



The Gazette



At the Field of Remembrance, Her Majesty The Queen Mother with Dame Margot Turner and members of the Association.

Queen Alexandra's Royal Army Nursing Corps Association

THE Q. A. R. A. N. C. ASSOCIATION GAZETTE

Patron

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GAZETTE Readers'

Representative: MRS. D. M. HAMMOND, ex-T.A.N.S.

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EDITORIAL

In our last issue we published an account of the official opening of the Depot Q.A.R.A.N.C. by Her Royal Highness the Princess Margaret. As many ex-members of the Army Nursing Services seem a little confused as to the real function of this establishment and think of it as "square bashing", we thought an outline of the training carried out there might be of interest. The Museum is also situated in the Depot and now that it is in Aldershot much more convenient to visit and it is very well worth it as so many items of interest are housed there. A short article on the Nurse Training in the Corps is also published in this issue.

Members who pay their annual subscription by Bankers' Order are reminded of the increase and although notices were sent out with new Banker's Orders attached in October, many have not yet been returned. Unless D Block, Netley, is not soon to be filled with Hon. Officers from this H.Q., please, please look into the matter. We really feel you do not realise the amount of work entailed in checking these deficiencies and you know it could result in the non-receipt by you of the GAZETTE—not enough cash paid to cover it.

It has been suggested that if Branches published the date of future meetings in the GAZETTE members from other Branches who are visiting the area at the time, might care to attend and so renew many more friendships. Of course, if the meeting was taking the form of a theatre visit it might be difficult to fit the visitor in but we feel that members would quite understand. Branch secretaries to whom the idea was suggested were very enthusiastic about it. As a start, East Sussex Branch meetings are on April 9th, July 9th and October 1st, all at 2.30 p.m.

Our very warmest congratulations to all our members who received Awards in the New Year's Honours and to all those who have been successful in recent examinations.

APPRECIATION

Thank you all once again for the great help you have given us at Christmas, with donations and attractively wrapped parcels. We are most grateful for all the thought and trouble taken in finding suitable articles to add to the parcels which give such happiness to so many.

E. H. MILLS,
Hon. Friends Secretary.

QUEEN MARY'S HOUSE

Oh, what a happy and beautiful house it is; the treasures in it, so many from Royal Homes, never cease to interest me. I came here after twenty years of retirement and living alone. We furnish our bedrooms—not forgetting the kettle and teapot, who ever thought of this privilege deserves a halo.

The House is so well cared for; the food is excellent and well served—even our likes and dislikes are remembered. We have visitors in the summer and many come back and back.

If any Q.As think of coming to join us—the garden is a joy and if they are keen there is always a rake and fork handy.

We are within a bus ride to the sea front and shops—what more can we ask for—I've been here nearly three years so I should know.

A. RESIDENT.

There are vacancies in Queen Mary's House and ex-members of Q.A.I.M.N.S., Reserve, Territorial Army Nurses and Q.A.M.N.S.I. are eligible to apply to become residents. Fees are assessed according to income by the Executive Committee of Queen Mary's House Fund. Further enquiries should be made to:

Hon. Secretary,
Queen Mary's House Fund,
C/o Q.A.R.A.N.C. Association,
Haig House,
26 Eccleston Square,
London, S.W.1.

CHRISTMAS AT QUEEN MARY'S HOUSE 1967

Yes, it was lovely—In our sitting room, recently redecorated, stood a huge Christmas Tree, beautifully trimmed, and with so many gifts and cards, from almost all over our world. It is wonderful to know that our younger members of the Q.A.R.A.N.C. give a thought to the Q.A.I.M.N.S., so again our thanks. Christmas fare, lasted and enjoyed for at least ten days. How we would like to give personal thanks to our many friends.

THE RESIDENTS.

FORTHCOMING EVENTS

Q.A.R.A.N.C. Association Annual General Meeting, 1968

The 20th Annual General Meeting of the Q.A.R.A.N.C. Association will be held this year at the Cafe Royal, Regent Street, Piccadilly, London, on Saturday, June 15th at 2.30 p.m. (prior to the Reunion). Members wishing to attend please notify us when applying for Reunion tickets and the Agenda will be sent.

The most important business of the meeting will be the election of a Chairman and three members to fill vacancies on the Central Committee.

Term expired members are:

Lt.-Colonel E. F. Davies, R.R.C., Chairman
Colonel U. Dowling, R.R.C.
Colonel J. Howe, R.R.C.
Miss H. Hamblin (not eligible for re-election).

Please send your nominations and re-nominations early, which must state the member nominated has given consent.

23rd ANNUAL REUNION, 1968

The Annual Reunion will be held at the Cafe Royal, Regent Street, London, on Saturday, 15th June 1968 at 4 p.m.:

Tickets for members and guests 12/6.

Tickets for non-members eligible to join the Association 15/-.

Please apply as soon as possible for tickets, giving names of both members and guests, and enclosing payment in the form of a cheque or Postal Order, also a large stamped and addressed envelope to:

Reunion,
Q.A.R.A.N.C. Association,
Haig House,
26 Eccleston Square,
London, S.W.1.

The latter request also applies to Branch Secretaries who apply for tickets en bloc.

Queen Mary's House Fund

The Annual General Meeting of Queen Mary's House Fund will be held at 11.30 a.m. on Tuesday, 23rd April at Kirkland House, Whitehall, London, S.W.1.

FORTHCOMING SPORTS EVENTS

Q.A.R.A.N.C. SPORTS CLUB

1. Table Tennis Tournament: Wednesday, 28th February, 1968.
2. Medforth and Gillespie Challenge Tennis Tournament: Tuesday and Wednesday, 18th and 19th June, 1968.
3. Corps Sports Day: Thursday, 20th June, 1968.
4. R.A.M.C./R.A.D.C. Swimming Gala: Wednesday and Thursday, 9th and 10th October, 1968.

All Association members are cordially invited to the Tennis on Wednesday, 19th June, and to the Corps Sports on Thursday, 20th June. To facilitate catering, members are asked to inform the Secretary Q.A.R.A.N.C. Sports Club at the Debot of their intention to attend at least three weeks prior to the events.

NEWS FROM THE BRANCHES

Northern Ireland District Branch

This branch is progressing well. After the Remembrance Day Service in Belfast some of the serving members, in uniform, visited Miss Stenson who was delighted to see them and so interested in the uniform comparing it in colour and style to that of 1898.

New South Wales, Australia, Branch

Four meetings were held in 1967, in February, May, August and December, the latter being a Christmas Party attended by many members and friends. At this party the Bring a Gift, Take a Gift idea carried on from the Bran Tub of the old Q.A. Christmas Dinner days was continued.

After the August meeting, slides of Japan and Hong Kong were shown by Mrs. Gray who visited these parts earlier in the year.

Mrs. Edwards, Chairman of the Victoria Branch, was on holiday there at the time and was a very welcome guest.

In October, Mrs. O'Shea held an afternoon At Home and about twelve members were able to accept the invitation. It is hoped to publish a photograph taken in the garden, at a later date.

Brighton and Hove Branch

Our nominal roll now stands at seventy-one. As we are all retired "has-beens" it is with pride that we can boast of going from strength to strength. We had a delightful Christmas Luncheon, enhanced by the presence of Dame Flora Robson, Dame Louisa Wilkinson and Lady Robey. Dame Flora depicted a flattering analogy between the career of actress and nurse—the warmth of her gracious personality suffused us all with a lovely glow, which food and wine served to emphasize !



Dame Flora Robson & Lady Robey with some of the members and Guests.

The attendance at our Annual General Meeting of twenty-eight was a little disappointing, but as so many members contributed with helpful suggestions, they made up in quality for diminished quantity. We have a full programme of meetings and events for 1968 and hope they will be well supported and enjoyed.

I envy the facility which Treasurers of serving branches must have for renewing membership and GAZETTE payments. I wonder if other "retired" branches find this an annual headache. If so, will any guilty subscriber who may be reading this take action, including those of our own branch who are guilty of this oversight?

The influenza epidemic hit this area severely and local Homes and Institutions were grateful for the help some of our members could give. We deeply regret the passing of one of our Life members, Miss Kathleen Cotter, but are thankful that our other sick members have recovered, and can look forward to renewed strength now that the Spring is breaking in our lovely countryside.

We anticipate with pleasure another year of happy friendship in the branch, and wish all members of the Association, wherever they may be, good health and cheery friendship throughout 1968.

TERRY BABBAGE.

East Sussex Branch

The above Branch held its first Christmas lunch at the De la Warr Pavilion in the Edinburgh Room, on 5th December 1967. In spite of it being the first day of the rail "go slow", twenty-one people were present and thoroughly enjoyed themselves.

Our Annual General Meeting was held on 23rd January 1968, at Queen Mary's House, and although numbers were cut by influenza there was a good attendance.

After tea, new members who had not seen Queen Mary's House were taken round by the residents.

It is hoped to arrange a coach tour later in the year, possibly to Canterbury.

M. DOWNING.

Bournemouth Branch

Fifty members and guests attended the December Bring and Buy Sale at Linden Hall Hotel. Following tea, the Chairman, Dame Monica Golding, spoke of the disappointing response to the Anna Neagle Appeal for funds for the Elderly Nurses on a recent Sunday "Give at Seven" on B.B.C. She suggested that a worthy cause for a branch donation would be the local Home at Holdenhurst which houses fifty-two retired nurses, among them five Q.As. The Home has no support from the State.

Everyone applauded the idea. Nevertheless a spirited discussion ensued as to the specific purpose on which the money should be spent. In fact, two arm-chair bed rests for the sick bay were purchased on the recommendation of the Matron.

Two new visitors to grace the Bournemouth scene were Sylvie Mayo, now Chief Nursing Officer with British Railways, and Rosa Holmwood, formerly a Senior Welfare Officer St. John and Red Cross.

K. A. TYE.

Kent Branch

The second gathering of this branch took place on Monday, 27th November. It took the form of a Christmas Tea Party and was again held at Canterbury in the newly-built hall belonging to the St. John Ambulance Brigade. We were very fortunate in being allowed to use this free of charge.

Dame Barbara Cozens warmly welcomed all members and their guests who included Mrs. Mills, Miss Holmes and Miss Baldock from H.Q.'s Branch. We were delighted to have them with us.

We enjoyed a delicious tea; cakes and sandwiches were brought by members from as far afield as Hythe, Strood, Gravesend and Goudhurst.

Dame Barbara's sister, Mrs. Crumpton, with Timmie Poodle and other friends including two lady members of the St. John, unpacked and prepared the tea in the background and also did all the clearing up afterwards. We valued their help so much. It gave us a chance to talk to one another and renew old friendships. There was enough noise to please the most ambitious hostess.

