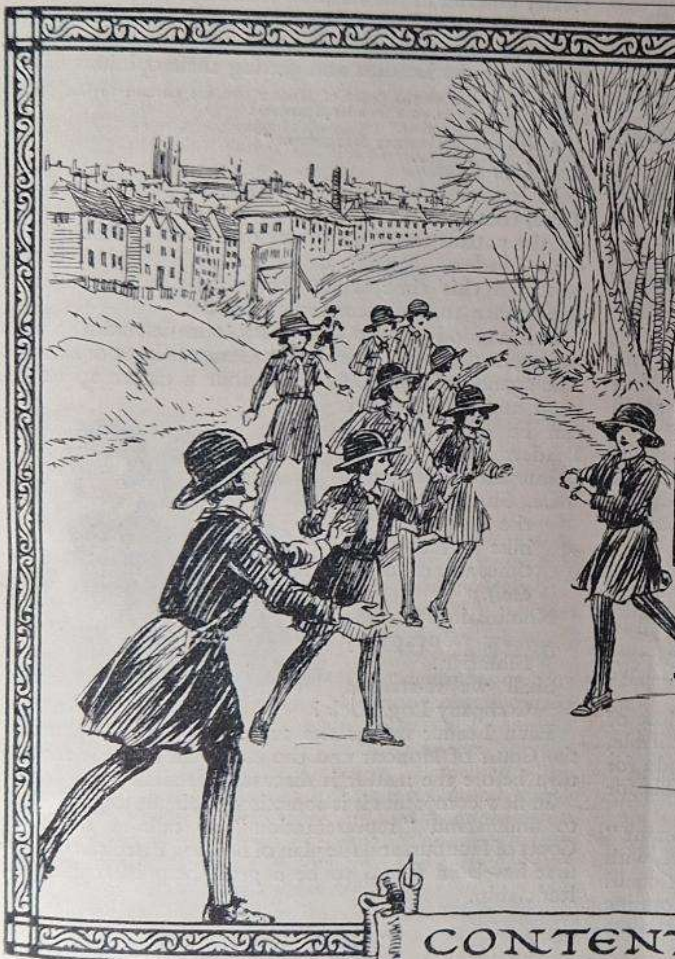


THE GUIDER

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FEBRUARY - 1931.

Oh, leave the narrow streets,
the cheap delights of town,
To taste a fuller, gladder life by
wood and stream & down,
To watch the magic circle round,
from budding leaf to brown;
Seek alms from Nature's wealth,
And take her gift of health.

CONTENTS

Verse for the Month. Decoration by	
CHARLES NIGHTINGALE	37
A Page for New Guiders—The Court of Honour	38-39
Handicraft. Its Use and Abuse	39
Soap Boxes. By GILCRAFT	40
The Child Nurse Badge	41-42
"The Company Debates"	42
The Order of St. John of Jerusalem	43
The Woodcraft Trail. Edited by MARCUS WOODWARD	44-45
Food in Relation to Health	46
Once Upon a Time	47
The Importance of a Clean House	48
Winter Games	48

Somerset County News	PAGE 49
Rangering—Health in the Ranger Test	50
Simple Drill—Horseshoe Formation	50
Fun for the Fund	51-52
Tips for Tests	52
The Bookshelf	53
International Thinking Day—February 22nd	54-56
Cecil Sharp House	56
Music and Plays. Reviewed by MRS. STREATFEILD	57
The Editor's Post Bag	58-59
Headquarters' Training School	60
Headquarters' Notices	61-62
Appointments and Resignations	62-63
Camp Advisers—1931	64-70



The Court of Honour

The Chief says in "Girl Guiding":

"The Court of Honour formed by Patrol Leaders or Seconds is also of untold value in founding and developing the strength of the Guide spirit and the sense of responsibility, to a further degree among the girls."

The Court of Honour is the meeting of Guiders and Leaders, and in some cases Seconds are asked to attend as well. In the event of a Leader being absent she would send her Second to represent the patrol.

The Court of Honour has two main functions: it sits as a small committee to settle the ordinary business of the company (programmes of Guide meetings, finance, etc.), and can also meet as a Court of Justice in the case of the delinquency of a member of the company.

How to run a Court of Honour.

There are different methods of running a Court of Honour. The following system has proved successful in a good many companies, but Guiders and Leaders must settle the all-important question of "how often shall we meet?" for themselves.

A weekly Leaders' meeting can be held at the close of the company evening, often only ten minutes are available, when brief patrol reports are given and plans made for the following week (which patrol is to be responsible for a game, etc.).

A monthly, or quarterly, "General Court of Honour" is also held, run on the lines of a business committee, with a secretary, minutes, etc., the captain being in the chair. Patrol reports are given by the Leaders; an outline programme is drawn up for the next month (or three months), and company finance, etc., discussed.

"Any other business" might include plans for a half-day's hike, and the Court could be attended by the Brown Owl and Ranger captain who might have business to discuss connected with Brownies coming up from the pack, or Guides passing on to Rangers. Company "officers," such as librarian, equipment keeper and others, could be given leave to attend if they have anything to report.

If held on a separate night from the Company Meeting this Court of Honour could be combined with a Leaders' training to keep them ahead of their patrols.

Hints on the Procedure of a Court of Honour.

(1) Be business-like; remember that you are training future women citizens who may have to sit on important public committees later on.

(2) Train the Leaders in what representation really means. Give them points to discuss beforehand with

their patrols, and expect them to bring the varied opinions of all their Guides.

(3) Give plenty of time for everyone to express her opinion. Remember that some of them may be very slow thinkers, and still slower at expressing themselves in words.

(4) Have all decisions proposed and seconded, and clearly entered in the minutes for future reference.

(5) Use your Court of Honour. It is so fatally easy for a captain with "ideas" to make her own plans without consulting the Leaders and getting their opinions first.

