner for a not very active blind person to have daily physical exercise, and to give the stimulation the body needs for the proper function of all its glands and inter-related complexities. The only thing that Yoga does not do is to give you stamina, but this aspect of health is not important to a blind person who does not need physical endurance in daily life anyway. The reason why I think Yoga is so good for the more mature blind person is because it is based on the principle of slow motion. There are no agitated movements; it can be done in a limited space, without any fuss and at any time of the day. As an example of how you slowly and with mental concentration do the postures I shall describe the simple act of touching your toes by the Yoga method.

With feet together, lean over forward and grasp the shins at a comfortable level with the knees locked. Move the hands slowly down the calves for a couple of inches and hold the position until the pull at the back of the legs eases, slowly move down another inch or two and hold, all the while breathing regularly and moving down only when you feel comfortable. If discomfort persists, release your grip and slowly rise to the vertical position; this way there is no strain and consequently no after-stiffness. As a newcomer, you will take as much as 5 to 7 minutes over this action, but a devotee will, of course, already be supple and for variation will put both hands flat on the floor on either side of the feet in half the time, although the basic

principle of slow motion remains valid whether you are a "newie" or an old hand at the game.

Controlled Breathing

Another basic principle in the Yoga system is the learning of controlled breathing which has very beneficial effects upon the person who leads a sedentary life. A good supply of oxygen is essential to the proper functioning of our bodies but most of us do not use our lungs to anything like their full capacity. Every minute of our existence we need an adequate supply of oxygen—the life force—to enrich our blood which carries the supply to every tiny tissue in the body. You can check this life-giving force inherent in oxygen for yourself. When feeling chilly, just do a few minutes of controlled diaphragm breathing and you will soon feel a warm glow as life and energy are expanded within you.

Other benefits which flow from the Yoga system are the stretching of tendons giving you suppleness such as you only knew in childhood and the easy movement of the skeletal joints in their natural arcs, so these will not get gummed up from calcium deposits.

I am now a firm believer in the dictum "You are as young as your spine". The spinal cord contained within the vertebral column, is the transmitter of all nervous energy and impulses to and from the brain. A healthy spine is one where the bones are all held in their proper positions by well-toned muscles. This way you do not have displaced vertebrae with resultant pinched nerve fibres giving rise to agonising pain.

Toning up the Muscles

Apart from toning up the muscle structure, keeping joints free, generating a sound nervous system and controlled breathing, Yoga also brings about the compression of body parts in the vicinity of the principal glands. By this means a stimulated blood flow bathes these glands with oxygen and nutrients which are carried in the blood. Healthy, well-functioning glands will more effectively interlock all the deep-seated interactions of body chemistry and thereby give rise to overall benefits and that elusive feeling of well-being. Knowing as I do now, the marvellous feeling of well-being which gives you the

spring in your step, I certainly would not be without a 20 to 30 minute daily session of Yoga exercises. If you feel moved to try it out, I must emphasise that you cannot just plunge into Yoga—or any other system of exercises for that matter—but you should cautiously try out the method, and remember you have got to walk before you can run. It takes years of neglect and abuse to break down your God-given health, so naturally it must take time to build it up again. It is unfair to yourself to expect instant results after a casual effort to regain lost health. I know from practical experience that you can only achieve lasting results if you go at it slowly and persistently. It took me a couple of years before I could say that I had vanquished the torture of daily back-ache; equally so it required great patience before I was able to sit in the Lotus position or do the Headstand—king of Yoga positions—or do backward flips on the bar for that matter.

Life with zest

Today I give thanks to my Maker for the restoration of full body vigour, for freedom from disease and discomfort and the ability to live life with zest. I can once again, eat anything I like, I seldom have a headache, and needless to say that the once threatened surgical operation never materialised. I have taken on a new lease of life—a lease so good that I was able to withstand the rigours of climbing blind to the top of Mont aux Sources last year without any strain or any after effects.

Reprinted from St. Dunstan's (South Africa) Review.

Gardening News

There are more prizewinning gardeners among St. Dunstaners than ever this year.

Another report of success in the gardening world. Leonard Parry of Burghclere, near Newbury, Berkshire, tells us that in his local annual Summer Show he won 1st Prize for his red currants and 2nd Prize for his roses.

In the local Autumn Show he received a 2nd Prize for his culinary apples.

East African Safari

by Michael Tetley

Mount Longonot, 9,111 ft, is an extinct volcano rising up from the floor of the Great Rift Valley some fifty miles from Nairobi. During my recent visit to Kenya I invited three blind Africans from the Thika Secondary School for the Blind run by the Salvation Army to join me in climbing Longonot. I shall always be grateful to the Salvation Army as they gave me a Braille watch within a week of being blinded and set me on the road to rehabilitation. Together with their headmaster, four teenage lads from Starehe Boys Centre, John Wright, the chief training Scout Commissioner and my two daughters, we left Nairobi at dawn to motor to the foot of the mountain.

The dusty track stopped at 6,000 ft., leaving us 2,500 ft. to climb to the rim of the crater. We followed a well worn path through thorn bushes for two miles to the summit. The rim surprisingly was only 3 ft. wide in some places, made of loose cinder with steep drops on either side.

Into the crater

After lunch, using ropes for safety, John Wright belayed us as we climbed down 500 ft. into the crater. The inside walls of the crater were more friable than I expected and we could cut footholds easily. At the bottom was much vegetation. It was very quiet and the rocks were warm. We found a steam jet which smelt of sulphur and placed an egg on a ledge to boil.