Mrs. Keene's lovely iced cake with the Association Badge decorating it was voted too perfect to cut; instead, we guessed its weight and made a little money.

The generous spirit of the Q.As was much in evidence and we increased our funds by selling back to ourselves some of the home-made cakes, biscuits and sandwiches which were left over. It was realised by us all that we must not only support our Branch funds, but we should also like to contribute to H.Q. Benevolent Fund.

We were about thirty-five altogether and there were a few apologies for unavoidable absence. Sixteen new annual members and one new Life member were enrolled, so we feel we have got off to a good start.

Our next meeting is planned for April 1st, 1968, but the place of meeting is not yet decided. We want to have a Bring and Buy Sale and already many of us have commenced making useful things to sell.

M. C. BELL.

Millbank Branch

The Branch met in September for a demonstration of floral arrangements by Mrs. Carr. The emphasis was on Christmas decoration and a very large gathering was very impressed by the various ways of arranging bits of greenery, etc. At the conclusion of the talk the oddments were sold for the benefit of Branch Benevolence.

In November we had our usual large gathering of members for the Raffle Draw. The Draw was performed by Mrs. Bagshaw, wife of the C.O. of the Hospital, herself an ex-Q.A.

104 prizes had been donated and the amount of money raised was £173 1s. Od., the cost of postage of prizes for members not present was raised by a member selling home-made Japonica Jelly and a member who sent the cost of postage of her parcel. The evening was very enjoyable and ended by the usual chat and coffee and sausage rolls.

HILDA HAMBLIN.

North-East Scotland Branch

There was a good turn-out for the Annual General Meeting in October of the North-East Scotland Branch. The business was speedily completed partly due to the fact that all the office bearers kindly consented to continue for the following year.

After the business one of our members, Mrs. Yvonne Hendry, became our guest speaker. She gave a most interesting and skilful demonstration on "The Art of Make-up", using members of the audience as models. One wishes one could have heard the comments of the husbands of these glamorous ladies on their return home!



Mrs. A. Sharp (*seated far right*) Chairman of the Branch with some of the members. (By courtesy of Aberdeen Journals Ltd.)

Because of the increase in our funds this year, members were able to have their Christmas dinner subsidised. Twenty-five of us gathered for dinner on 14th December in the Amatola Hotel, Aberdeen, where, in perfect surroundings, a delicious dinner was enjoyed. We were somewhat disappointed that the photographer did not come in time to take pictures of the company whilst dining but H.R.H. the Duke of Edinburgh was arriving in Aberdeen at the same time so we were pictured much later in the evening at the then empty table.

It is with regret that we record the death of one of our well-loved members, Miss Elizabeth Matthew, who died suddenly on 29th November 1967. She lived in Aberdeen and was Matron of the Mother and Baby Home. She was a member of the Territorial Army Nursing Service and from 1939 to 1945 served in many theatres and on different hospital ships. Representatives from this branch, as well as many professional colleagues and friends, were present at the funeral service.

D.M.M.

Q.A.R.A.N.C. TRAINING CENTRE

The familiar name of "The Depot" is changing to the new one of the Q.A.R.A.N.C. Training Centre, and this seems a good time to write of something which has not changed—the function of this Unit.

There are four main functions to which may be added the general administration, maintenance and upkeep of supplies of the Unit.

1. **RECRUITS TO THE Q.A.R.A.N.C.** These girls come to the Training Centre for a period of nine weeks, before being posted to Military Hospitals to start training. During this time they receive Basic Military instruction, are given lectures on First Aid and on subjects which are necessary for their Army Education, Class II. They are given an insight into the traditions and history of the Corps of which they have become members. Last, but certainly not least, they are fitted out with uniform, indoor and outdoor.

2. **OFFICERS ON 1ST APPOINTMENT.** Each month a course is run to initiate newly-joined Officers of the Corps into their new environment so that they will feel less like strangers when posted to Military Hospitals. Again the fitting and supply of uniform is undertaken.

3. The Instructional Wing conducts courses of promotion for Officers and Non-commissioned Officers. This function is most important for career prospects and due regard is given to civilian trends in nursing and administration when arranging lectures.

4. All those on the attached strength of the Training Centre are looked after by the Department of Holding and Drafting. Those consist of Members on courses in civilian hospitals, Royal College of Nursing and Universities, those who are sick and Other Ranks who are to be discharged.

NURSE TRAINING IN Q.A.R.A.N.C.

All recruits enlist for a four-year engagement at an Army Careers Office. They are called forward for a nine-week Basic course at Depot and Training Establishment, Aldershot—Military orientation course. This does not count towards nurse training.

Selection for State Registration or State Enroled Nurse is completed during this time but candidates are streamed prior to enlistment according to educational qualifications and ability testing scores.

STUDENT NURSE TRAINING—1962 SYLLABUS FOR STATE REGISTRATION

Introductory Course of eight weeks is undertaken at one of two selected hospitals in U.K. During this course the candidate is indexed before the end of thirty days as in civilian hospitals. After completion of the Introductory Course the student nurse continues the rest of her training, as her counterpart in civilian hospitals, and must complete the same periods of specified experience. However, she may do 18 months-2 years of it in Germany or Singapore. The programme of the group is made out for the whole three years by the Chief Nurse Tutor, and each student in the group receives a copy of this, so she knows where she will be when her Final examination is due.

EXAMINATIONS

As pay increases in the Army are based on progress in trade qualifications, the student nurse has an inservice examination in each year of training. Extra pay is given if she qualifies in military promotion courses. She is permitted to do only one of these during training and she must make up the four weeks it takes before being qualified as an Army trained nurse or before entry for State Final examination.

CAREER PROSPECTS

(a) An Army trained S.R.N. may apply after Registration for a commission. Her conditions for acceptance for this are identical with those of the direct entry applicant from civilian training.

(b) During her fourth year she may do Pt. 1 Midwifery and providing she has a specified period to serve in the Army, will be seconded to a civilian school for Pt. 2 of the Midwifery certificate.

(c) If she does not wish to do either of these things, she will be employed for the remaining part of her service in a staff nurse capacity, and obtain hospital experience in any of the usual fields. During this time she will be encouraged to do a further promotion examination to qualify for higher non-commissioned rank and pay.

PUPIL NURSE TRAINING—TWO YEARS' COURSE FOR S.E.N.

The Introductory Course of one month is carried out at one of three selected hospitals in U.K. These are not those selected for student nurse training. During this period she is indexed. After the introductory course she can continue training for the further period either in U.K. or Germany or overseas in Cyprus, Malaya or Hong Kong. If she volunteers for one of the three latter hospitals, she is told that this will delay her enrollment for approximately one year. As there is only one hospital associated with the Army where geriatric experience is obtainable, pupil nurses are seconded to civilian geriatric units for 3 months' experience before assessment.

EXAMINATIONS

Like her student nurse colleague, the pupil, to obtain a rise in pay must qualify in Army nurse examinations. These are based on the pupil nurse syllabus, but she is assessed separately from this under the usual arrangements made by the General Nursing Council. To qualify for third year pay, the Army S.E.N. undergoes a further inservice course and passes an examination for Army Nurse Class I.

CAREER PROSPECTS

This group are encouraged to take promotion courses and further education, and in the future will probably fill the non-commissioned officer vacancies, both at junior and senior grades. If specially recommended, and providing they qualify educationally, a very small number may be accepted for training for State Registration after enrollment.

WORKING WITH CHILDREN

MARY REID, R.S.C.N.

*Sister-in-Charge, Child Psychiatric Clinic,
St. Thomas's Hospital, London*

I was delighted and felt it was a great challenge, when, knowing my interest in disturbed children, the former matron of St. Thomas's Babies' Hostel asked me to help in the running of an experimental part-time day clinic for maladjusted children, under five, under psychiatric supervision. At that time, this work took the form of a small group of at most 10 children, who were looked after alternately by two staff nursery nurses with the help of students on three days a week. It soon became evident that trained nursery nurses with good experience are ideal for this type of work. Because of their thorough knowledge of the well child, they have a yardstick when helping the emotionally disturbed. This small pilot scheme has now grown to a full-size psychiatric day hospital for disturbed small children and their families.

PLANNING THE DAY

During the last four years we have built up a therapeutic form of play based on the child's development. Our day has a certain structure to it, but by no means a set routine. The nurses must feel free from restrictive patterns and routine to enable them to hold their group together, they have the perception to know from the mood and feel of the group when to move on from one activity to another. Some preparation and discussion about the day's activities takes place among the staff beforehand. Once the patients arrive the work with them is a full-time task and must flow smoothly and harmoniously; too many interruptions would result in disintegration, chaos and destruction. Three mornings a week the nursing staff have a eurhythmy class before the patients arrive.

GETTING READY FOR 10 A.M.

The day begins for the staff long before the children arrive. The cook and her kitchen help have preparations for the dinner well in hand and the home-made bread for tea is already rising well up the bowl to almost double its bulk. The porter-handyman, who also does a great deal of work with the children, has seen to the boilers for hot water and central heating, polished some of the floors, and swept around the outside of the hospital. The domestic staff have cleaned all the rooms which are in use during the morning, so that they are fresh and welcoming, and there is no fear of someone arriving and tripping or slipping over an electric cord, wet polish, bucket of water or a piece of soap. The nurses have also seen to the laundry. With so many enuretic and encopretic patients, and very small children who

are not yet toilet-trained, efficient laundry facilities and a well-stocked clothes cupboard are essential. Around 10 a.m. the first arrivals appear, a welcoming cup of tea is ready for the mothers, who help themselves from a tray, and there is time for a chat with each other and with some of the staff. Urgent casework interviews arise spontaneously from this.

MEETING AND GREETING

We soon discovered that the children's day had to have a beginning and an end. Everybody joins together, nursing staff, domestic staff, mothers, children, therapists and any visitors; we form a circle holding hands so that the children feel part of a community, say a very short prayer, then 'good morning', or 'goodbye'. Our first activity of the day, eurhythmy, then gets underway; parents enjoy this too and most of them join in with us, plus the visitors if they feel so inclined. After this session, the children break up into three smaller groups, each with its own staff nurse, until lunchtime.

Mealtimes are included as part of our treatment scheme; a large proportion of our small patients present feeding difficulties as part of their general maladjustment. It is important, therefore, to present well-cooked but simple meals which are not beyond any household budget of our patients' families. We use adult size tables and chairs, which the children would be expected to use at home, and a pillow or cushion to raise the smaller children to table level. We feel mealtimes should be pleasant but quiet; the children are expected to sit still at the table, and nursing staff, some mothers and any visitors eat with them. Cook serves the meal with one child helping. We are extremely fortunate in our cook. Trips to the kitchen by children or parents are always welcomed and give great pleasure and support. As a result food is not just something which appears miraculously on a plate, they know where it comes from and have probably helped prepare some of it. We feel that food which is taken for granted has very little therapeutic value. Grace is sung before meals.