For further hints on the Court of Honour you are advised to buy the two following books for 6s. each from Headquarters:

"Guiding for the Guider."

"Short Hints on Company Management."

Patrols in Council.

In last month's article mention was made of Patrol Time, that special part of the Company Meeting set aside for the patrols to meet in their own Corners in charge of their Leaders. Patrols in Council is the name usually given to this time when the patrols have matters of importance to the company to discuss.

It is a good plan to have Patrols in Council the week before, or the actual week of the General Court of Honour. The agenda of the Court of Honour is drawn up beforehand, and slips of paper can be given to the Leaders with special points for discussion:

i.e. Suggestions for the next Saturday hike (which day, time, where to go, etc.).

Nominations for the new Company Librarian.

Shall we re-start a Company Log Book?

Each Leader brings the suggestions of her patrol to the Court of Honour and the chairman asks for them in turn before the matter is discussed generally.

In new companies it is sometimes difficult to get Leaders to understand "representation" or talk at all at the Court of Honour, and the plan of holding Patrols in Council first has been found to be a great help in training for leadership.



Games for a Cold Evening

Rings of Three.

Guides hold hands in rings of three with one outside each. The Guides outside the rings run round them until they have each decided upon their partner. They wave to the partner, and after that try to touch her while she is still holding hands in the ring and the others are trying by dodging to stop them from touching.

Clap-Slap Team.

Guides stand in patrol files with the Leaders as posts. They run up to the posts in turn and go through the following hand-warming actions, counting to seven as they do them: Clap own hands, slap leader's right, clap own, slap leader's left, clap own, slap both leader's, clap own. They then remain as posts and the Leaders run back to touch the next in their patrols who come up to clap and slap.

Questions and Answers

Is it usual for Seconds to attend the Court of Honour?

In some companies the Seconds always attend the Court of Honour (although not, of course, the Patrol Leaders' meeting), but Leaders are the only *ex-officio* members. If the company has more than two patrols it is more usual for the Second only to attend if her Leader has to be absent, when she takes her place in representing the patrol.

Need the Court of Honour be held the same evening as the Company Meeting?

No, not necessarily. In some companies the Court of Honour is held on quite another night, for example the last Saturday of the month.

Can Leaders' training be combined with the Leaders' Meeting?

Yes, if time allows. At any rate, Leaders can be lent books to read and be given suggestions on how to run their Patrol Time the following week.

Should Minutes be kept of a Leaders' Meeting?

If it is really a weekly Court of Honour the minute book should be close at hand, and anything of importance which is settled should be entered for future reference. Another plan is to take notes, which are read and passed at the next Court of Honour and entered in the minute book then by the Company Secretary.

Should the Company Secretary be a Guider or a Guide?

It is much better to train a Leader or senior Guide to be Secretary rather than a Guider. This is one of the jobs which teaches a Guide so much and may be of real value to her in her future career. The Court of Honour generally appoints its own Secretary, usually a Leader or Second, whom they wish to have at their meetings.

If a Leader is a good Leader except that she cannot spare the time to attend a monthly Court of Honour, should she keep on her job?

If the Court of Honour cannot be held on the same night as the Company Meeting, it would be almost impossible to go on being a "good" Leader when not able to attend it. It is such an important part of leadership that surely the Leader would realise this herself, and prefer to take up some other job in the company? (Might she not even exchange places with her Second, who has presumably been attending the Court of Honour in her place?) H. B. D.

Handicraft—its Use and Abuse



THE decision of the London Commissioners to hold an Exhibition next December, of craftwork executed by London Guides, Rangers and Guiders of all ranks, suggests that

Handicraft is taking a strong hold over the activities and imaginations of Guide companies.

The "cult" of Arts and Crafts has become ubiquitous during the last few years. As long ago as 1899 Walter Crane, a pioneer of modern craftsmanship in its best form, said: "The value of the practice of handicraft is a good training for the faculties, and a most valuable counteraction to that overstraining of purely mental effort under the fierce competitive conditions of the day." These words are doubly, trebly, true to-day, when we are faced with even fiercer competition on the one hand, and on the other with a generation just emerging into young manhood and young womanhood, whose infancy and early childhood was spent under the emotional and strained conditions of the Great War.

Teachers are quick to recognise the steadying influence handwork can exercise over the nervy child, or children whose powers of concentration are weak. They respond to the bright colours and easy manipulation of raffia, to the pleasing, quickly-attained effect of tinsel paper pasted in a medley on the outer surface of a glass bowl; the

fascination of cutting out shapes in soft suède leather, punching holes, lacing up the sides to form little pockets and purses has the added interest of simulated usefulness. Handwork is therefore enthusiastically encouraged in schools as a means for developing, stimulating and strengthening the mental powers. The co-ordination of hand, eye and brain is of great value, but the delight of both teacher and pupil in the optical result of their labours, has caused the primary object of this simple type of handicraft to be overlooked, and there is a tendency to stress achievement in the realm of Arts and Crafts which is unworthy of a great tradition. Here is a confusion of ideas. Handwork as an educational medium is one thing. Craft as creative expression, the effort to fashion a thing of beauty in harmony with the possibilities and limitations of the material to hand, is another. Failure to distinguish between these two ideas has caused the standard of a great mass of craftwork to fall very low; this applies not only to the immature beginner in the schools, but to the craftworker seeking quick financial return for her outlay. Ingenuity is jostling free-born originality out of its proper sphere. Common effect is replacing uncommon effort; "colour schemes" have taken the place of form and balance. It seems to be forgotten that: "plain materials and surfaces are infinitely preferable to inorganic and inappropriate ornament." (Walter Crane.)