Dusk found us descending the last slopes on our return journey. The end of a marvellous day. Thank you John Wright.

Month's holiday

My month's visit in Kenya was the holiday of a lifetime. Friends with whom I had served in the Kenya Regiment were very good to me. I wanted to show my family real Africa not just that which the tourist sees. We went on a foot safari to Hell's Gate, the thinnest part of the earth's crust and near Longonot. We had walked down a long gorge and were returning to the car only to find that a bush fire had just started on the side of the gorge and was between us and the car. Whilst we

were making a dash for the car I was glad that we did not bump into big game and snakes fleeing ahead of the fire.

On another occasion a friend who was in the regiment and who is chief game warden met me at dawn at the Treetops Hotel. This is a house in the trees above a water hole where all animals come to the salt lick. He brought with him two ex-Mau Mau terrorists and they took us on foot to the leading terrorists' old hideout. The forest had changed in twenty years. With the increase in game the secondary undergrowth had been trampled down and there were now a number of glades under the big trees. Once we stopped and one of our guides threw a stone at a bush twenty feet away. Up jumped a large buffalo from behind the bush and crashed its way through the thickets. It seemed strange being protected by your former enemy. Later over coffee we discovered that he had been in the fight in which I was shot and he had been shot in the leg. Now we were friends.

After the kill

Later on we got so close to a lioness killing a zebra that I was able to record on my tape recorder the bones being broken and the flesh being torn. The children were fascinated by the ritual of the lions getting their share, followed by the hyenas and jackals and finally the vultures squabbling over the last bites.

A most interesting day was when, with a police escort, I visited some nomadic tribesmen. I had permission from President Kenyatta to study the effect of sleeping postures on skeletal development. The men who live in the bush with no clothes all sleep in the same posture. On their side, with an arm under their heads as a pillow but not covering their ears so that they can hear the lions. Their top leg is straight but the bottom leg is curled until the instep is under the knee of the top leg. It was forbidden to photograph them. An orthopaedic surgeon who is an African took a photograph recently and had his camera smashed and was beaten up. The warriors crowded round me naked except for a spear. Whilst I was looking at their spines, I used the baked earth as an examination couch.

Two weeks surfing in the sea brought a wonderful holiday to a close.



'Horses and jockeys' at West Pier.

Northgate House and the Shrimp Special

Some of our St. Dunstaners at Northgate House have been going out in their wheel chairs on what has become known as the "Shrimp Special". Matron Blackford said, "This weekly outing has gone on regularly throughout the Summer. Sometimes the transport drops us at Rottingdean under-cliff walk and the party amble along to a cafe at Ovingdean or Saltdean for tea and back to Rottingdean where the coach picks us up. Sometimes when it was so hot in the Summer we took them into Preston Park and enjoyed the gardens there including the scented one."

Milking parlour

On one occasion there was a Dairy Show at Hove. The Shrimp Special visited that, the wheel chairs going round the various tents; one was a milking parlour, lots of smell and atmosphere and another was full of calves, goats, cows and bulls and there were arena events including a rodeo.

"Unfortunately now November is with us I think we will have to postpone these outings until next Summer," said Matron. "The St. Dunstaners in the picture are TONY ELLIS on the left, wheeled

by a student who was doing temporary orderly work for us, FREDDIE BEARD and Mrs. Garrod; TISH ADAMS and Mrs. Whitehead and HARRY KINGTON and myself. The 'jockies' as we call ourselves change horses for the return journey."

Saltdean Charity Work

Mrs. Audrey Lee, wife of our St. Dunstaner, JOHN LEE of Saltdean, Sussex, belongs to the Saltdean Community Association and was elected "Madame Saltdean" recently for her work in connection with the Mentally Handicapped of Brighton. The Saltdean Community Association have presented Mrs. Lee with a sash which the Association gives each year.

Jimmy Saville

Mrs. Lee and her daughter Francesca, entered for the Jimmy Saville Charity Walk from Hove to Ovingdean Gap and back in aid of the Penny Goby House School for Mentally Handicapped. This walk raised over £2,000 and Mrs. Lee and Francesca personally raised £15 of this total.



IT STRIKES ME

Well Drilled

Stanley Jones, of Wembley, retired from his work at Hoovers Ltd., on 26th. October He was a twin drilling machine operator there for 12½ years. "I had the same machine all those years," he told me, "drilling switch cases for Hoover cleaners."

On his retirement day he was presented with a Spinarinse, spin dryer and an electric shaver and was entertained to luncheon. "We had a marvellous lunch," said Stanley, "and then we went back to the factory for the presentations. They are very good people there. They treated me marvellously. You do feel it a bit leaving them."

Stanley Jones receiving his presentation shaver from Mrs. Josephine Webster.



'Afore Ye Go'

The fellow on our front cover this month pouring out a dram from a handsome cut-glass whisky decanter is **Frank Rhodes**, who has retired after 18 years as Chairman of the Brighton Club, which he helped to found in 1952. The decanter, with a bottle of whisky and a cheque were the gift of Club members.

The presentation was made by Commandant Fawcett at the Club's Annual Dinner at the Dudley Hotel, Hove on 26th October. Guests included Mr. C. D. Wills, Secretary of St. Dunstan's, Mrs. Elizabeth Dacre, J.P., President of the Brighton Club, Matron Blackford, Matron Hallett, Miss Blebta and Miss Mosley.