THE SIESTA—AND TEA

After lunch and the usual toilet round, the children are settled in cots or truckle beds for an hour's rest. During this time a member of staff sings nursery rhymes and lullabies to them, some of the children join in the ones they know, others soon drop off to sleep.

During the afternoon, the children are again in their small groups with a nurse until the last session of the day, when they all come together for singing and movement games. They then have tea before going home.

The group activities include baking (the children make all the biscuits they have for tea), water play, sand play, finger play and body image songs, painting and music, and of course story telling.

All the mothers are invited to join in as much of any day as they can with the children. Only then, as they take part in our activities and games, learn our songs, see how we play with the children and watch our handling of them, do they begin to regain self-confidence and initiative.

HELPING THE MOTHERS

We never try to instruct the parents, but always let them gain insight through observation. Informal talks in the mothers' sitting room are of great value; they gain help from each other and will often ask advice on points raised in a discussion like this. During these talks also, I often gain relevant information about the family set-up, which is helpful to us. It is much easier for a mother to talk of the intense but terrifying hatred she feels for her child without a dreadful feeling of guilt, when other mothers have had the same experience, or the despair of a marriage which is almost on the rocks, when there are others in the same boat. The relief of being able to talk to others who have had the same experience but are gradually getting on to an even keel again is of far greater therapeutic value than just asking and accepting advice from trained staff.

Our kitchen has an ever-open door and is usually a centre of activity, as it is in most homes. Cook shows the mothers how to make bread, small cakes for tea, stew or fish pie or very often just has them in the kitchen for a chat and a joke to cheer them up.

A great many of the mothers are physically utterly exhausted when they first come. The one thing they need above all is a chance to sit down with their feet up. A little consideration of their needs often brings first a flood of tears, but irritability and frustration then melt away.

CONCLUSIONS

The mothers and our visitors often comment on the atmosphere of the day hospital. This has come about by hard work on the part of every member of the team, and their increasing mutual trust and collaboration. It has proved most important that each individual in the unit should feel valued for their particular form of contribution to the work we try to do, and that none should feel left out because of a breakdown in communication.

In addition to the regular weekly staff conference our visiting therapists have also given generously of their time for evening study groups to be held on the elements of their art. This has resulted in a much more active understanding of their work by the rest of us and has enabled us to further rather than hinder their work during the rest of the week. The nurses have therefore felt even more intimately involved in the treatment of their group of children, and with increased knowledge has come increased confidence to act on their own initiative. In this way the children are helped to feel more secure

and become a far less threatening therapeutic proposition. It also becomes more difficult for trouble and misunderstanding to arise between staff and mothers as the staff do not feel threatened by the hostility which the mothers, themselves disturbed, may display.

It is probably this feeling of confidence in the contribution they are making which keeps alive the warmth and enthusiasm of the whole staff. The work is certainly extremely arduous at times, but somehow its very challenge encourages further effort.)

(Reprinted by courtesy of the *Nursing Times*.)

PERFECT POSTURE

The names of Chester and Headley Court are often to be heard around the wards of the Royal Herbert Hospital at Woolwich. Spoken in tones of despair, joy, fear, awe or trepidation, or even downright relief, they reflect the mood of the patient or sister who utters them. So it was with rather mixed feelings that I heard that I was to go myself as a patient. Having been for the best part of a year at the Royal Herbert, first as a patient, then as a member, albeit not a very active one, of the staff, I had seen a good many people off on the road to Headley Court, but had never really viewed the finished product.

"You'll love it", said one, "all those lovely parties they have", "All that P.T.—it will kill you", said the sceptic. "They'll keep you busy making baskets, no need to take your knitting", said another. "Bring a track suit" said an impersonal voice on the telephone, 'oh—and uniform, Orderly Officer you know . . .'" Track suits, orderly officer, basket making and P.T.—what does go on at Headley Court? I was soon to know.

The Medical Rehabilitation Unit, R.A.F. Headley Court, set in some of Surrey's most beautiful countryside, is one of the "stately homes" of England. Lying well back from the Epsom-Leatherhead road, and surrounded by rolling parkland and beautiful formal gardens, the house stands on high ground with green lawns and avenues of clipped yews sloping away on every side. The house is built of mellow red brick, and the new blocks of buildings which have been added, also of red brick, do not look out of place, and have been well planned and laid out, so that in no way do they detract from the beauty of their surroundings.

Standing at the front door of the house one looks across the gravel sweep and down an avenue to the gardens, with the head-quarter and admin. buildings on one side, and the remedial gym on the other. The gardens surrounding these new buildings were actually being landscaped as the new building was progressing, so that everything was finished at the same time and there was no untidy mess to be cleared away before the opening.

The house itself is not very old, having been built in 1890. But it contains many antiquities such as the Cromwell room, brought intact, complete with ghost, from Cromwell's house. There are also wrought iron panels at the back of two of the fireplaces, one dating from the time of James I, and the other from the time of the first Elizabeth. All the rooms are panelled, most of them in dark wood, but the dining room and ante rooms have been lightened to give a brighter effect. In 1912 an article appeared in the *London Illustrated*: "Headley Court, the Surrey home of Mr. Cunliffe". This article, with the photographs taken at the time, has been framed and now hangs in the Officers' ante room.

Besides the large ante room and dining room there is a spacious lounge hall and a well equipped and well-stocked bar, a ladies' ante room, and two television rooms. The male officers are accommodated in the upstairs rooms of the main house, the N.C.Os in the sergeants' mess, which is across the road at the back of the house. The female patients occupy what is best described as a "mews flat", built over what was once the stables and is now staff garages. There are six rooms, a small sitting room, a laundry room with a washing machine, drying rooms, and plenty of bathrooms. So there is no fear of having to rough it at Headley Court. A small hospital, with a Nursing Sister in charge, looks after those patients who require special help and care.

Headley Court was acquired and equipped as a rehabilitation centre for the R.A.F. through the generosity of the Chartered Auctioneers and Estate Agents, and was opened for patients in 1950. But it was not until a couple of years ago that female patients were admitted, and few Q.A.R.A.N.C. officers have passed their way.

The real work takes place in the remedial wing, a large building separated into three departments. The Physiotherapy department, staffed by five trained Physiotherapists, is a large light room with windows looking out onto the terrace, and full of up-to-date equipment. There are one or two curtained cubicles for those requiring a degree of privacy, but otherwise the room is open and the atmosphere free and friendly.

The largest department is of course the Remedial Gym itself. There is a large hall, once again equipped with all the paraphernalia of a modern gym, and upstairs a smaller one with discreet blue velvet curtains screening the balcony which overlooks the main hall.

The gym is staffed by energetic, well-trained (and beneath a façade of toughness really very kind-hearted) Gymnasts and Physical Training Instructors. The third department is the occupational therapy department. I should imagine it to be one of the best stocked and equipped in the country. A carpentry shop, a printing press, typewriters, short-wave radio—everything from painting by numbers, and lampshade making, to weaving, basketry and rug-making. You name it they have it. Here, under the tutelage of a

trained occupational therapist, and a trained Warrant Officer R.A.F., the patients make the articles of their choice. Some, of course, have to follow a special line laid down to help them in their treatment, others to gain a brief respite from the intensive programme of exercises and P.T. The atmosphere is free and easy; a tape recorder supplies cheerful music, anything from the Beatles to light opera, and much advice and comment is handed round concerning one's neighbours' handicrafts.

The programme and timetable to be followed is worked out by the staff, under the advice of the Medical Officer, who decides what line of treatment is required, and there is close co-operation between departments. Every patient is placed in a class: "Early Knees", "Early Legs", "General" "Spines", Arms or Specials according to his or her disability. "Specials" normally have individual instruction from the Remedial Gymnasts, but the other classes work together under their own instructor, and the main gym hall sometimes presents an alarming sight of waving arms and legs and prostrate bodies, with the "Specials" tucked away safely in the corners on the "plinths" as they prefer to call the couches.

The Hydrotherapy Room (swimming pool to the uninitiated) is a large sunny room with the atmosphere of a turkish bath. The pool is tiled and has a firm handrail all round. An easy flight of steps leads into the shallow end of the pool, which slopes away gradually to a depth of about seven feet. The water temperature is kept at around 96 degrees.

The day's work starts at 8.45 a.m. in the main gym with everyone doing "warmups" or exercises to music, for fifteen minutes. The penalty for latecomers or inattention is ten press-ups on the floor to the cheers and jeers of the assembled company.

Warm ups take place morning and afternoon, and after this the patients disperse to their own classes and instructors, and the serious work of the day continues. The exercises do not all take the form of gymnastics and P.T. Some of the classes go for walks or play golf and badminton, and the small groups of men in blue tracksuits and white sweaters must be a familiar sight along the lanes and on the downs around Headley.

A notice outside the gate warns motorists: "Slow, disabled persons crossing", but sometimes does not seem to have much effect on the traffic.

The atmosphere at Headley Court, both at work in the gym and in the mess, is friendly and informal. Anyone arriving in a state of self-pity cannot remain so for long. One quick glance round his fellow patients will surely leave him with something to be thankful for, and the carefree and lighthearted approach of some of the more serious cases will soon disperse his clouds, and he will be exchanging backchat and banter with the best.

Life is not all work at Headley. After work, at 5 p.m., one is free to do as one pleases; go out, watch TV, or retire to the solitude of

one's room. Some Monday evenings a coach load leaves at 6 p.m. bound for the bright lights of the metropolis, and armed with tickets for one of the London theatres. Thursday night is party night, when friends are invited in and the record player blares forth, and crutches and disabilities are liable to be forgotten as the rhythm of the twist gains hold. (Indeed, it is rumoured that one M.O. compiled his discharge lists by attending the Thursday night party!) On Friday there is a great hustle and bustle as people prepare to leave for the weekend, and at 4.30 there is a mad rush for a cup of tea and off. This departure for the weekend is encouraged and there is normally only a very small handful of people left on Saturday and Sunday. Being female, I found that Friday evening was a very useful time to catch up on the chores of life, and rarely left before Saturday.

Time at Headley Court has little meaning, the days go by, the first week's gone and you wonder why you suddenly have all these muscles you knew nothing about before. The second week gone and you are in your stride, and before you know it a month has gone, two months, and the day dawns suddenly when your name goes up on "discharges". A frantic rush of packing (did I really bring all this clutter with me?) a round of goodbyes and signing out, and you are off, with, if not exactly a perfect posture, at least a much better one than you have had for some time past.