It is not too late to readjust the balance. We rejoice in the wide interest aroused through the Women's Institutes and the Guide Movement in so many branches of handicraft; we can look to such centres for real inspiration. Much of the work produced by these groups is good.

A real understanding of the material chosen, a recognition of its own proper capacity and range of expression, is the first step to be learnt by the sympathetic worker. Skill comes with practice. The beginner, whether a "grown-up" or a "growing-up," should desire something of the spirit of the apprentice of old days; never to be satisfied with less than the best, to take pleasure in labouring for it, delight in completed work, and ambition to mount higher and higher towards perfected workmanship. Self-complacency, cheap popularity and indiscriminate praise, spell ruin to the young craftsman. Deep thought, wide vision, keen observation, are as necessary to him as to the poet and the artist. Moreover a training in technique at the local Art School, and a study of history from books obtainable in the free library, are indispensable if real progress is to be made.

RACHEL LEIGHTON.

TWO MUSICAL GAMES.

Musical Gift.

APPARATUS: A small gift or two, each wrapped carefully in many wrappings and with much string.

METHOD: Players sit in a circle and while music is played, pass parcels round. Player in whose hands a parcel is when music stops, begins to unwrap it, but hands it on immediately music starts. This continues until someone procures the contents.

Musical Relay.

APPARATUS: A list of well-known tunes.

METHOD: Two teams face each other and number off from opposite ends of a line. Two referees stand, one at either end of teams and a few yards away. Each player is given a tune, No. 1 in both teams having the same tune, Nos. 2 and 3, etc., likewise. At word "Go," both No. 1's run to the referee furthest away and hum their tune. As soon as she has guessed it, and told the player the correct tune, player returns and No. 2 runs to same referee and hums her tune. Teams sit when all players have returned.

From "Games for Y.W.C.A. Pioneers." Published by the Y.W.C.A., 17, Clifford Street, W.1. Price sixpence.

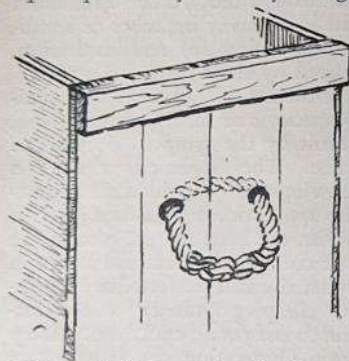
Soap Boxes

How to make use of them in Clubroom and Camp

By "GILCRAFT."

WE are all familiar with the soap box on wheels that is used by small boys as a chariot. Some of these constructions are very ingenious and are worth looking at. Such a hand-cart could be quite useful at odd times even for our purposes, although we may think that perhaps it lacks dignity, but for carting about small gear of various kinds it has few rivals.

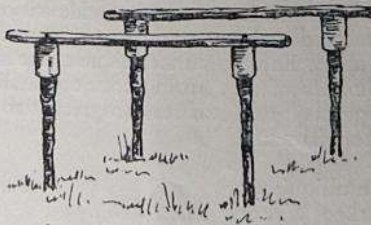
There are, however, a number of other uses to which we can put boxes of various kinds such as can be obtained from the grocer's for a few pence, and the use of this somewhat rough material calls for a good deal of ingenuity in adapting it to our purposes. The first use that we might think of is for making a Patrol Box to be kept in the Patrol Corner, for containing such things as knotting ropes, a few books, triangular bandages and so on. First pick out a fairly strong box, such as the Tate sugar box, and ask for a few spare pieces to make a top. The top is quite easily made by fixing the necessary width of



pieces together by means of battens. It may be necessary to strengthen the inside of the edge to which hinges are to be fixed. The latter can either be the metal hinges that can be bought quite cheaply, or they can be made of leather from pieces of old

straps. A cheap staple (for fastening) and padlock will be helpful. Handles will be required and these should be of rope, the two ends of which are spliced together so as to form a slightly thicker bit for the grip. The way in which this handle is fixed will be seen above. It will be necessary to sandpaper the wood of the box if you wish to decorate it. The box should first be painted all over in one or two colours. These should be, if possible, the patrol colours. In addition the patrol sign should be painted on the lid. There is great scope here for everybody in the patrol to do something towards making the Patrol Box.

There are a number of other uses to which we can put these boxes in our clubrooms. For instance, boxes to contain the gear for games are very useful, as they make it so much easier to get just the equipment we want quickly. By leaving off the top of the box entirely and turning the box on its side, it is possible, with the addition of a shelf, to make a useful set of shelves, either for the Patrol Corner or for the clubroom library.



In camp there are many uses to which such boxes can be put if they are stacked up in the store tent. With the open top fastened out-

wards they become very useful provision shelves. A very useful safe for perishable articles can be made by knocking out the bottom and the top. Bore a hole in each of the four corners of one of the original sides and pass ropes through the holes as shown in the illustration. It will be necessary to fasten a couple of battens at the back in order to keep the box steady.

Butter muslin should then be fixed along the top edge, draped round and tied underneath. If this meat-safe is hung up on a convenient branch, the goods put inside will be kept cool and there will be no danger of flies or other insects getting at the food. Should there be no convenient branch handy, then a stand can be made for the safe. This stand consists of four sticks three or four feet high, driven into the ground so that the tops are all level. An empty tin, such as a cocoa tin, is placed on the top of each stick to prevent insects from climbing up. Across the tops of the tins two pieces of wood are nailed, and on these the safe can be rested. This should, of course, be put in a shady place.