They were honouring one of the pioneering first generation of St. Dunstaners. Frank has been a leading light in St. Dunstan's Bridge and Bowls. In his younger days he was a keen sculler and race-walker. Now after 50 years he is leaving his Ovingdean home to live with his daughter, Jean, at Little Aston, Staffordshire. Lord Fraser sent a telegram to Mrs. Dacre which sums up all his friends' thanks, "On behalf of the Council and St. Dunstaners generally, congratulations and very warm thanks to Frank Rhodes at your celebration dinner. All of us wish him the best of good luck."

Legion Guests

Readers of the *Review* will remember that our St. Dunstaner **John Cowan**, and Evelyn, his wife, are responsible for an annual party given by Boreham Wood Royal British Legion for war disabled people. A group of St. Dunstaners always attend this most enjoyable evening. This year they met some new and well chosen guests—a group of young soldiers wounded in Northern Ireland. They are all patients at the Royal Herbert Hospital in Woolwich. In the welcome and comradeship at Boreham Wood they found their journey well worth while.

Fast Men

No fewer than 108 vintage Morris cars drove into Oxford on September 16th for the Diamond Jubilee Rally of the Bullnose Morris Club. The President of the Club, Ken Revis, told me "It was the event of the year by the numbers involved. We have never had more than 59 cars before". The rally brought to a close a memorable year for Ken and his fellow enthusiasts, for it is sixty years since William Morris produced the first two-seater Bullnose Morris Oxford.

Guest of honour at the rally was Captain George Eyston, O.B.E., M.C. "He has had a tremendously long connection with M.G.," Ken explained. "He was the first man to achieve 100 m.p.h. in a 750cc car in February 1932—an M.G. Most people will remember his land speed record of 357.5 m.p.h. in Thunderbolt, in fact September 16th was 35 years to the day since he held that record. It is quite



Ken Revis admires a 1914 Bullnose Morris.

a thought that there is only one person alive who has driven a car faster than George Eyston, that is Bob Summers, who achieved 409 m.p.h."

Ken Revis, who could himself claim to be the fastest blind driver alive, has a great admiration for George Eyston. "He is a typical English gentleman, so modest it is hard to realise he once held the World Land Speed Record—a great driver".

Surprise Present

There is no doubt that an eightieth birthday is a landmark, especially if you are still spry enough to be an active member of your local Toc H branch.

John A. Bocking, of Morecambe went off to his usual Toc H meeting on his birthday and this is what happened:

"I attended the meeting that evening just as an ordinary meeting," he told me. "On entering I received the good wishes from several of the members. Then one of them grabbed my arm saying, 'Come on Arthur, you are the honoured guest,' and placed me beside the Chairman.



John A. Bocking at his 'birthday' meeting.

"Of course I felt very pleased with this reception and as I sat I began to feel there was something going on of which I was not aware. I heard a female voice and asked a member near me if there was going to be a concert, but got no reply. Then someone got on the piano and the company began singing 'Happy Birthday'. The Chairman presented me with a real leather wallet and purse. I thoroughly enjoyed it all, but it is a mystery to me how this had been arranged without giving me a clue."

Rucksack and Walking Boots

Back from an unusual holiday are Mr. and Mrs. **Frank Hawes**, of Southampton. Their way of getting away from it all was a rucksack and walking boots trek up to the Arctic Circle. They visited the Lapland capital of Rovaneimi where they lived with the Laplanders.

"We literally walked into the heavy log cabin at a point some 12 kilometres beyond Rovaneimi, where the Polar Circle line actually is," Frank told me, "and claimed a certificate apiece. We had splendid talks with the curators and staff of both Jokkmokk and Rovaneimi Lap Ethnic Museums and walked 400 miles in just under four weeks."

The Hawes also travelled across several waterways on a variety of boats, and many hundreds of miles in Lapland on their Port Coaches. "We ran up alongside the Sarek, the Lap wilderness, where bear, reindeer, lynx, lemmings, and eagles abound." To get into Lapland they had to travel the length of Sweden by rail. Experienced hostellers, the Hawes feel triumphant about their trek. "We achieved far more than we originally planned. We lived for part of the time in a Lap settlement where not a word of English was spoken and have made some very dear friends."

MAGOG

Frank Reviews

Cat. No. 1686

A Roof Over My Head and The Art of Coarse Sailing

by Michael Green

Read by Garard Green

Two amusing books issued on one recording, the first concerning the purchase of a house and its attendant difficulties and tribulations, while the second deals with the restful sport of a sailing holiday on the Norfolk Broads. The reader, Garard Green, apologises at the outset for his occasional guffaws which is hardly necessary, as funny as both stories are, his helpless laughter at one point is the best part of the recording.

Cat. No. 1622

A Place in The Country

by Sarah Gainham

Read by George Hagan

This story about the life of a young British Intelligence Officer working as an interrogator in Austria at the close of the war is made much more impressive in that the author Sarah Gainham has written the tale in the first person singular and produced a very sound male character.

The book has all the ingredients of a good novel and if it has a fault it is only that the author does prevaricate a little too much in places. Certainly it is a book which I think will interest men and women alike.