Thank you Headley Court . . . anyone want a lampshade?

BARBARA W. C. NORMAN.

WORDS OF WISDOM

Ask not thou how shall I bear the burden of Tomorrow,
Sufficient for the day, its care, its burden and its sorrow.
Christ imparteth by the way Strength sufficient for the day.

Found in General Gordon's bedroom.

* * *

"The man who can't make a mistake, can't make anything".

Abraham Lincoln.

* * *

There are four things that come not back—the spoken word,
the sped arrow, the past life and the neglected opportunity.

Arabian proverb.

EXERCISE FIERY FURNACE

In April 1967, four of us were told of a forthcoming army exercise in which we were to take part. The exercise was to be held at Gong Kedah, near Kota Bahru in north-east Malaysia. On hearing the news, we were all rather doubtful but very excited at the prospect.

The first step involved the fitting out of "jungle greens" for each of us. Many hours were spent in mirror gazing and undergoing close scrutiny by our colleagues. The final results were not very glamorous but were suitable for the occasion. Our out-fits were completed with gas masks, panchos and water bottles. We also remembered to take plenty of insect repellent.

The day came and we arrived in full jungle force at Changi airport, in the early hours of the morning. Many a head was turned in our direction. We were met with puzzled looks at what appeared to be four females dressed ready for battle in the jungle! At last, time came for take off and as we were about to enter the aircraft, loud whispers were heard to say "where is the war boys"! The flight took one and a half hours and proved to be rather noisy in an Argosy aircraft. We managed to get a splendid view of the Malaysian landscape from the cockpit.

On landing at Gong Kedah, we were taken by landrover along a bumpy, dusty road to the camp about one quarter of a mile away. The heat and the humidity were higher than that we were used to. The camp was situated on flat, scrubby ground and the dust seemed to be the main hazard, especially while driving along the road. The camp hospital consisted of one ward of fifty beds, a theatre, X-ray department, dental department, dispensary and reception. All of these were under canvas. We were given the use of a mess tent and our sleeping quarters were set aside from the main camp. Having surveyed our home for the next few days, we sat down to our first meal which was delicious. The ward consisted of two large tents, with an office and treatment room combined, between the two. The majority of patients were suffering from gastro-enteritis, fevers and minor injuries.

Despite the lack of normal comforts available in a military hospital the patients were very cheerful and co-operative. Most of them expressed surprise at finding nursing officers on the wards. Our normal ward duties were carried out quite smoothly, in spite of the need to improvise. Some of the more serious cases such as burns, were casevaced to B.M.H. Singapore. Minor operations were carried out in the theatre. Night duty was covered by R.A.M.C. personnel.

We found the main problem to be lack of fresh water, which had to be brought by road from Kota Bahru about twelve miles away. The camp electricity supply was provided by a generator, on which we noticed had been written "Glow worms incorporated". Odd bursts of gunfire were heard during our stay from the mock enemy

which was represented by a Gurkha battalion. A few of our ambulances and vehicles were ambushed by them. Armed guards were constantly on duty in the camp.

During one day, one hundred and fifty mock casualties were admitted for surgical treatment. They were methodically dealt with, and then either evacuated or returned to their respective units.

Off-duty we walked around the camp precincts taking photographs of the many unusual subjects. Sand lizards and scorpions were a very common sight. The numerous bats were a source of companionship as evening drew near.

They were strange and unusual surroundings at bedtime. Getting into bed to the sound of jungle noises was somewhat different to listening to "The Sound of Music" on our tape recorders. The insects gathered in full force outside our mosquito nets until the lights went off. All four of us slept extremely well and there was no such problem as insomnia, despite the unusual noises and the threatening possibility of attack by our mock enemy! Sheila was up with the lark in the mornings, served us our tea and rationed out the washing water.

The bathing facilities were somewhat primitive indeed. The shower was inside a square tent, water being provided in jerry cans. It was an ingenious piece of engineering consisting of a red plastic bucket with a perforated base. The idea was to fill the bucket with water, hoist it up to the desired height on a piece of rope and then pull the string attached to the base of the bucket. This released the flow of water which gave us a shower lasting a full one and a half minutes!

On our third day we each had an unexpected treat. This was the opportunity to have a big bath at the R.A.F. camp about three miles away. For this, we were taken by landrover and were given the use of the bathroom with an armed guard outside the door, just to ensure our safety! Even though the water was cold, the unanimous decision was reached that it was the most welcome bath we have ever had.

The next surprise came on the following day, when all four of us were feeling very much in need of a swim; our Commanding Officer very kindly suggested a trip to a nearby beach. We packed ourselves into the back of a field ambulance and were on our way, under the careful supervision of two armed guards. Half a mile outside camp, our driver informed us that we were lost. Nearly two hours later, after passing through many kampongs, we finally arrived at a beautiful beach. We were soon changed and in the water and really enjoyed our refreshing swim in the South China Sea.

On the fifth day, we were awaiting news of our flight back to Singapore, the exercise being near completion. After supper, we were relaxing in the mess tent, our flight out being 21.15 hours. Suddenly, at 21.00 hours, all the lights in the camp went out. We heard gunfire and saw thunderflashes which seemed to be very close. It was the mock enemy who had made an attack on the camp and we

learnt later that they had also captured our aircraft for our departure. We sat patiently in complete darkness for one hour awaiting news. We felt this was a suitable climax to our unusual adventure. Eventually, we were able to collect our belongings from our tents using torchlight. This resulted in frequent stumblings over guy ropes on the unfamiliar ground. Belongings collected, we were bundled into a landrover, and in a matter of minutes we were speeding on our way. The picture was completed with an armed escort vehicle at back and front.

Having spent a tedious two hours, we were finally shepherded to a Beverley aircraft. In we climbed with a heave amongst the cargo in the belly of the plane. At last we found our seats after having to climb over the cargo then up the ribbed walls of the aircraft. It was only at this point, when all the excitement had ceased, that we realised how tired we were. One and a half hours later we arrived at Tengah airport, Singapore, and after hot baths all round, we fell into bed.

Our trip had proved an exciting experience. We realised what a difficult task all the people involved had carried out under trying conditions. The camp personnel were all very cheerful. They were most helpful and considerate to us during our stay.

S. SPARROW (Lieut.)

S. HOGAN (Lieut.)

NURSING ON THE LABRADOR COAST (NORTHERN NEWFOUNDLAND) 1927-1929.

A nurse's life on the Labrador Coast was very interesting but very hard. There were no doctors, and the other nurses were so far away, that we could only meet once a year (work permitting) in St. John's, Newfoundland. I had five settlements to care for, plus the lumber camps in the winter. The settlements were 10-12 miles apart, so in the summer I travelled by boat (a fisherman's) and in the winter by dog team, but if I had to go to the lumber camps I travelled by horse team. The work consisted of midwifery, dentistry, dispensing and lancing abscesses on babies' heads, also getting fish-hooks out of the fishermen's hands, the latter a very tricky business ; also sometimes attending to hens, and an occasional cow.

If I had a pending maternity case a long way off, likely to come off in the night, I travelled the day before to save travelling in an open boat on the sea, which is no joke on a cold windy night. Once I had an unexpected night call, quite a long way off, and as I got into the boat the people in our own settlement advised me not to go as it was so cold and windy. However, about half an hour out at sea the engine decided to stop, so the boat was just pitched about like a piece

of cork. At last they (the fishermen, two of them) got us going, and in the meantime I was desperately sea-sick, but when we arrived at our destination we were greeted with cheers and cups of tea. The people in all the settlements we passed put on their lights to see if we were in need of help. They are very kind people, and just worship their nurse. 1925 was the first time navigation had opened so far North, so I followed Miss Current, the pioneer nurse. She told me the people would be very frightened of me at first, but when they got used to me all would be well, and it certainly was so. The names of my settlements were Jacksons Arms, Sopps Arms, Sopps Island, Westport and Conche. I resided in the first one, and in the same house as my predecessor.

They had to work very hard, from the youngest (five years of age) to the oldest. The boys went out with their fathers fishing, arrived home about 4 p.m.; the women and girls then cleaned the fish, put it on the landing stages to dry, then the men and boys salted it and packed it into barrels ready for transporting to St. John's. This, of course, took several days with each catch, and was continued until November, when all their barrels had to be ready for the last boat to St. John's, as navigation closes in December until June, sometimes longer, according to the pack-ice which the S.S. *Prospero* (the coastal steamer) might meet after leaving St. John's in June. They also had to provide for the winter (six months ahead) for such things as flour, molasses, lard, margarine, yeast, hardbread, salt pork and salt beef, as their families usually consisted of 8-10 children, plus mum and dad, and sometimes gran, but not so often; so one can see how hard they had to work. They were allowed to cultivate as much ground as they wished to grow their own vegetables. The women and girls did all this, as the men and boys were out fishing from 4 a.m. until 4 p.m., when they came home, had something to eat, baited their nets ready for the morning, then to bed. When the vegetables were ready for use they were all stored in an outhouse built for the purpose, so we had vegetables all the winter. The girls baked the bread, which took three days: one day for the yeast to prove, then another day for it to rise, then the final baking day. A special white cap and apron were kept for the occasion. No washing up was done on a Sunday, as that is the Sabbath, so to church all day. Before the men went to live in the lumber camp they had to see there was plenty of wood left for the wives and families. The men had to live rather roughly in the camp.

They had what they called Summer and Winter houses; the former had four or five bedrooms, and the latter had only one bedroom, and the children slept in bunks like a ship's cabin, so there was only one room to keep warm, as the bedroom and living room were partitioned off by a wall. The only schooling the children had was three months, given by a 16-year-old, who usually came from St. John's for a change of scenery, and taught them to count and learn their letters. They did not have much money to handle, as all their food and clothes were bartered.

I would not have missed by two and a half years there for anything; a wonderful experience for a young conscientious nurse.

M. HAINSWORTH, Ex-Q.A. (R).

Editor's note—Has any member visited Labrador in recent years? If so, what is the present life like, please?

TRIO TO BANGKOK

Such disappointment when we realised after months of looking forward to our cruise to Japan, our plans would have to be altered. Due to the closure of the Suez Canal, the cruise was cancelled. Having heard so many people speaking of Bangkok and all its attractions, we decided to fly to Penang from Singapore and thence by train to Bangkok, and see for ourselves.