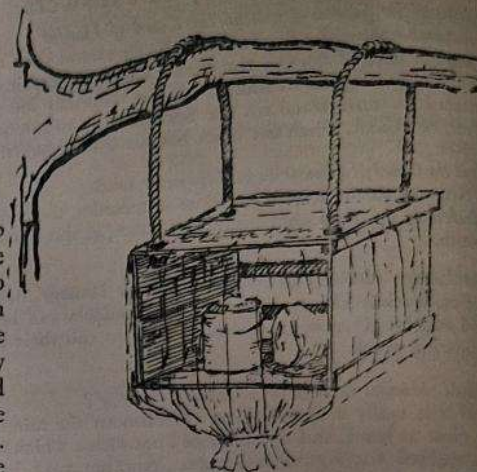
These suggestions by no means exhaust the number of possible uses that there are for grocers' boxes in camp and in the clubroom, so try to think out for yourself other ways of making use of them.

An Indoor Game

PASSING THE BASKET.

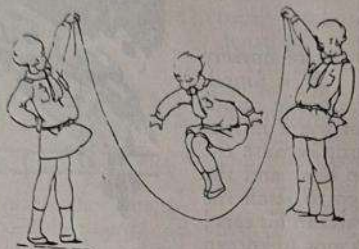
ALL the players sit in a ring. A small basket is passed round from one to another, everyone in turn handing it on. Meanwhile the piano is being played. When the music stops the person then holding the basket must leave the ring. The pianist may, of course, vary the periods of his playing, just as in Musical Chairs. The last player to be left in the ring wins the game. It is not permitted to pass the basket to any but one's immediate neighbour.

The seats forming the circle should not be moved during the progress of the game, but as the players become fewer they may change their places so that the length of the passes remain roughly equal.





The Child Nurse Badge



THERE is perhaps more diversity of opinion about the standard and type of knowledge required for the Child Nurse than for any other badge. To "show a knowledge of," or to be more modern, to "show practical knowledge of," is a much more variable standard than merely to "do" such-and-such a thing. A Guide may be able to look after her own small brothers and sisters and bath the baby according to family tradition, but one hopes to implant a higher standard than that of the average home, and sometimes it is more difficult to eradicate a low standard than to set a good one from the start.

A different view, and a practical one in our company, as most of our Guides go into service, is to ask the question—"What would you like to find when engaging a young girl as under-nurse or help or in any capacity to do with children?" Personally I have found that experience with brothers and sisters is not of great value. I would like to find a girl who is fond of children, for whom the children come first; one who understands how to get obedience without scolding and shouting and nagging, and who will be careful what she says before children. A girl who can do exactly as she is told and will not act differently when out of earshot. She should have ideas of amusing and occupying them and teaching them to grow up. She should be a neat sewer and mender and good at doing up and washing small garments; and she must have a thorough knowledge of the health rules, so that she will see the reasons for what she is told to do. One does not expect a girl of Guide age to be an experienced nurse, and many of the best qualifications are born and not made, but with the above knowledge and common sense, in a short time she should be good at her job. Often, alas, a girl's sole idea of entertaining the young is to teach them innumerable silly and usually unsuitable street songs, or just to read continuously to them from a book.

There are plenty of practical methods of gaining most of this knowledge without actually introducing a dozen Guides into the nursery at bath time—a most fatal course, I feel sure! Or even undressing some unfortunate atom in the cold club room!

Clothing.

One way of starting the ball rolling and awakening interest is to raise a laugh in this manner:

You turn to the first Guide—"Now, Eliza, you get up one cold morning and you unlock the door. What do you find on the doorstep but a tiny child with nothing on! You can't find out where he's come from, and he is crying lustily. What are you going to do about it?"

This usually causes great amusement and raises the question of clothing and what it would be best

to buy. You then turn to the next Guide and commission her to buy and choose suitable garments. This will arouse a discussion, and you can point out the unsuitable and bad things to be avoided: tightness,

heaviness, cotton next the skin, badly shaped shoes, clothes that won't wash, and so on, till the foundling is properly clothed according to the season, and has ceased his lamentations on that account.

Another scheme is to dress a doll, and of course needlewoman and knitter can with profit be worked in along with the badge.

Food.

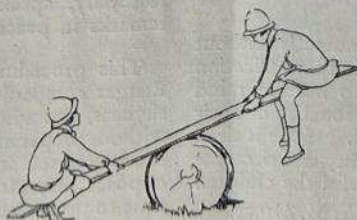
The foundling has then to be fed, and a food discussion follows. Here one treads on difficult ground, as modern ideas alter yearly with regard to the best foods for children. Some authorities encourage weak tea in preference to milk. But one can lay down a few wide rules and give the reasons for them, so that Guides can think for themselves what a child of a certain age requires to help it to grow strong, to strengthen its teeth, to help its inside, and to keep itself warm. It should be pointed out that likes and dislikes should not be encouraged, but that every child's needs in the way of food are peculiar to itself and must be studied. A strong child can be made delicate by being stuffed with foods unsuitable to its age and requirements.

Amusing games can be played with advertisements or just names of foods on papers. These are placed in a heap and Guides each draw one and place it in one of three circles marked "suitable," "unsuitable," and "occasional." At the end each patrol counts the number that they have placed correctly.

Washing.

Guides always like doing things, and to glide over the washing of clothes is dull compared to a washing competition. If they are taking the laundress badge so much the better. Describe minutely how to wash out a woolly garment, why soap must not be rubbed in, how the sleeves will grow if it is hung up instead of being laid out, etc. Then get each Guide to bring a small garment that she has washed herself to the next meeting. Many and varied will be the parcels produced rather shyly the following week, and great interest is taken in the appearance of the individual masterpieces. The next competition

can be for cotton garments. Here one must lay stress on the necessity for damping before ironing, how a dress if ironed too dry will look old and shabby, whereas a little frock slightly starched then properly damped and nicely done up, will always look fresh and new, however old it is. This demands more time and skill so the number produced will not be so great but will show a much wider standard



THE GUIDER

of achievement. The necessity for airing clothes well, not using soda for baby's napkins, and other such nursery details, can be added here.

Bathing the Baby.