In September When the Grapes...

by Margaret Stanway

"Grapes, grapes, grapes; large luscious blue-black grapes; acres and acres of vines growing in such straight rows a guardsman might even admire." This was the description given me as we sped through the flat countryside of Bordeaux to the wine-making town of Saint Emilion.

I was making my first visit to this part of France and the reason for it was to stay with my daughter and her family for a few weeks in their new apartment in one of many blocks now being erected in Bordeaux. Our approach took us over the River Garonne along a suspension bridge similar to the Avon bridge, and, in fact, Bordeaux and Bristol are "twin" cities. On the whole I do not think it is a very interesting city like Paris, but their Botanical Gardens have trees from all over the world. Leading off from the main street is an unusual clock tower which straddled the street.

It was twelve months since I saw my family but I found my two grand children, Gillian and Marc, a great joy, and very interesting now both go to a nursery school. Although they cannot speak English and I can only manage one or two odd words in French, I found they picked up English very easily and quickly from me. Both gave me little gifts they had made at school and these I shall always treasure.

Bathrooms

I must give a paragraph to describing the bathrooms—or baths to be correct, I have encountered in the three homes my daughter has had. In Paris there was only a shower but when I say the whole bathroom measured only about 3 ft. 6 in. square (I used my stick) and there was a shower, a washbasin and a loo in that tiny room you see there was hardly enough space for a child to stand, never mind an adult. In Normandy the bath was about the same as the bathroom—square and standing over 3 ft. in height. There were four curved legs, a deep "bowl" which would hold two small children or one largish one and surrounded by wood varying from about 1 in. to about 3 in. I had to perch as best I could on this surround to shower.

Even then my troubles were far from over as when getting out I must not put too much weight on one corner as the whole thing could tip over.

The bath was similar in Bordeaux but the tub had a long draining board affair where one could sit and shower in comfort with the feet in the bowl. It reminded me of a "sitz" bath used in Health Farms where the feet are in cold water and the upper part of the body in hot. Mine was for free though!

Saint Emilion

Saint Emilion is a quaint town with its narrow cobbled streets, and turreted buildings, so that a hoarding advertising some machinery "Made in Macclesfield", my home town, struck a very incongruous note. There were few shops but we found an ancient Monastery, about 13th century, where we could sit at tables and drink bottles of delicious wine. There was no roof to the building and a beautiful blue sky could be seen through the lacy pattern of an overhanging tree. The pillars and stone floor remained but everyone spoke in a hushed voice as befitted such a place of bygone worship and dedication.

At another town we visited, my daughter Pat and family visited a church which had been hewn out of rock sometime in the 12th century and it stood on catacombs which were made during the 8th century. Although I sat in the car while they went into these places, I was quite happy at feeling all those historic buildings around me and thinking of the happenings there in bygone days.

Truffles

One day we visited the Perigoro region where Truffles come from, and it was interesting to note how wooded and hilly the countryside became and how red the soil was. We passed through many villages all with a mediaeval look about them until we came to Sarlat. Here we lunched at a café adjacent to the River Dordogne. The main restaurant was on the other side of the road and we felt very sorry for the waitresses who had to climb a flight of steps with patrons' orders, and then cross

a busy road, laden with heavy trays for the hungry people awaiting them.

Table setting

Three similarities I noted in the various restaurants we visited, and so I wonder if it is general throughout France. One was that tables are laid with two medium sized dinner plates on top of each other at each "setting" and the first two or three courses—e.g. pâté, hors d'œuvres, and fish, were served separately on the top plate, and then the meat on the other plate after one had been removed. Also hors d'œuvres are not served en bloc but one or two portions at a time. A meal can take about two hours, and the plates are always cold. By the way the fish we were served had been caught in the river that morning and were similar to a sardine in size.

All the houses here were very, very old, and with their turreted roofs rising to a

chateau on the top of the cliff, the whole panorama had a fairy tale quality about it. It must have been the original for stage pieces for our well-loved pantomimes like Cinderella. Eventually we visited the chateau and the church and houses surrounding it, which all dated back many, many hundreds of years. I was told the view was magnificent with the Dordogne wending its way through the valley far below us, and woodlands stretching into a hazy distance.

The climate in Bordeaux is very warm and the last time snow fell there was in 1956. The rainfall isn't heavy either, and warm weather and not too much rain are necessary for a bumper wine harvest such as there had been this year.

Bordeaux is very much to my liking both for its warmth and its wine. And "Bella Marguerite" Stanway likes the wine!

Welcome to St. Dunstan's



On behalf of St. Dunstan's we welcome St. Dunstaners recently admitted to membership. The Review hopes they will settle down happily as members of our family.

William Arnold of Keighley, Yorkshire, came to St. Dunstan's in October, 1973. He served in the London Irish Rifles during the 2nd World War and is married with five children.

John Edmund Brown of Nuneaton, Warwickshire became a full St. Dunstaner in October, 1973. He served in the Cambridgeshire Regiment during the 2nd World War and is married with a son and a daughter.

William Charity of London, N.W.10, joined St. Dunstan's in October, 1973. He served with the East Kent Regiment, (the Buffs) during the 1st World War and suffered injuries which have ultimately brought a loss of sight. He is married with a grown-up family.

John Llewellyn Davies of Swansea, Glamorganshire. He served as an Air Raid Warden in the Civil Defence and was wounded in Swansea in 1941. He is married.