I must say that we thought of the twenty-six hours' train journey with trepidation but our fears were certainly groundless. The first-class cabins were most comfortable and we soon settled down to gazing at the countryside. The scenery was fascinating. The jungle scenery through Malaya was soon replaced by fields of paddy as we crossed the border from Malaysia into Thailand. So many attractive little scenes appeared as we flashed by—people fishing in the streams and paddy. Children swimming in the muddy rivers and the greatest fascination of all, the children riding the buffalo. We were in the midst of a photographer's paradise. We spent most of our time waving to the children and farm workers, and taking photographs of the local populace when we stopped at the small wayside stations. The women made a colourful sight as they flocked to the carriage windows to display baskets of fruit and sweetmeats efficiently balanced on their heads.

After a somewhat restless night we arrived at the main station in Bangkok and were immediately taken in hand by "Uncle". This fascinating character was the brother of the hotel owner and we had previously been told of his kindness. Perhaps the biggest fear of all travellers is "shall we be done", but we definitely had a member of the local population on our side. "Uncle" became our guide, advisor and friend and the hotel car was at our disposal, driven by "uncle", at the most reasonable cost. In fact he watched our interests to such an extent that he would allow us to buy nothing, when we were in his company!

Not a minute was lost and within an hour "uncle" was driving us on a tour of Bangkok. All the trips included full historical descriptions and explanations in pigeon English, which only I could understand. This meant a further translation into Irish for the benefit of

my two companions! All most confusing and often very amusing. On this visit we toured all the modern places of interest in the city, including the University and Medical School. Several dozen Buddhas and finally the beautiful marble temple and throne hall. We were certainly finding that Thailand is a tropical wonderland of Oriental splendour and the perfect place to shop and meet charming people. It seemed to us that Bangkok was composed of thousands of ornate temples and shrines and gleaming roofed buildings. The shops were full of Thai arts and handicrafts, which express Thai culture and one sees everywhere the influence of its neighbours, both in customs and dress—the Burmese, Malays, Cambodians, Indians and Chinese.

Uncle told us that the Thai people originated in the vast region of South East China and in A.D. 1253 a mass migration took place into the area once known as Siam. Following World War II the name was changed to "Thailand", for the word "Thai" means free and Thailand has been known as the "Land of the Free" for the past 700 years.

Religion plays an important role in the daily lives of the Thai people. Buddhism is the national religion and all the young men, regardless of their social status, are expected to spend the minimum of three months as a monk, usually during the Buddhist lent, which is their rainy season. Certainly this moral and religious training reflects in their soft spoken and helpful demeanour. Every morning we left our hotel at 7 a.m. to start our trips, we saw saffron robed monks on the streets. The local populace gain merit through their generosity in filling the monks' bowls with food. They cannot ask for or earn money, but may receive food and donations.

Amongst our many discoveries was the weekend open-air market. Here you could buy almost anything. Fruit and vegetables were in abundance and the local people flock there to bargain for their week's supply of fresh foods.

A trip to the National Theatre was a great experience and here we saw Thai Classical dancing in all its splendour. Brilliantly decorated costumes adorned the performers who, by tradition, are usually female. The dancers commence their training in early childhood. The various dance movements consist of moving the arms, swaying, advancing and retreating with gliding movements and their fingers bent back to the uttermost. The movements are symbolical and the drama is built up on a system of signs, each gesture portraying a different emotion. Their faces are usually hidden by masks or thickly covered with power.

Most visitors look forward to the floating market tour and we were no exception. We arrived at the landing stage before 7 a.m. and went by motor launch along the endless maze of canals which weave in and out of the city. No wonder it is called the "Venice of the East". Travelling in this manner we had the opportunity of seeing how the people lived. Their houses were open to the canals and the children tumbled in and out of the water, whilst mother did her daily washing

close by. We passed hundreds of small boats loaded with fruit, vegetables and flowers and our cameras were never still.

The return journey included a visit to the Royal State Barges. A fleet of beautifully carved and decorated wooden boats used by the King during the annual November Celebrations.

It would be impossible to recall the many temples we visited but an absolute must was a visit to the Grand Palace and the Temple of the Emerald Buddha. The Buddha is carved in dark green jasper and is about 22 inches high. It has a wardrobe of bejewelled costumes, which are changed during the three seasons—hot, rainy and cool. The Palace itself has been referred to as an “architectural marvel” and this is no exaggeration. We saw magnificent mosaic and lacquer work, the Throne Room and the Throne covered by a nine tiered umbrella. Everything of such richness and splendour.

Of all the images of Buddha we were taken to see by “Uncle”, the one that must be mentioned is the solid gold Buddha, said to be the most beautiful in existence. The figure is about 16 feet high and weighs $5\frac{1}{2}$ tons and was cast seven hundred years ago. It is one of the country’s most valuable treasures and for about three hundred and fifty years was covered with a thick coat of plaster. Only by chance, in recent years, was it found to be cast of solid gold. In 1955 it was moved to a new site and the image was damaged and the coating cracked. Only then was the discovery made. It is believed that it was covered with plaster to keep invading Burmese soldiers from knowing its value. Probably at the time of the burning of the old capital, Ayudha, in 1767.

Our final trip was a visit to the River Kwai and this was certainly a very poignant visit. The journey by car to the river was full of interest and soon after leaving Bangkok we were passing through thriving farm communities. “Uncle” told us that Thailand is almost completely self-supporting and they are one of the largest exporters of rice in Asia. The buffalo were again in evidence and it made a colourful sight to see large groups of women planting rice and wearing their traditional lampshade hats made of straw and bamboo.

On reaching the River Kwai we visited the famous bridge and walked along the single-track railway line which runs from Thailand into the heart of Burma. We all felt this was an emotional experience. A motor launch took us several miles upstream, following the course of the notorious “Death Railway” which finally disappeared into the jungle towards the distant hills of Burma.

We visited two military cemeteries, which are the resting place of so many who died during the building of the railway. The surroundings were peaceful and the gardens beautifully tended. Certainly they have never been forgotten but we felt a deep sadness that so many men of different nationalities were buried so far from home.

Following our tours we spent many hours gazing at Bangkok’s superb shops. Thai handwoven silks and cottons are some of the best buys and it was almost impossible to choose from such a beautiful selection of colours and designs. Jewellery shops were in abundance

and the star sapphires still remain the favourite purchase of most tourists.

Wood carvings, Thai dolls, lacquer and silver ware, ornaments fashioned from mother-of-pearl, are just a few of the tempting buys displayed in most shops throughout the city.

We left Bangkok with great regret and immediately began making plans for a return trip! Our arrival at Singapore Airport caused a little amusement. We had not returned empty-handed and all clutched a traditional Thai hat which had proved to be rather cumbersome, in conjunction with heavy suitcases and numerous packages and parcels. We still talk about "that memorable leave" and have many happy memories of our trip to Thailand.

D. J. SIMPSON, (Capt. Q.A.R.A.N.C.).

NEWS OF MEMBERS

Lt.-Colonel E. Humphreys Owen, who resigned her appointment at Medical Reception Station in the Army Apprentice School, Chepstow, recently, is now living in Llanfairuchaf, near Harlech.

Miss E. Cumming of the New South Wales Branch, is hoping to visit U.K. in April and we hope she will be able to contact the Association at Headquarters and come to the Reunion.

Mrs. Carter has returned to Sydney, Australia, after spending two years in New Guinea.

Miss Triffitt has returned to Melbourne to live and therefore has now transferred to the Victoria Branch of the Association from the N.S.W. Branch.

Mrs. Maxwell and **Miss Gill**, both of the N.S.W. Branch, have been involved in separate accidents resulting in a long stay in hospital. We send them our best wishes for a complete recovery.

Miss R. G. Moffatt, who was living in Bexhill, is now at St. Margaret's Guest House, Mersey Lane South, Rockferry, Cheshire, and as she knows few people in that area would welcome visitors, we feel sure.

Mrs. N. M. Sharrock (*née Woodbridge*) is now living in Normandy, near Guildford, and leads a very busy life, being involved in many local village activities including W.I., a beauty counsellor, a member of the committee for the Normandy Annual Festival and house modernisation.

Major K. O'Neill, on her retirement, went to live in her native country, Eire, and is now Tutor Sister, Baggot Street Hospital, Dublin. She still spends a great deal of her holidays in Co. Galway. While there recently she met two lone voyagers about to cross the Atlantic in a currach (whatever that may be) and gave them her St.

Christopher for luck. She had carried it everywhere with her, all during the war and since. We haven't heard what luck it has brought them. Perhaps Kaye might put pen to paper and tell us.

Miss Joan Donaldson, a recently-joined member of the Association, is 80 years of age and is now living at Rusthall Lodge, Rusthall, Tunbridge Wells. She served as a Q.A. in France during the First World War in general hospitals and casualty clearing stations. For twenty-eight years she was one of the Tunbridge Wells health visitors and retired in 1950. Miss Donaldson was delighted to receive a visit from Lt.-Colonel Davies and most interested to hear news of the Corps and the Association. We hope to see her soon, probably at the Reunion.

Colonel Kitty Blair has sailed on her much looked forward to trip to New Zealand and Australia. She has taken with her many messages from friends here. We wish her a very enjoyable holiday, happy reunions, and lots of news and views on her return in September.

THE MAKING OF POT POURRI

Many and varied are the recipes used for pot pourri making which have been handed down over the years from mother to daughter. They are similar only in that they all consist of dried flower petals and aromatic leaves with the addition of herbs and essences and oils to supply lasting perfume. It is usually in these latter additions that the recipes vary.

On a fine day after the dew has dried, gather petals from full-blown roses and dry them in the shade. Sprinkle them lightly with salt and toss them a little each day to ensure even drying. About three or four pints of roses' petals would be enough, but you may use more if you wish.

Collect and dry in the same way by spreading them on paper or in shallow containers, such perfumed leaves as lavender, rosemary, geranium, scented verbena, eaude cologne, mint and flowers of varying colours (other than roses), avoiding those such as marigold which have a strong and not always pleasant perfume. The addition of salt is not necessary with these flowers, but a further sprinkling should be added when they are later mixed with the rose petals.

The individual sweet perfume of these many coloured flowers is not of great importance except for lavender which is of great value. Their main purpose is to supply colour and interest and act as host to absorb and retain the perfume of the added ingredients. To this colour and bulk, add the dried rose petals and more salt and stir well. The partial shattering of the brittle petals caused by this stirring does not matter.

Place this mixture of flowers and leaves in a large lidded jar and add: 2 tablespoons each of powdered allspice, cloves, mace, cinnamon; 1 tablespoon each of crushed coriander and cardamon seeds;

3 tablespoons of gum benzoi; 3 tablespoons of crushed orris root. Next, add 20 drops of Roseoil compound and 5 drops of heliotrope compound (or 1 drop of attar of roses) and 1 ounce violet sachet.