Good patrol competitions can be made out of nursery "don'ts." Quite a list of bath "don'ts" can be found, and help to impress the important ones on the minds of the Guides, such as: don't put the hot water in first (this has been known to cause serious burns because the bath itself gets too hot); don't leave the baby and the hot water in the room alone while you go to fetch the cold; don't leave soap in his hair or put water in his ears; don't let him do his teeth in his bath (a not unknown nursery habit!), or have supper after instead of before doing his teeth. Some discretion must be exercised as to which wants are allowed, but the most sensible and complete list wins.

Sewing.

Lucky is the captain whose Guides are at a school where sewing is well taught! Some are taught badly, and one cannot always say so to them; others are overtaught and made to stitch so finely that they come to loathe every stitch they put in. All these dislikes can sometimes be got over by producing some very attractive materials and a book of dainty little children's dresses. Let them have the fun of choosing and putting their own ideas forward, and they will enjoy the making instead of looking upon it as uninteresting work. Or let the things be made for some special object, part of a good turn for the local hospital or for a sale or a present for somebody, anything in fact but for the Needlewoman's badge! Neat patching and darning are unfortunately a most necessary acquirement for the would-be nurse!

Games and Toys.

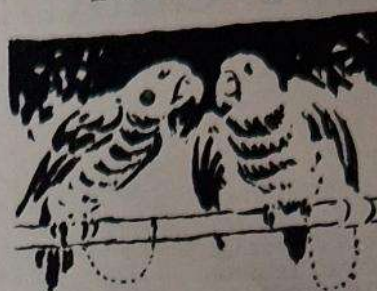
Children's amusements give scope for lots of fun. At one meeting patrols can be told to see who can collect the best lot of singing games before the next week. These can all be performed in turn and ideas exchanged. A paper-toy competition is also popular. It is amazing how many Guides have never made paper boats and cocked hats! Then there are paper trees and ladders; windmills and most attractive little merry-go-rounds. Another ingenious type of paper toy gives great scope for originality: the making of paper animals.

The paper is folded and the animal drawn side face with the fold along its back, extra length being allowed for joints. The outline is then cut out double, the neck, tail, etc., bent in suitable manner, and it will stand up and look most lifelike, especially if a pair of ears are cut out and inserted in the right place. Dogs, elephants, penguins and porcupines have been made with great success, but giraffes, crocodiles, even Don Quixote's horse, have figured in the menagerie at times. These are a great source of joy to some small children.

The best foundation for the would-be nurse is without doubt a thorough knowledge of and belief in the application of the health rules, and the last thing to bear in mind is that children will always reflect the personality of their nurse, be she mother, sister, aunt, or maid. If she is tired and cross the children will be just as naughty and tiresome as they can be, whereas if she keeps cheerful the children will be happy and no trouble to anyone.

A. M. MILES.

"The Company Debates"



WHEN your Guides or Rangers have "found their voices" and are able and willing to enter wholeheartedly into a general discussion, the time is ripe to introduce a more correct form of debating than merely

free discussion.

One simple form of organising a debate during the company meeting is known as "A Hat Talk." The procedure is speedy, hardly orthodox, but extremely useful. Anyone in the company who has a subject for debate in mind writes it down briefly and in the form of a resolution. At the end of five minutes the slips of paper are collected, put in a hat and mixed. Each patrol chooses one opener and one opposer. The former each draw a slip from the hat, and the chairman (who may either be the captain, lieutenant, or any deputed member of the company) then invites one of the openers to start speaking on the subject which she has drawn from the hat.

The opposer, who may be chosen from the opener's patrol or from another patrol, then follows with her speech. This concluded, the chairman asks for members to speak alternately for and against the resolution. If two members rise simultaneously, the chair decides which will speak first, allowing the other to speak immediately after.

When all have spoken who wish to do so, the chairman then rises and calls upon the opener to reply. In this reply no new facts may be given, and only the arguments already brought forward may be dealt with, otherwise the reply may go on till midnight! The opposer is occasionally allowed to speak again also, but this is unusual, and should not be encouraged. The resolution is then put by the chairman to the meeting. A vote is taken by a show of hands, the result is declared, and if time allows, the next resolution is dealt with in the same manner.

The chairman must use her discretion as to what subjects are suitable for debate, and at the outset it is advisable to keep as far as possible to the usual debating rules, such as: that speakers shall rise to speak; that they shall address the chair and no individual; and that each speaker shall only speak once, except when she may be allowed to correct a definite misapprehension on the part of another speaker, in which case the misapprehension may be corrected—an "extra" speech is not permitted. Naturally, speakers should be allowed to finish their remarks in peace and without interruption!

This procedure has been proved to work well with Ranger companies who have overcome the difficulties of shyness, and who have really learnt to speak fairly fluently without preparation; but, of course, the subject for debate can be chosen at a previous meeting, and the opener and opposer may also be voted for previously and be given time to prepare their remarks.

M. M.

The Order of St. John of Jerusalem

I HAVE been asked to write about this ancient Institution to which I have the honour of belonging, and which should make a special appeal to all those, old or young, rich or poor, who care to be of use to their fellow-creatures in sickness, distress or injury.

Most of us know the Order by name and can recognise the members of the St. John Ambulance Brigade by their black and white uniforms, as they are always to be found among crowds on public occasions, assisting the police in their care of people who need their help, and ready with their ambulances to take charge of the fainting or injured.

Comparatively few, however, realise what a great organisation the Order represents, and what an enormous number of men and women it trains in first-aid and ambulance work.

It is the oldest Order that exists for the relief of suffering, as its motto implies, i.e. "Pro Utilitate Hominum," meaning "For the use of Mankind."