Raymond Lazare Hazan of Aldershot, a Regular Officer in the Royal Anglian Regiment, was severely wounded and lost his sight whilst serving in Northern Ireland. He came to St. Dunstan's in November and is now training at Pearson House. He is married.

Charles Percy Heselton of Scarborough, was commissioned, served in the R.H.A. and R.F.A., and was gassed in the First War; he came to St. Dunstan's in August. He had wide business interests for many years until he retired. He is married with one son.

William Henry Hodder of Hull re-joined St. Dunstan's in October, 1973. He had previously been a member from 1951 to 1960. He served in the Royal Corps of Signals during the 2nd World War and is married with two children.

Ernest Hornby of Hull, Yorkshire, joined St. Dunstan's in October, 1973. He served in the 1st World War in the Royal Field Artillery and was wounded in France. He is married with two sons and a daughter.

TAPE RECORDING SERVICE FOR THE BLIND

In November we published information from Mr. Ron Hall's "Free Tape Recorded Library for the Blind." Now we publish information about another recording service which has already provided valuable help to at least two St. Dunstaners. The Review would be interested to know if any other St. Dunstaners take up this generous offer.

Our Aim:

To give a service to blind people through the medium of tape-recorded information, with the intention of supplementing the work of the official organisations by satisfying individual needs:

Our recording to date has included:—

- Educational courses
- Technical papers and books
- Informative booklets, articles
- Reports, periodicals, etc.
- Instruction leaflets
- Non-fiction, eg biographies etc.
- Language courses.

We will in fact undertake the reading of any printed material except political matters and any fictional reading already covered by the RNIB Libraries.

How to Make Use of The Service:

For further information about these or any of our other services, please do not hesitate to communicate with the Secretary, by tape or letter—preferably Braille—or by telephone any evening after 7 p.m.,

WELCOME—continued

Gerald Robert Jones of St. Agnes, Cornwall, a Regular Officer and helicopter pilot in the Royal Corps of Transport, came to St. Dunstan's in July. With some guiding sight, he is able to work with a friend in a firm producing hand-made goods in the West Country. He is married with two small children.

Lieut.-Colonel Cyril Luxford of Crowborough, was a Regular Officer and served in the First War. He is in poor health, his sight failed and he came to St. Dunstan's in August; he is married.

Cedric James Ousley of Worthing, served and was commissioned in the Second War in the R.N.V.R.; his sight failed and he came to St. Dunstan's in November. He is a widower with one daughter living in America.

when he will be pleased to answer any queries.

SECRETARY

Mr. Charles Cadwell, 48 Fairfax Road, Grange Estate, Farnborough, Hants. Tel: Farn. 47943.

ASST. SEC.

Mrs. Wendy Davies, 9 Walkers Lane, Tarporey, Cheshire. Tel: Tarp. 2729.

CHAIRMAN

Mr. Peter Leyden, 23 Wiltshire Road, Derby, DE2 6EY. Tel: Derby 674544.

If you are a registered blind or Visually Handicapped person, and would like any letterpress material read on to tape, please send it to the nearest of the addresses, see above, together with an adequate tape or cassette, and full instructions about the number of tracks to be used, speed, etc., and it will be dealt with as soon as possible.

The Cost:

This service is quite free, although a donation of cash or Green Shield Stamps to help with the running costs is always welcome AND PLEASE ACCOMPANY ANY QUERIES WITH A STAMPED ADDRESSED ENVELOPE! It would cut our costs tremendously if only everyone did this.

By donating an annual 50p or a 900ft tape, you will be entitled to receive our periodical tape magazine "Far and Wide", and also "New Beacon". There is as well a ladies' tape, and other tape periodicals and news letters which will be sent by arrangement with the appropriate organisations.

TOP CIVIL SERVANT

Denis Church lost his sight in the Second War and went back to the Civil Service where he had been employed for a short time before hostilities. Now he has just been promoted from Principal to be Assistant Secretary, Department of Trade and Industry. An Assistant Secretary is one of the higher ranks in the Civil Service and this may well be the first time that a totally blind career Civil Servant has worked his way to so high a rank.

Denis Church married Susan Canti, who will be well remembered as a V.A.D. at Church Stretton and in Toronto for many years.

St. Dunstaners will join in very warm congratulations to them both.

Remembrance Sunday 1973

by Joyce & Robert Pringle

On Sunday, 11th November, St. Dunstaners, their wives and escorts gathered at Headquarters where we were greeted by Mr. E. V. Stevens. Mrs. Smith and Mrs. Chow made sure that we were each given a cup of tea and we had time to talk to St. Dunstaners that we had not seen for some time. Matron Blackford was up for the day from Northgate House.

Eventually we boarded two coaches which took us to Wellington Barracks where we formed up and marched to the Cenotaph.

We heard people remarking that they could not recall a Remembrance Sunday which had been other than fine but this must have been a gem among them. The sun shone warmly from a cloudless blue sky and lit the familiar buildings with a champagne-like warmth. As Big Ben struck eleven and the cannon sounded out the beginning of the two minutes' silence a wind sprang up and hundreds of russet coloured leaves fell from the trees drifting to the ground past the eyes of the silent crowds. A fitting symbol of the thousands of men who fell in two world wars. After the silence and the short religious service we marched past the Cenotaph executing a smart eyes left.

Special cheer

The crowds in Whitehall gave our contingent a special cheer. The wives in the crowd said that Lord Fraser looked in fine fettle and was a magnificent figure striding out at the head of the column. It was good to be present again this year to honour the memory of fallen comrades.