Leave the pot pourri to mature in the jar for a month, shaking or stirring occasionally to distribute the perfume. This mixture may then be put into smaller ornamental jars with lids or into the old-fashioned perforated ceramic pot pourri pots. A quick shake will release a lovely old world perfume which is a mixture of many perfumes.

EX-BECKENHAM GRAMMAR GIRLS IN B.A.O.R. SKI CHAMPIONSHIPS

Two ex-Beckenham Grammar School girls who have been friends since schooldays and are now with the Queen Alexandra's Royal Army Nursing Corps in British Military Hospitals in B.A.O.R., came up against each other in the B.A.O.R. Ladies' Ski Championships in Oberjoch, a tiny village high in the Bavarian Alps, in January.



Twenty-six year old nursing Captain Jennifer Russell (left) and 26-year-old Patricia Finn, also a Captain, raced their way through their preliminary downhill, slalom and giant slalom races to qualify to join B.A.O.R.'s best at Oberjoch, where the men's championships were held at the same time. Both of them learnt to ski only two years ago, so that, coupled with the fact that they were racing against vastly more experienced skiers, makes their performance very creditable.

Who turned in the best times at the Championships? That's their secret!

Both girls did their nursing training at St. George's Hospital in London and the Beckenham Maternity Hospital before receiving their commissions into the Q.A.R.A.N.C. Jennifer is nursing in Rinteln, B.A.O.R., while Patricia, due to go to Hong Kong in March, has spent the last twelve months nursing in Berlin.

(Public Relations H.Q. I. L. Br. Cripps)

THE CLOSING DOWN OF BENGHAZI

Benghazi was a memorable name during the 1939-45 War and has been equally so in peacetime. Situated in Libya and 156 miles away from Cyrene, one of the ancient cities of the world, it has suddenly grown into a thriving city, due to the oil fields. Major roads are under construction as well as skyscraper buildings and small dwellings for the local people but, unfortunately, the sandstorms do great destruction and hinder progress.

I was posted to Benghazi in January 1967 and having heard many conflicting reports I was apprehensive of the life in Libya, however, I did not realise that the months ahead would present the interest and closure of the Military Hospital, although it had been rumoured several times that it would close but no fixed date had been published. The exodus of the British Army from Benghazi was not brought about by the defence cuts but the Arab/Israeli war and a request by King Idris for the withdrawal of all British troops from Libya.

The days ahead were eventful and many traumatic moments experienced until the negotiations between the Libyan and representatives of the British Government had taken place and the value established on the equipment. Great concern was shown amidst the various medical nationalities, who were interested in the hospital, about the central heating, air-conditioning and sterilization units and members of the hospital were asked if "it worked". However, everything in the hospital was temperamental and invariably an embarrassment but this particular day presented no problems, because there had not been the usual electrical power failure and so there were smiles all round.

Comforts from the Mess gradually diminished as items of private property were sold to mess members, as the Medical and Nursing staff were posted to other units in the United Kingdom and Cyprus.

The families left on 30th November, 1967, and the hospital slowly closed down, leaving the Families and Maternity Ward to become the main Nursing Centre. This arrangement continued until the hospital finally closed on 11th January, 1968, and was handed over to the Libyan Government on the 15th January, 1968.

I think we missed most of all the gradual disappearance of the efficient British Forces Broadcasting Service, which had been a great help during the emergency in June 1967, and had always presented many requests, as well as keeping us very much up-to-date with the "Top Twenty".

It is always a sad occasion when a hospital closes and now that Benghazi is closed, making one posting less and can no longer present a challenge and be classed as an experience in a life-time!

M.L.

FRIED WHITEBAIT

Whitebait
Oil for deep frying
Parsley
Lemon

Place fish in colander and wash well under cold running water. Drain well, and pat dry between two towels—do not handle too much, whitebait are as delicate as flowers. Do not remove heads, tails or insides. Place in the frying basket and plunge into hot deep fat and cook for just about one minute until fish is crisp and brown. Drain; serve garnished with parsley.

These delicious little fish are very cheap and if cooked properly are beautifully crunchy but at the same time melt in the mouth.

ITEMS OF INTEREST

Tribute to the Armed Forces

At a recent Defence Debate in the House of Commons the Minister of Defence said that he thought the House would like to pay tribute to the manner in which the British Military Forces had acquitted themselves in Hong Kong. Their presence and resolute behaviour in aid of the Civil Powers had helped in no small way to sustain the morale of Hong Kong.

(From *Banews*)

Jobs for Generals

"I have a very high opinion of British Generals and Air Vice-Marshalls", so said Mr. Lee Ku Yew, Prime Minister of Singapore and went on to say that he would like to hire any who might resign.

(From *Banews*)

Army's First Flight Medical Officers

Captain I. C. Perry, R.A.M.C., has recently been appointed Flight Medical Officer at H.Q. Army Aviation Centre. He is the first Medical Officer to hold such an appointment and is responsible for pilots' health, advice on safety equipment, accident investigation and research into problems of noise and vibration.

(From Banews)

Aldershot Officers' Club

Has been rejuvenated over a period of three months. The alterations, which have been paid for by private funds, should be completed in February 1968.

(From Banews)

Benghazi

The British Military Hospital, Benghazi, closed on 11th January 1968. The only British Military Hospital now remaining in the Middle East is in Cyprus.

Princess Margaret

In reply to Christmas greetings from the Corps the following message was received from Her Royal Highness the Princess Margaret, Colonel-in-Chief Queen Alexandra's Royal Army Nursing Corps.

"Dear Dame Barbara,

Princess Margaret has asked me to write and thank you very much for your Christmas card, which the Colonel-in-Chief received with much pleasure.

Her Royal Highness and Lord Snowdon send to you and ALL RANKS Queen Alexandra's Royal Army Nursing Corps their best wishes for Christmas and the New Year.

The following message accompanied flowers sent to H.R.H. the Princess Margaret in King Edward VI Hospital, on 5th February 1968:

"The Colonel Commandant and all Ranks of Queen Alexandra's Royal Army Nursing Corps present their humble duty and wish to convey to Her Royal Highness the Princess Margaret, their Colonel-in-Chief, their sincere good wishes for a speedy recovery."

The following message was received from the Lady-in-Waiting to Her Royal Highness the Princess Margaret:

"Dear Dame Barbara,

I am bidden by Princess Margaret to thank you and All Ranks most warmly for the beautiful flowers.

The Colonel-in-Chief was deeply touched by this kind thought.

Yours sincerely,

JULIET SMITH (Lady in Waiting)".

JUST ARRIVED

The N.S.W. Australia photograph mentioned in their news.



Miss G. H. Hern, Miss C. Beaumont, Mrs. H. Black (née Ross) W.W.I., Mrs. E. Wolfraad (née Paviour) standing, Miss B. Heard, Mrs. O'Shea (née McIntyre) standing, Miss D. Robinson, Mrs. C. Munden standing W.W.I., Miss K. Ridley, Miss G. F. Campbell, Mrs. Broom (Mrs. O'Shea's sister-in-law).
Hostess - Mrs. O'Shea

THE CHRISTMAS EVE PARTY AT QUEEN MARY'S HOUSE ST. LEONARDS, 24/12/67



Standing by the tree Mrs. Wilkinson the Warden, Miss Hornbrook the Assistant Warden, behind her Mrs. Beeching member of the House Committee and some of the Residents.

OBITUARIES

DAME KATHERINE HENRIETTA JONES, D.B.E., R.R.C. and BAR

Dame Katharine Henrietta Jones, who has died aged 79, was from 1940 until her retirement in 1944 Matron-in-Chief of Queen Alexandra's Imperial Military Nursing Service, now Queen Alexandra's Royal Army Nursing Corps. Her rank was equivalent to that of a Brigadier.

She was educated at Highfield School, Beccles, and in Germany, and after training at St. Bartholomew's Hospital joined the Nursing Service in 1917 and served in Palestine during 1937, when she was mentioned in despatches.

In 1938 she became Principal Matron at the War Office, and in 1939 Senior Principal Matron, B.E.F.

In 1946 Dame Katharine said the Army had realised the value of the nursing services in letting them go so far forward—closer to the front than any other women's service.

She was appointed D.B.E. in 1942 and was awarded the Royal Red Cross in 1941, and Bar in 1944.

A memorial service was held on January 3rd at St. Mary's Convent, Chiswick, at which Dame Margot Turner, D.B.E., R.R.C., Q.H.N.S., Matron-in-Chief, and officers of the Corps were present. Dame Louisa Wilkinson, D.B.E., R.R.C., represented the Association and several members of the Association also attended.

Many will be saddened by the death of Dame Katharine Jones, and like myself, feel a deep sense of loss. She was a delightful personality, with whom I was proud to serve from 1942 until her retirement.

Dame Katharine was a gifted person with all the qualities essential as Matron-in-Chief of Queen Alexandra's Imperial Nursing Service during those arduous years of war. Her quite remarkable retentive memory, agile brain and foresight, never ceased to astonish me.

Dame Katharine's professional pride of the Service, and of those who served was obvious to all. We who were privileged to know her, loved her.

A. C. G. DADY, Q.A.I.M.N.S. Ret.

MAJOR RHODA ANNE MACCALLUM, Q.A.R.A.N.C.

Major Rhoda Anne MacCallum, Q.A.R.A.N.C., died in the Cambridge Military Hospital on 18th January 1968, after a long illness.

Major MacCallum served with the V.A.D. in Scotland during the war from 1940-1945. Having spent five years serving with the V.A.D. she then decided that she would become a State Registered Nurse and this she did at St. Helier Hospital, Carshalton, Surrey.

Having completed her general training she was commissioned in Queen Alexandra's Royal Army Nursing Corps on 29th March 1951, and served in the United Kingdom, Korea, B.A.O.R. and the Middle East.

Her last posting was to the Staff of the Depot and T.E. Q.A.R.A.N.C., during which period she took a great interest in the plans for the official opening of the new Depot. She had the great satisfaction of being present on that occasion and expressed her happiness at being there to the many friends who saw her that day.

The Cremation Service in Aldershot was attended by many serving members of the Corps and representatives of the Association. Her relatives have expressed their very great appreciation of this, for the loveliness of the flowers and for the kindness and happiness given to her by her many visitors from the Corps during her stay in the Cambridge Military Hospital and at Millbank.

MISS C. L. A. ROBINSON, M.M., R.R.C., Q.A.I.M.N.S. (Ret.)

Miss C. L. A. Robinson, M.M., R.R.C. Q.A.I.M.N.S. (Retd.), was born in Shanghai in 1884 and educated in Oxford and Tunbridge, Kent. After training at St. George's Hospital, London, from 1908-12, she joined the Service on the 21st October 1912 and retired in 1941.