The Order came into existence about 1100, immediately after the capture of Jerusalem by the first Crusade, and was developed from a charitable organisation which had existed in the city for very many years. In self-defence the Order soon afterwards organised itself as a military brotherhood, but always retained its hospitaller side. It quickly became one of the most powerful institutions in Europe and had "langues" formed by knights and soldiers of every European nation.

The English "langue" was established in Clerkenwell about 1143, but all that exists of the ancient priory are the buildings known as St. John's Gate, where are now the offices of the Order, the St. John Ambulance Association and the St. John Ambulance Brigade.

The history of the Order is one of almost continual warfare with the Mahomedans until it was finally dispersed by Napoleon in 1798. The English branch was revived in 1831, and now carries on the original work for the good of humanity which was done by the first members so many centuries ago.

In the twelfth century the Order was driven from Jerusalem, and settled in Rhodes, where for 200 years it fought and withstood the Turks, who were always trying to conquer Europe and destroy Christendom.

In the Middle Ages, having been forced to leave Rhodes, the Knights established themselves in Malta, where they reigned supreme till Napoleon Buonaparte, jealous of their power, dispersed them at the end of the eighteenth century. Some hundreds of years before that date, however, some of them came to England and received a grant of land at Clerkenwell, where they built a Priory and founded their Order in England. The remains

of the Priory and the ancient crypt exist to this day, and are most interesting to visit, and St. John's Gate, Clerkenwell, is now the headquarters of the Order. Here all arrangements are made for instruction in first aid by trained and organised units, and here is also the ambulance department for the transport of the sick and injured.

The Brigade numbers about 50,000 members in Great Britain alone, and is open to anyone who has attended classes in first aid and has obtained a certificate of efficiency. Boys and girls between the ages of eleven and eighteen may join these classes, which are now formed in towns and villages all over Great Britain and the Dominions.

I have not yet mentioned the other two great works of the Order. One is the maintenance of the Ophthalmic Hospital at Jerusalem, which is an invaluable institution, as complaints and diseases of the eyes are very common in the East. Last year the hospital held 80,000 consultations and performed 4,000 operations, irrespective of race and creed, and it is a very interesting thought that the poor and suffering can still obtain help and healing from the Order in Jerusalem just as they did from the first little band of Brethren in the eighth century. The other is the London Light and Electrical Clinic at Ranelagh Road, Pimlico. This is the largest of its kind in the country. It is not run for profit, and is for poor people, who pay what they can afford. All the most up-to-date electrical treatments are, through the Order of St. John, thus brought within the means of the poor.

Perhaps this short account may make readers anxious to know more, and perhaps to become members of this great association for voluntary help.

By writing to the Chief Secretary, St. John Ambulance Association, St. John's Gate, Clerkenwell, E.C.1, all further information can be obtained.

MARIAN GARFORD.



St. John's Gate.



THE WOODCRAFT TRAIL

What to Show the Guides this month.

February is one of the most fascinating months in the year for the keeper of a Nature-log: things move slowly this month (whereby it differs from May-month!) yet every day yields a new token of the earth's resurrection.

In towns blessed by the presence of gulls in winter we observe how those named black-headed (by a great error) soon begin to cover their white heads with brown caps. Soon they will be moved by the spirit of spring to fly from brick and mortar to time-honoured nesting-haunts on lonely marshes and meres.

The oncome of spring fever is made visible in the flight of gulls in these days, suggesting ice-skaters—now drifting on long stately curves, then smartly cutting small and intricate figures; but the gulls likewise soar and dive and somersault, and we think we know the motive of their ecstatic flight. The old idea (of Darwin and his followers) was that by courting displays the male birds seek to win their mates, but the new teaching is: we know certainly that among many birds (including familiar song-birds like buntings and finches, the warblers, and birds which have elaborate mutual courtships, like grebes and herons), real courting displays do not begin until *after* pairing: as it were, after the birds are engaged. The gulls of the gentle sex indulge (I suppose) in the ecstatic flying exercises of these days before spring no less than their future partners.

The briefest list of what we may show our disciples when out on the Trail this month, and what we may hear, would overflow this journal. *Inter alia*:

New-born lambs and their habits of play.

Crimson flower-tufts on hazels, and their significance.

First-heard songs of lark, chaffinch, hedge-sparrow, the various titmice, and goldcrests. The crooning of wood-pigeons. The spring call of lapwings. The exultant "laughing" call of the green woodpecker, its "hurrah for spring!" The drumming of spotted woodpeckers. The first-heard songs of mistle-thrush and blackbird and how to distinguish the same, and how to distinguish the thrush's song from the mistle's—that gallant "stormcock."

The breaking-up of partridge coveys, and of other flocks, into pairs.

Nesting jackdaws in church towers and on cliffs. Rooks visiting nest-trees—and herons.

Pipistrelles—those harbingers. Brimstone butterflies

flying on primrose wings, questing for "the green lady."

Frogs, toads, snails,

slugs, on awakening from winter sleep: slow-worms too. (Refer to Coleridge's lines beginning: "All Nature seems at work. Slugs leave their lairs.")

And we look for snowdrops, and lesser celandines and the rather primroses and coltsfoot and wild arums in hedgerows, for the heavenly blue of speedwells and the green of dog's-mercury, and for golden catkins on the willows with bees flocking to their hospitable taverns.

A February Star Lesson.

I am requested to include in my miscellany a few notes about the stars each month, such as might be useful to a Guide here and there.

As I write I have but to take two paces from my writing-table to behold, due south yonder (over Ditchling Beacon) the brightest and most glorious star in all the heavens—the lord of all the stars—Sirius; and I suppose that many Guides at their bedtime, looking southwards from their casements in the early days of February, will marvel at its terrific glory. It is the Dog Star that flames in the mouth of Canis Major, faithful follower of Orion the Hunter, while between that Big Dog on the one hand and the River Eridanus on the other is entrapped, as we see, timid Lepus, the Hare.