The coaches took us from Wellington Barracks to the Great Western Royal Hotel where we were able to resume the conversations that had begun at Headquarters earlier in the day. Here we were joined by Lady Fraser whom we were all truly delighted to see.

At luncheon it was the general consensus of opinion that the Great Western Royal Hotel had provided a very good meal indeed. Lord Fraser rose to speak to us. He began by saying that he apologised for having left his notes behind and hoped that he would remember all the subjects he wanted to talk to us about—of course he

did. He went on to say how pleased he was that so many of us were present; 72 St. Dunstaners and escorts had marched past the Cenotaph.

He pointed out that to symbolise the nationwide character of St. Dunstan's he had chosen a first World War lady St. Dunstaner to sit at his left hand and a second World War man to sit at his right; These were, Blodwyn Simon and David Bell; one Welsh and the other a Scot from a city called Edinburgh and he seemed to recall having heard of that place at some time or another. Lord Fraser went on to thank our escorts, our friends from *H.M.S. Daedalus* who had joined us for the parade, and, last but not least, Mr. and Mrs. Norman Smith.

Lord Fraser said that on this day we remembered all the many times when Mr. Wills had been with us at this luncheon and wished him continued success as Secretary. It was his pleasure to introduce Mr. Stevens, who rose to his feet and, quietly in his fashion, said how very pleased he was to be with us on what he hoped would be the first of many such occasions.

Mr. Stevens

Mr. Stevens called upon Billy Miller to give the vote of thanks on behalf of the St. Dunstaners. Billy spoke simply and directly and said what we all felt, which was that we were grateful for the opportunity of attending this function, for an excellent lunch, and wanted to thank Lord Fraser for all that he does for us as Chairman of St. Dunstan's. Coupled to our thanks to him were our thanks to Lady Fraser. Hardly had Billy finished speaking when a chorus of "For he's a Jolly Good Fellow" was started, swiftly followed by "For she's a Jolly Good Fellow". During the singing of this last chorus, Lord Fraser rose and went to Lady Fraser's side, he bent over her chair and spoke to her. She was visibly moved but stood to say a few words. She thanked us for what she described as this charming expression of our sentiments.

The last speaker was Mr. Bill Harris who thanked St. Dunstan's on behalf of the escorts.

CLUB NEWS

MIDLANDS

Business was very brisk at the "Bring and Buy Sale" which we held at our meeting in October. We also held the final of our Sir Arthur Pearson domino competition and our Annual General Meeting on the same afternoon.

The meeting was very well attended and a very nice sum of money was raised toward club funds.

The final of the domino competition was between Joe Kibbler and Louis Androlia. It was a very tight game but eventually Louis was the winner.

The Annual General Meeting was mainly taken up with the election of a new Treasurer, as Guy Bilcliff resigned the office thus leaving a vacancy. Louis and Cath Androlia were asked if they would care to take over this job and they have accepted. Actually they were proposed by Doug Faulkner and seconded by Tom O'Connor. Therefore, our committee now comprises of the following members, Chairman, L. Kibbler, Secretary, D. E. Cashmore, Treasurer, L. M. Androlia, other officers, D. Faulkner and E. Hordyniec.

The thanks of all club members go to Guy and Sallie for being our treasurers for the past seven years and we hope that they will still attend club meetings in the future.

Our congratulations go to Mrs. Elizabeth Tomporowski, who was presented with a silver medal by the Polish Archbishop, on behalf of the Pope, for ten years work as secretary of her Polish church in Wolverhampton. The medal was presented to her at a Service of celebration to commemorate twenty-five years in the history of the Polish Church in Wolverhampton. It is a very lovely medal and Elizabeth was very proud to show it to all club members.

We were very pleased to welcome Loreto Rea to the club and trust that he will continue to attend.

Our November meeting was held on the first Sunday of the month so that members wishing to attend Armistice Services on 11th November would be free to do so.

Compared with the previous meeting this was rather a quiet one. A few chaps had a friendly game of dominoes, and after tea we had a short session of "Bingo".

Tea for this meeting was prepared for us by Mrs. Connie Faulkner and we all showed our appreciation with our thanks for a grand tea.

Our next meeting is to be held on **Sunday, 2nd December** and will be our Christmas Party.

All members of the Midland Club join together in wishing St. Dunstaners everywhere, and all St. Dunstan's staff, a very happy Christmas and a very happy, healthy and prosperous New Year.

DOUG CASHMORE
Secretary

BRIGHTON

The Annual General Meeting of the above club will be held on **Friday, 14th December, at 2.30 p.m.** It will be held at St. Ann's Hall, St. George's Road, Kemp Town, just a little west of Pearson House, bus stop Great College Street. Please come along and elect your Chairman and Committee. All St. Dunstaners and wives or other escorts are most cordially welcome.

F. RHODES

LONDON

The October Football Pontoon Sweepstake was shared by H. King and E. Carpenter, their teams being Queens Park

From the Chairman's Postbag

From Randall Williams, Bexley Road, London, S.E.9

In the October *Review* you asked for any comments on sizes of banknotes. I have observed that the size of the £5 note is getting dangerously close to the size of the £1 note. In comparison the £1 is slightly narrower, but at the same time, slightly longer than the £5. There was a time when, by sliding the notes between my first and second fingers I could easily tell the difference; the £5 would be over the length of my first finger whilst the £1 would be well under. However, it appears to me that some blind folk could easily get the newer notes mixed.