During the First World War she served in France and Mesopotamia from 1918-19 and was awarded the A.R.R.C. in June 1918 and the Military Medal in July 1918. Between the wars Miss Robinson served in China, India and many stations in the United Kingdom. At the outbreak of the Second World War she returned to France with the B.E.F. as Matron in No. 1 General Hospital.

At her funeral, which took place at Brompton Cemetery, Fulham, on 3rd February 1968, the Association was represented by Colonel L. M. Rose and Colonel D. W. Douglass.

MRS. VERA KEENE (*née* CLARKE)

Mrs. Vera Keene (*née* Clarke), who died in Canterbury on 12th February 1968, served with the Q.A.I.M.N.S.I. in the Persian Gulf during the First World War. During the Second World War she joined the Q.A.I.M.N.S. (R.) and went to France with the B.E.F. and later became Matron of H.Q. Indian General Hospital at Kohima. She married Lt.-Colonel G. A. E. Keene in 1943.

HONOURS AND AWARDS

JANUARY 1968

R.R.C.: A/COLONEL J. M. ORFORD.

COLONEL B. M. ROBERTSON, A.R.R.C.

A.R.R.C.: MAJOR Y. J. M. M. DUNNING.

LT.-COLONEL E. LEES, T. and A.V.R., Matron St. Helen's Hospital, Barnsley, Yorks.

MISS D. M. FARR, a member of the Midland Branch, was awarded the M.B.E.

Served during the war in the Q.A.I.M.N.S.(R) and is now Theatre Superintendent at the Queen Elizabeth Hospital, Birmingham.

FORTHCOMING MARRIAGES

CAPTAIN A. F. BROWNE AND MISS S. J. STANLEY

The engagement is announced between Alan Foster Browne, R.C.S., only son of Mr. and Mrs. R. Browne of Shoreham-by-Sea, Sussex, and Lieutenant Susan Josephine Stanley, Q.A.R.A.N.C., second daughter of Lt.-Colonel and Mrs. H. T. Stanley, West Wickham, Kent.

MR. A. D. BOYD-HERON AND CAPTAIN E. F. SLAUGHTER, Q.A.R.A.N.C.

The engagement is announced between Anthony Boyd-Heron, Royal Engineers, only son of the late Mr. D. Boyd-Heron and Mrs. H. G. W. Household of Folkestone, Kent, and Eugenie, youngest daughter of Mr. and Mrs. F. T. Slaughter of Sidcup, Kent.

CAPTAIN R. C. ETHERIDGE AND LIEUT. L. P. LASKEY

The engagement is announced between Raymond Charles Etheridge, Royal Signals, eldest son of Mr. and Mrs. C. E. Etheridge of Cheltenham, and Lesley Patricia Laskey, Q.A.R.A.N.C., only daughter of Mr. and Mrs. W. J. Laskey of Torquay.

MARRIAGES

LIEUT. ANNE ELIZABETH PRICE married Dr. Kenneth Sage at the Parish Church, Exbourne, Devon, on September 2nd, 1967.

MAJOR E. A. BRITTON (retired) was married quietly at Acton on 3rd December 1966.

DEATHS

DAME KATHARINE HENRIETTA JONES, D.B.E., R.R.C. and Bar, died on 29th December 1967 at St. Mary's Convent.

MISS CORALIE HIBBERD BREWER, Q.A.I.M.N.S.R., died on 13th January 1968.

MISS EVA COOPER, A.R.R.C., Q.A.I.M.N.S. (Retired), late of St. Leonard's on Sea, died on 14th November 1967.

MISS ALICE MAUD HART, Q.A.I.M.N.S.I., died on 16th February 1968, from a road accident.

MRS. RITA CORKE (*née* Neasey), ex-T.A.N.S., who lived at Warnham, Sussex, died in hospital on the 19th July 1967. Mrs. Corke trained at St. Thomas's Hospital and served with the Army Nursing Services in the Middle East during the 1939-45 war.

MISS PHYLLIS McEWAN, R.R.C., aged 79 years, died suddenly on 6th February 1968. Served with the Army Nursing Service during both world wars.

MISS D. E. TAYLOR, Q.A.I.M.N.S.R., died on 3rd November 1967 at Queen Mary's House. Served from 1915 to end of second world war.

MISS J. MACKAY, T.A.N.S., died 12th November, 1967.

MISS A. M. BOURNE died 3rd January 1968.

MRS. M. WALSH died 1st December 1967.

MISS C. L. A. ROBINSON, M.M., R.R.C., Q.A.I.M.N.S., died 1st February 1968.

MISS K. M. A. SIMPSON died 2nd February 1968.
MAJOR R. A. MCCALLUM, Q.A.R.A.N.C., died 18th January 1968.
MRS. VERA KEENE (*née* Richardson Clarke), Q.A.I.M.N.S., died on 12th February 1968. Mrs. Keene served with the Army Nursing Service in both world wars.
MISS F. V. WHEELOCK died at Brasted, Wasterham, on the 27th February 1968. Served in the Q.A.I.M.N.S.R. from 1939-1946.

APPOINTMENTS—SENIOR OFFICERS

Lieut.-Col. M. Fabien, A.R.R.C.: Appointed Matron, British Military Hospital, Singapore, on 28th December 1967.
Lieut.-Col. M. Pratt, A.R.R.C.: Appointed Matron, Cambridge Military Hospital, Aldershot, on 1st December 1967.
Lieut.-Col. J. Gahan: Appointed Matron, Military Hospital, Tidworth, on 1st December 1967.
Lieut.-Col. F. M. Marsh: Appointed Matron, Military Hospital, Terendak, on September 1967.
Major M. G. Lawrence, A.R.R.C.: Appointed Matron, British Military Hospital, Kluang, on 11th September 1967.
Major J. C. Cross: Appointed Matron, Military Hospital, Dharan, on 23rd November 1968.
Major J. Parsons, A.R.R.C.: Appointed Matron, British Military Hospital, Hannover, on 15th January 1968.

PROMOTIONS—REGULAR OFFICERS

To Major

Captains: M. Bemrose, M. W. Watson, 8.1.68; M. L. Marshall, 30.1.68.

PROMOTIONS—SHORT SERVICE COMMISSIONS

To Captain

Lieutenants: A. J. Chandler, 17.9.67; C. P. Blundell, M. Reidy, H. F. Williamson, 4.10.67; A. Hall, 1.11.67; C. S. S. Ho, 12.11.67; S. J. Humphrey, 29.11.67; M. J. Cochrane, 26.11.67; P. Pinder, F. J. Firmstone, S. Thorpe, 29.11.67; C. M. Greenhalgh, 2.12.67; E. F. Slaughter, M. R. Allen, 11.12.67; H. E. Evans, 28.12.67; S. A. Whiteley, 21.12.67; P. A. Finn, J. L. Russell, P. Laidlaw, 3.1.68; D. A. Donaldson, 6.1.68; S. L. Aldous, S. F. Capsey, I. F. Penman, 31.1.68.

SHORT SERVICE COMMISSIONED OFFICERS

Transferred to R.A.R.O. on Completion of Service

Captains: K. O. M. Keating, 7.10.67; W. M. Burgess, S. M. Stewart, 4.11.67; J. A. D. Forsyth, A. C. Moore, 25.11.67; O. Chadwick, 26.11.67; I. Roberts, P. J. Lewis, 23.11.67; J. P. Bruce-Gardyne, M. E. Parker, 6.1.68; L. M. Jones, M. E. Morton, 7.1.68; C. Breen (*née* Thomas), 1.1.68.
Lieutenants: S. F. Smith, 4.10.67; E. E. Tighe, 7.10.67; C. Littler, 23. 11.67; J. Phillips, 3.1.68.

RETIREMENTS—REGULAR OFFICERS

Major M. Ord, 31.10.67
Lieut.-Col. M. Ryan, A.R.R.C., 1.12.67.

RETIREMENT ON MARRIAGE

Captains: S. O. South (*née* Monger), J. L. Foster (*née* Southwell), J. P. Davies (*née* Elliot), M. A. Macfaul (*née* Martlew).
Lieutenants: J. F. Crabtree (*née* Ennalls), A. D. Evans (*née* Lindsay), L. J. Young (*née* Taberer), P. I. Hollingsworth (*née* Young), T. E. Cribble (*née* Birnie), E. A. McFarlane (*née* Loverseed), P. A. Bahnmaier (*née* Streeter), E. J. Cowan (*née* Gray), M. V. Quinton (*née* Atkinson), B. Lovan (*née* Heaton).

OFFICERS POSTED OVERSEAS

F.A.R.E.L.F.

Hong Kong

Major B. Molohan, 13.11.67.

Lieutenants: I. Boyd, P. M. Kirkley, 9.10.67; G. M. O'Neill, 13.11.67.

Singapore

Majors: P. C. Davies, 1.11.67; E. D. Keith, 30.10.67.

Captains: I. B. Cooper, 18.9.67; E. A. Muir, 1.10.67.

Lieutenants: A. M. Dayton, 9.10.67; E. L. Day-Smith, 18.9.67; G. J. Ford, 1.11.67; M. Westwick, A. B. Hetherington, 13.11.67.

Terendak

Majors: M. B. Burroughs, 1.9.67; U. O'Sullivan, 9.10.67.

Lieutenants: I. S. Storrie, 18.9.67; D. Steele, 13.11.67.

REGULAR OFFICERS POSTED TO HOME ESTABLISHMENT

Major A. M. Brown	15.11.67	Military Hospital, Catterick.
Lieut.-Col. J. Gahan	4.10.67	Military Hospital, Tidworth.
Major E. M. Lee ...	9.67	Military Hospital, Colchester.
Major B. J. Rattee ...	18.10.67	Queen Alexandra Military Hospital, Millbank.
Major I. I. Robertson	15.12.67	Military Hospital, Colchester.
Capt. G. Strunkis ...	15.10.67	Royal Herbert Hospital, Woolwich.
Capt. M. E. Sexton ...	23.11.67	Queen Alexandra Military Hospital, Millbank.
Capt. M. W. Watson	15.11.67	Royal Herbert Hospital, Woolwich.