Of Sirius we may say that it is incredibly far away, a matter of fifty-one million million miles. Whereas the light of the sun, travelling through space at the terrific speed of 186,000 miles a second, reaches us in eight minutes, the light of Sirius does not reach us until it has been travelling for over eight years; so we see it at night as it was more than eight years ago. The sun is ninety-three million miles away from us; Sirius is more than half a million times as far; were it in the sun's place for a few minutes, the arctic ice would be boiling away in steam. It has some twenty-six times the candlepower of the sun, though in this respect it is eclipsed by a star, S. Doradus, which has over 300,000 times that candlepower.





BY MARCUS WOODWARD

THE three stars of Orion's belt point down to Sirius (thus easily identified) and up to ruddy Aldebaran "follower of the Pleiades."

Orion we now behold in all his majesty, armed with his club, robed in his lion skin; Betelgeuze, a topaz gem, on his right shoulder, Bellatrix, the Amazon, on his left; on his left foot, Blue-white Rigel, while his sword-belt glitters with those three stars called by the peasants of Provence "les trois rois," by seamen "the golden yard-arm," and by Catholics "our Lady's wand." The native Australians knew them as "the young men" dancing a corroboree, and the Pleiades were the maidens who played their music.

Clinging around the sword stars is the vast stellar cloud, among the most mysterious objects in the universe, Orion's nebula—"brushes of fire, hazy gleams, clusters, and beds of worlds"—stars born and unborn, making for our eyes the image of a spectral bat athwart the shades of night.

Wild Life.

I have great pleasure in presenting a delightful essay on the subject of not disturbing our wild friends, by Miss Bond, Commissioner for Rangers.

WHAT WILD-LIFE THINKS OF US.

"While so much is being written about getting to know the birds and beasts, one is tempted to wonder what they think of it. 'Getting to know' is delightful, but what about 'getting known'? Every year more and more of us discover the endless delight of the Out-of-doors, but if we would see the best of it, 'Touch not!' must be the inviolable rule: none of the creatures which give us so much pleasure should ever suffer from our intrusion. It is tempting to poke a finger into the nest to discover whether there are eggs, yet many birds forsake the nest that has been touched. It is tempting, terribly tempting, to fondle the fussy baby dormouse clinging to his hazel twig, but so hated is the human scent that many wild mothers, returning to find the taint of it on their young, will promptly disown them, drive them away, or commit red murder.

"If wild Nature is not to become wilder we must learn to move through woods and fields disturbing nothing, and so to be unfeared, and gradually to establish more friendly relations with shy wild things not naturally afraid, but taught fear through many generations, a lesson deliberately passed on from parent to young, as you may prove.

"Watch a nest of young birds just old enough to take notice. You approach gently while the parents are foraging for food, and every little head is raised, every voice cheeps, every beak is opened in friendly expectation. There is no fear of man in the newly

hatched bird. But watch the parent return to find you at the nest. She is filled with fury. She scolds at you. She scolds the family for their folly, and never again will they respond to your advances. At your approach the cheeping will cease and they will cower at the bottom of the nest. They have learnt from their parent the lesson of fear.

"A house-mouse had been caught in a trap, then another was caught, whereupon there appeared about the house six very young mice—presumably the orphans. Strolling about the house in the most casual way, they had no idea of fear. When a hand was placed near one of them, it crept up full of curiosity to sniff the strange object. The innocents had been orphaned before their parents had taught them fear of man.

"To many of us intimacy with wild things starts from a friendship with a robin. The robin seems to be born tame. He may be cautious, but he is never afraid, partly because he is filled with an insatiable curiosity, but surely also because for centuries superstitions have protected him, so he has never learnt fear. Is it not possible that other birds and beasts might be as friendly?—that with time and patience we might yet regain their confidence?"

P. M. B. (Haslemere, Surrey).

Preserve the Countryside!

It is a time of great temptation to eager young hands impelled by eager hearts to reach out and touch and gather and carry home trophies. Who of us as a child, seeing our first primrose of the year, violet or celandine, has not longed to carry home so precious a treasure? How could we have been persuaded that a flower has a possibly sentient life to live, and a destiny to fulfil, and that for all anybody knows to the contrary, may have a consciousness? Now it is proved at least that plants will react to an injury no greater than a pin-prick: that the sensitive plant is eight times more sensitive to electric shock than the most sensitive of our most sensitive organs, the tongue. How can we impress the thought that the first violet, if we left it alone, would become in the course of Nature a mother, and has at least some inherent right to life?

The first-found blackbird's egg of the year! what a thrill to find it! what a treasure to collect! But what of the songs unborn that may lie in the yolk?

The new ideals set up in the new Bird Lover badge syllabus—the thoughts of Miss Bond's yarn on observation without disturbance—will suggest many timely hints to eager young hearts this month, as to restraining over-eager hands from hurting Dame Nature.

OUR NATURE COMPETITION.

Readers this month are invited to contribute notes on the subject: "How to watch birds without disturbing them." A prize book will be awarded to contributors of all notes published. Address letters THE WOODCRAFT TRAIL, THE GUIDER, 17-19, Buckingham Palace Road, London, S.W.1.



Food in Relation to Health

What a Guider ought to know about Diet

I SUPPOSE most healthy people turn the page of a magazine in boredom when the words "vitamin," "protein," or even "mineral salts" catch their eye. Food again! How boring—they think, and give the subject no further thought.

But it isn't boring, especially when you have anything to do with the feeding of other people's children, or the instruction of them in the ways and means of keeping fit and well. The camp quartermaster, with the planning of the daily menu in her care, is enthusiastic about her job of arranging well-balanced meals.