I myself overcome the difficulty when paying out by having separate places in my wallet for these notes. I find it more convenient to carry an amount of cash in the form of notes rather than keeping a cheque book on my person. Since I often wear a sweater I dislike carrying a bulging wallet in the back pocket of my trousers. Therefore, to keep the number of notes to a low number I have them in denominations of £5.

CLUB NEWS

LONDON—*continued*

Rangers and Aston Villa, respectively. Miss Vera Kemmish and W. Allen divided the "Booby" between them with the teams Fulham and West Ham.

Winners of our Domino Games during the month of October were as follows:—

- | | |
|--------------|--|
| 4th October | 1. M. Sheehan
2. W. Miller |
| 11th October | 1. M. Sheehan
2. J. Padley |
| 18th October | 1. W. Harding
2. G. Stanley |
| 25th October | 1. R. Pacitti
W. Miller
R. Armstrong |

BRIDGE NOTES

The ninth and final Individual Competition of the London Section was held on Saturday, 3rd November:—

W. Allen and J. Lynch	84
W. Lethbridge and W. Phillips	72
R. Evans and W. Miller	64
R. Pacitti and Miss Vera Kemmish	63
P. Nuyens and R. Stanners	55
H. Meleson and J. Padley	49
A. Caldwell and F. Dickerson	45

The best five results out of nine are:—

W. Lethbridge	444
R. Evans	432
W. Allen	416
W. Miller	406
J. Padley	403
W. Phillips	401
P. Nuyens	396
J. Lynch	386
F. Dickerson	378
A. Caldwell	372
R. Pacitti	366
H. Meleson	338
H. King	196 after 3 games
Miss Vera Kemmish	176 after 3 games
R. Stanners	168 after 3 games

It was with a great sense of loss that we said goodbye to Kay and Ralph Pacitti in November. They were such popular members of both our Thursday Club and the Bridge Club. Now it only remains for me on behalf of all the members and their wives to wish them both the very best of luck in their new life and home in Elgin.

Once again the joyful season is upon us and it only remains for me to wish all our friends of St. Dunstan's a very merry Christmas and a Happy New Year.

*I would like to wish to-day
As our old year is nearly gone,
That Christmas Day
In every way
Will be a merry one.*

W. MILLER

FAMILY NEWS

Marriage

MURPHY-CHEOK. On 14th November, 1973, PATRICK MURPHY, Junior, of New Stevenstone, Lanarkshire married Miss ROSEMARY CHEOK in a New Stevenstone Church. We wish them every happiness in their married life together.

Grandfathers

Congratulations to:

HARRY BLUNDELL of Warrington, who is pleased to announce the safe arrival of his third grandchild, Mark Steven, born to his daughter Gwelda, and her husband, on 30th September, 1973.

LESLIE COPELAND of Clevedon, Somerset, on the birth of a grandson, Stuart Alan Copeland, born on 18th October, 1973, to Mr. and Mrs. Lionel Copeland, his son and daughter-in-law.

RICHARD CUMBERLAND of Burgess Hill, Sussex, on the arrival of his 5th grandchild, Martin James, born to his daughter, Anne Doreen FitzGerald, in Rhodesia, on 25th October, 1973.

FRANK MADGWICK of Crawley, Sussex, who has much pleasure in announcing the birth of his first grandchild, Kelly Madgwick, born to his son Michael and his wife, Janice, on 26th September, 1973.

ARTHUR HENRY VICKERY of Cheltenham, Glos., who announces the birth of a grandson, Mark, born to his daughter Gaye and her husband in July, 1973.

CYRIL WOOD of Petersfield, Hants., who is pleased to announce the arrival of his second grandson, Edward Steven, born to his daughter Jennifer and her husband, Mr. and Mrs. Day, on 12th October, 1973.

Long Life and happiness to:

Aileen, step-daughter of LESLIE COPELAND of Clevedon, Somerset, who married David Hallister of Wingfield, Berks., at St. Peter's Church, Cranbourne, Nr. Windsor, Berks., on 3rd November, 1973.

John Richard, son of NORMAN COOK, of Croydon, Surrey, who married Miss Heather Ann Pratt at St. Peter's Church, Morden, Surrey, on 29th September, 1973.

Terence, son of JOHN NINIAN COLLINS of Cardiff, who married Miss Pamela Godolphin at St. Joseph's Church, Cardiff, on 6th July, 1973.

Keith, son of Mrs. Lily Filby, of London S.W.16, and the late WILLIAM FILBY, who married Miss B. Peterken on 18th August, 1973.

Mrs. Lily Filby of London, S.W.16, widow of WILLIAM FILBY, tells us that Linda, her eleven year old daughter, has won several swimming badges in school competitions and has been awarded the A.S.A. Silver Survival and Life Saving badge.

Deaths

We offer our very sincere sympathy to:

HORACE STANFIELD BLAKE of Ross-on-Wye, who mourns the death of his mother on 19th October, 1973.

HARRY SMITH of Golcar, Huddersfield, Yorkshire, who mourns the death of his wife, Marion, on 20th October, 1973.

MRS. SADIE STOKES, of Salford, Lancashire, whose husband, Tommy Stokes, died in hospital on 30th October, 1973, after a comparatively short illness. She is very grateful for the many messages of sympathy she has received.