EXAMINATION RESULTS

MIDWIFERY TEACHER'S DIPLOMA

Captain E. McCurry Captain D. G. M. Anderson

PASSED MIDWIFERY PART I

EXAMINATION—NOVEMBER 1967

Capt. E. A. H. Shapter	Lieut. E. J. Docherty
Lieut. M. C. Lewis	Lieut. M. J. Brunt
A/Sgts. C. Moore, A. C. Hepple, D. Whelan, J. C. Miles	

PASSED MIDWIFERY PART II

EXAMINATION

SEPTEMBER 1967	DECEMBER 1967
Lieut. A. J. Chandler	Lieut. V. A. Poole
Lieut. S. E. Hamilton	Lieut. B. Rai
Lieut. J. S. Bolsover	Capt. M. B. Rushby
Capt. C. S. Ebbutt	A/Sgt. B. Bradley
Capt. M. J. Pitt	A/Sgt. A. E. Croft
Lieut. C. E. Stuart-Lyon	A/Sgt. A. J. Samson
Lieut. M. Rutherford	A/Sgt. Sandsrawich
Lieut. A. Bryant	Lieut. D. Lally
	Lieut. L. C. J. Wheeler

DRAFTING PROGRAMME—Q.A.R.A.N. C. JUNIOR RANKS

1ST NOVEMBER 1967 TO 29TH FEBRUARY 1968

To B.A.O.R.

S/Sgt. M. A. Boland.

Cpl. R. Jones.

A/Cpl. J. Foulds.

Privates: C. J. Broyd, E. A. Hannan, S. M. Johnson, M. J. Malone, E. McKibben, U. J. Parsons, N. R. Phillips, A. R. Smith, P. D. Wells, L. S. Allsop, M. I. Atkinson, S. M. Benson, M. E. Booth, C. A. Hourigan, E. H. McMinn, S. Moth, A. Pope, J. C. Rolfe, M. Sell, M. K. Talbot, J. M. Brewerton, I. Cherry, D. Ellis, D. Firth, S. J. Francis, R. Harvey, L. Haycroft, L. Heel, P. B. Jonathan, D. Lythgoe, L. A. Mead, H. J. A. Moody, S. R. Moore, J. A. Newbold, A. Winnert, S. J. Gibbons, M. Heyes, J. James, A. M. Martin, E. G. Wyles, L. E. Pyne, M. Shepherd, G. S. Swan, J. L. Teasdale, J. D. Wood, V. E. Errington, A. Musgrave, J. Falconer, A. T. Goodwin, P. L. Wrixon, D. M. Rickaby.

To F.A.R.E.L.F.

Cpl. C. A. Brown.

L/Cpl. G. M. Davis.

Privates: P. J. Barker, M. J. Bowden, H. M. Cheeseman, S. Fletcher, T. A. Gordon, S. Lally, M. Munro, S. J. Peel, J. K. Robson, H. Swain, A. M. Tyler, C. E. Haigh, V. A. Hall, E. F. Mulligan, J. L. Rust, P. E. M. Wells, A. E. Yaxley, C. P. Carr, P. M. Shroesbury, C. A. P. Beck, A. Bleakley, P. A. J. Britnell, J. Dennis, K. E. Earl, C. F. Evans, S. Robinson, B. McMaster, P. Moorhouse, S. Pembroke, C. W. Price, A. Simmonds, L. C. Sweet, C. A. Turkington, M. Senior.

To N.E.L.F.

Privates: S. C. Austin, S. F. Bewes, E. V. D. Brookes, J. Mather, C. Rose, M. A. Tulip, P. Weston, B. Williamson.

MOVEMENTS OF Q.A.R.A.N.C. JUNIOR RANKS

1ST NOVEMBER 1967 TO 29TH FEBRUARY 1968

To Queen Alexandra's Hospital, Millbank

L/Cpls: G. I. Kasher, S. M. Marder, J. M. Smallwood.

Privates: J. P. Fothergill, M. Atkinson, K. M. Barker, J. M. Joy, A. J. McLaren, J. A. Pringle, L. M. Winton, D. Fretwell, J. Gillon, M. C. Hilton, S. E. Magee, L. C. Bridges, C. G. Harling, D. R. Kennerley, I. Newton, J. P. Watson, M. Williams, I. Allen, T. M. Calthorpe.

To Depot and T.E. Q.A.R.A.N.C.

S/Sgt. W. T. Crocker.

Sgt. S. McFarlane.

Cpl. F. M. Walker.

Pte. M. S. Chattleburgh.

To Military Hospital, Catterick

Privates: S. A. Butcher, P. Cole, S. Grimshaw, G. I. Kemp.

To Military Hospital, Colchester

Cpl. C. V. Ellis.

A/Cpls: H. N. Clancy, S. E. Clark.

Privates: L. Smith, L. A. Hicks, S. E. Crighton, C. A. Cleeton, D. Clamp, S. R. Cytrynbaum, C. R. Byrne, J. A. Williams, J. M. McAulay.

To Military Hospital, Tidworth

A/Cpl. M. Smylie.

Privates: J. Potter, I. Harkness, M. A. Hibbert, M. E. Hadden, A. B. Gingell, J. E. N. Finnie, Y. E. Gillmor, P. Risdon, S. V. Tyler, J. L. Humphreys, J. A. M. Carberry.

To Cambridge Hospital, Aldershot

Cpl. P. A. Cross.

A/L/Cpl. P. A. Strickland.

Privates: M. Donnelly, P. A. Simmonds, J. Bradley, P. A. Wise, P. Antrum, J. E. Dingle, M. K. Erasmus, E. A. Gosnold, M. Murphy.

To the Royal Military Hospital, Shorncliffe

Cpl. M. Pringle.

Privates: K. Hughes, E. Robb.

To Louise Margaret Maternity Hospital

A/Sgt. K. E. Jones.

Corporals: M. M. J. Pillay, J. A. Whalley, D. Shambrook, F. J. Allen, V. M. Grant, H. A. Rainnie.

A/Cpls.: A. R. McSporry, P. Maitland, J. M. Stacey, O. A. Choisy.

Pte. J. E. Wright.

To Depot and T.E. R.A.D.C.

Privates: M. Davies, F. C. Morrice.

To Royal Herbert Hospital, Woolwich

Privates: J. Ainsworth, E. M. Allen, D. Bale, J. M. Ballance, K. Blackett, C. M. Carey, A. Cooney, J. P. Forrest, V. A. Francis, C. R. MacDonald, M. Mackey, E. A. Marsden, S. M. Mawson, C. McKay, A. MacKenzie, J. E. Clough.

To B.M.H., Rinteln

Cpl. J. Foulds.

To B.M.H., Cyprus

Cpl. V. A. Brown.

Privates: I. Brown, K. P. Ellis, C. M. Pettit, M. Smylie.

PROMOTIONS—Q.A.R.A.N.C. JUNIOR RANKS

To Corporals

E. Willis, 28.9.67; H. W. Stubbs, S. Pande, C. S. Thompson, A. M. Allan, M. E. Bruce-Quay, J. E. Mayes, C. Hopkins, P. A. Cross, E. J. Williamson, P. J. Michie, B. Richards, C. A. Brown, M. Love, C. D. Mercer, S. P. Bailey, S. Band, J. D. Lord, S. L. Potter, 1.10.67; S. M. Browne, 8.10.67; M. E. Krivda, G. I. Kasher, J. M. Kasher, L. J. Taylor, A. Bennett, 30.10.67; J. E. G. Game, 12.11.67; M. A. McLoughlin, 12.12.67.

To L/Corporals

C. M. Inches, E. C. Van Weegen, A. R. V. Bott, B. Lloyd, N. K. Green, A. M. E. Clarke, D. J. Pearce, D. K. Bass, 17.8.67; H. F. Brown, T. Pradhan, 19.8.67; M. L. Mukhia, A. Crombie, E. M. Dalton, K. A. Martin, 19.8.67; E. Behling, 8.10.67; S. J. Collins, 19.10.67; J. M. Stacey, A. R. McSporry, N. M. Black, C. M. C. Nicholson, P. M. Shrosbery, M. P. Ring, M. P. Alderson, S. E. Quinn, E. A. Gosnold, D. E. Allen, 16.12.67.

DONATIONS

OCTOBER 1967 TO JANUARY 1968

	£	s.	d.
BENEVOLENCE			
Christmas Donations	193	12	3
C.U.A. (Aldershot) Branch... ..	75	0	0
Captain W. K. Blackmore	4	0	0
Mrs. H. Kirkham	11	0	0
Mrs. B. Topple	10	0	0
N.I.D. Branch	10	0	0
Hannover Branch	136	5	11
Millbank Branch	50	0	0
Woolwich Branch	200	0	0
Dame Helen Gillespie	5	0	0
Per the Thaine Allen Bequest	250	0	0
Mrs. M. Todd	5	0	0
Miss E. Townend	10	0	0
Singapore Branch	35	0	0
Lieut.-Colonel C. M. Quill	2	2	0
N.I.D. Branch	3	0	0
Major M. I. Wilmshurst	1	1	0
Mrs. M. Cornish	1	11	0
Mrs. E. Baine	1	0	0
Miss R. G. Moffatt	4	0	0
*Lieut.-Colonel J. A. Dunn	1	0	0
*Mrs. M. Mitchley	5	0	0
*Captain A. O'Mahoney	3	0	0
*Mrs. G. M. Peasley	1	1	0
*C.U.A. (Aldershot) Branch (for TV at Queen Mary's House)	4	0	0
GENERAL PURPOSES			
Catterick Branch	20	0	0
C.U.A. (Aldershot) Branch... ..	30	0	0
Captain W. L. Blackmore	4	0	0
Millbank Branch	50	0	0
Mrs. A. M. Kirkham	1	0	0
Lieut.-Colonel E. Carter	1	0	0
*Mrs. M. M. Butcher	5	0	0
*Major E. G. B. Butterworth	1	0	0
*Major J. M. Canny	1	0	0
*Lieut.-Col. J. A. Dunn	1	0	0
*Lieut.-Colonel E. F. W. M. Jolly	2	0	0
*Miss E. M. Kerr	1	0	0
*Major E. Phillipson	10	0	0
*Patrick H. Smith, Esq.	1	1	0
GAZETTE FUND			
Miss L. Cook	15	0	0
C.U.A. (Aldershot) Branch... ..	30	0	0
Miss T. Pendleton	2	0	0
Millbank Branch	50	0	0
Woolwich Branch	75	0	0
Miss Goodrick-Clarke	1	0	0
Major E. M. Mollett	10	0	0
Miss P. Steele	9	0	0
Lieut. M. A. Lewis	9	0	0
Mrs. E. M. Whitehead	9	0	0
Miss R. G. Moffatt	11	0	0

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GAZETTES, Vol. V, No. 9. 1967 No. 3.

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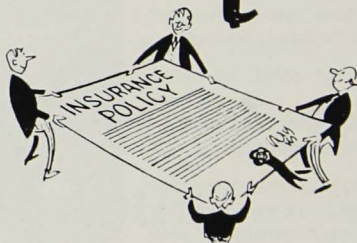
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