In Memory

It is with great regret we have to record the deaths of the following St. Dunstaners and we offer our deepest sympathy to their widows, families and friends.

George Edward Bulbrook. Royal Army Service Corps

George Edward Bulbrook of March, Cambridgeshire, died at his home on 15th October, 1973. He was 55 years of age.

He served in the Royal Army Service Corps from 1940 to 1946, and it was in that year that his sight began to fail, but he did not come to St.

Dunstan's until 1961. He did not undertake any training but set himself up with a small garage business carrying out limited motor repairs more or less as a hobby occupation.

In 1969 Mr. Bulbrook left Northern Ireland with his family and came to live in England, first at Langley and then in March, Cambridgeshire. He then made poultry keeping, his garden and greenhouse his hobby occupations and carried on with these right up to the time of his death, which was very sudden.

When he lived in Northern Ireland, Mr. Bulbrook was a member of the Organising Committee for the "Not Forgotten Association" and did much work in connection with their annual flag day.

He leaves a widow, two daughters and a son. Caroline, his elder daughter was married last September, but Sylvia and Robert are still at home with their mother.

Henry Geller. *1st Battalion King's Liverpool Regiment*

Henry Geller of Woodford Green, Essex, died on 20th October, 1973. He was 83 years of age.

He served in the King's Liverpool Regiment from 1916 to 1919 but did not come to St. Dunstan's until March 1971, as the serious deterioration in his sight did not take place until later on in his life and he had retired.

During his business life he was a butcher and during his years of retirement his main hobby was gardening. He had three sons all of whom are married and the families visited him frequently. Recently he told us of the arrival of his 9th grandchild who was born earlier this year.

He leaves a widow, Mrs. Winifred Geller and his grown-up sons and grandchildren.

George Walter Elphick. *Hong Kong Dockyard Defence Corps.*

George Walter Elphick of Whitstable, Kent, died at home on 3rd November, 1973. He was 72 years of age.

He enlisted in the Hong Kong Dockyard Defence Corps in 1941, he was discharged in 1947 and came to St. Dunstan's in 1948.

After preliminary training, Mr. Elphick and his wife went into business and opened a shop in Rochester, where they ran a successful business until 1953, when they moved to Tunbridge Wells and, after a short break, they purchased a tobacco and confectionery business in Rainham, Kent, which they ran successfully until the ill-health of both Mr. and Mrs. Elphick made it necessary for them to retire and in 1960 they moved to Tankerton, where they enjoyed a happy retirement. Mr. Elphick was taken ill suddenly a few days after returning home from hospital.

He leaves a widow, Mrs. Edith Elphick.

Malcolm Roderick Hackett. *Royal Air Force*

Malcolm Roderick Hackett of Peacehaven, Sussex, died suddenly on 16th October, 1973 at the age of 65 years.

He enlisted in the Royal Air Force in 1940 and served with them until his discharge in 1943. He

came to St. Dunstan's in 1945. In addition to learning Braille, typewriting, and studying English and general handicrafts, Mr. Hackett chose to become a leather worker and carried on with this occupation for a few years but in 1948 he commenced work in a factory and worked in industry until his retirement in 1973, when he completed a working life of just over fifty years. In retirement Mr. Hackett continued with his many hobbies and used his workshop at home to make various things in carpentry which he needed for his own use.

He leaves a widow, Mrs. Florence Hackett and his only daughter, Margaret.

John Lavell. *King's Liverpool Regiment*

John Lavell of Portsfield, Hereford, died at Tupsley Hospital, Hereford, on 20th October, 1973. He was 84 years of age.

He enlisted in the King's Liverpool Regiment in January, 1917 and was discharged in May, 1917. He came to St. Dunstan's in 1923.

He trained in joinery and picture framing, the latter having been his occupation before joining the Army. Later he also took up the making of trays.

Following the death of his wife in 1970, he made his home with his son, Harry and his family in Hereford. His health had become rather frail in recent years but nevertheless he enjoyed regular visits to our Brighton Home.

He leaves two sons and two daughters.

Frederick W. Matthews. *2nd Bedford Regiment*

Frederick W. Matthews of Soberton, Hants., died on 21st October, 1973, whilst staying for a convalescent holiday at Pearson House, where he was suddenly taken ill. He was 83 years of age.

He enlisted in the 2nd Bedford Regiment in 1914 and served with them until his discharge in 1916 when he joined St. Dunstan's.

He trained in Braille, typewriting and in netting and the making of wool rugs. At a later date he also kept poultry. In recent years he and his wife suffered from poor health and lived in quiet retirement.

He leaves a widow, Mrs. Ethel Matthews, and his daughter and grand-daughter.

Frederick Peacock. *15th West Yorkshire Regiment*

Frederick Peacock of Stokesley, Yorkshire, died in hospital, on 11th October at the age of 74 years.

He enlisted in the 15th West Yorkshire Regiment and served with them from 1917 to 1918 when he was wounded at Armentieres in July 1918 and he came to St. Dunstan's in January 1919.

He trained as a basket maker but later gave up this occupation and began keeping pigs and poultry. Over the years he developed his smallholding and carried on with this occupation until recent years. When Mrs. Peacock died in 1971 he made his home with his daughter Mrs. Ada Featherstone and her family.

He became ill and was admitted to hospital in September and it was there he passed away in October.

He leaves his daughter, Mrs. Ada Featherstone and her family.