In the Guides there is a great chance for Guiders to promote understanding of food values whenever they get the chance, either in camp—a glorious opportunity—or on hikes, or even picnic teas or lunches. "Must know the dangers of unhealthy diet" is a clause in one of the Guide tests, as we all know. Cannot they help the future mothers of the race to understand the importance of these things?

In considering the planning of meals it is helpful to consider them under definite headings.

CONTENT.—Do they contain all the essentials?

COMBINATION.—And in the right proportion?

COST.—Has the money expended been laid out to the best advantage?

We all require, and particularly as growing children, (1) food to build and repair waste (protein); (2) starchy foods and fats (carbohydrates) to supply heat and energy; (3) vitamins and mineral salts.

Let us take Mary Jane and consider what she eats.

We see her at her early breakfast before setting out for school, munching a "doorstep" of white bread, spread with inferior margarine. She is filling an "aching void" but is not building a really healthy or agile body. Her dinner is going to consist of white bread and margarine, flavoured perhaps, with pickles or a pennyworth of fish and chips, and helped down by a long drink of mother's strong tea.

But growing children must have some fresh meat or fish, or cheese, or eggs and milk, and little Mary Jane's body will soon show the lack of protein and protest loudly in some way or other if it doesn't get it. If her mother had only known that porridge and treacle would have been a far better breakfast for her, she would doubtless have provided it. But the idea never entered her head!

For dinner she could have given Mary Jane a delicious stew of lentils, carrots, onions and potatoes, stewed with some bones. Mary Jane's mother is poor and that would have been a very cheap meal. Mary Jane's small body would have then received protein (lentils); carbohydrates (potatoes); mineral salts (abundant in lentils and also present in carrots, onions and in a smaller degree in potatoes); vitamin B

(in the onions and potatoes). This with a slice of wholemeal bread and butter and an apple would have made an almost perfect meal.

A kind friend gave Mary Jane twopence to spend on herself. Having seen a lovely pink cake in the window of the shop at the corner of the High Street, she quite naturally bought it, and ate it on the pavement out of the paper bag. The cake was sweet, and it was also made of the cheapest ingredients; indeed, it took away Mary Jane's appetite for further white bread and margarine which would have been her tea.

Who could expect her to spend the tuppence on two penny oranges or apples? Such things are almost unknown to her.

If only Mary Jane's mother had once been a Guide, and intelligently earned her health badge! The chief meal of the day is father's and it is eaten in the evening after work. It consists usually of either sausages and fried pieces of meat or corned beef out of a tin, and chunks of white bread. Mary Jane has some of it for her supper.

And so ends a thoroughly unprofitable day for her little body.

This picture of our pale, thin little friend with the lacklustre eyes, is not an exaggeration for the sake of talking about proteins and carbohydrates. Hundreds of our elementary school children are fed in this way to the sad knowledge of those who work in hospitals throughout the country.

What can one do? "To know the dangers of an unhealthy diet" suggests that one must necessarily know the benefits to society in general of a *healthy* diet, and this teaching is within the range of all Guiders.

Mary Jane is growing up and one day will have some Cubs and Brownies of her own to feed, to say nothing of "Father"!

There are games of shopping, which all children love, to be played in the pack and company, in which the players spend imaginary shillings to the best advantage on food. Mother will be soon told all about the stew guaranteed to bring roses to the cheeks of her family! And when Mary Jane is a Brownie herself she will perhaps be sometimes entrusted with the shopping, and will come home having spent a penny or two on oranges or apples. She has learnt how good is brown bread and dripping or honey for tea, and perhaps will ask mother for it.

Mary Jane still knows very little about vitamins or carbohydrates, but Brown Owl and captain know quite a lot, and not only how to feed themselves but how to teach children to ask for and want the most wholesome food.

BUTTER FOODS	BREAD FOODS
FRESH FRUIT AND VEGETABLES	MEAT FOODS

By courtesy]

[New Health Society

"A SQUARE MEAL."

Once upon a Time

ONE evening in the very early part of 1910, a party of girls was sitting in a cheerless and somewhat cold room in the village of Kirton, Lincolnshire. Sewing wasn't very exciting and there didn't seem anything else to do except talk rather languidly in small groups.

A somewhat perplexed young curate surveyed the bored-looking party and wondered what to do to interest them. He realised that they were young and active and didn't want to sit still, so he bethought him of another girl home from school for the Christmas holidays; why not get her to drill them?

The following week this was tried and was a fair success, at any rate it was better than just sitting about, they were *doing something*.

Later on, the girl who drilled them happened to see, in a magazine or paper, an article about some people called Girl Scouts. It sounded quite exciting, so at the next meeting the article was read, discussed and finally voted worth trying. School intervened, but when the Easter holidays came round with some fine days, Scouting started in real earnest. Uniform! of course that was a great question.

"Well, what about Scout belts and haversacks?"

"Ordinary frocks will do."

"And staves! we must have staves or we can't jump dykes!"

"Broom handles make quite good ones; be sure to mark them off into feet and inches. . ."

Armed with staves, the Girl Scouts set off to look for adventure. It was found in leaping over dykes, and crawling about in fields on hands and knees or even on one's tummy.

Later on, Pamphlets A and B came from Headquarters and more orderly methods were tried, also a real uniform. Navy blue skirts, ankle length, navy blue blouses, very scrubby round the neck, pale blue muslin scarves worn with the point down the back and draped over the collar, Scout belts and haversacks, stretcher slings, water bottles, red tam-o'-shanters well stuffed with paper to make them stand up, and of course staves. The captain was distinguished by a navy blue tam-o'-shanter.

On May 6th, 1910, the first proper roll call of the 1st Kirton Company Baden-Powell Girl Scouts was taken, ten girls being present.

Later on a meeting of local ladies was held, a Local Association formed and a Registration Certificate dated July 25th, 1910, was obtained from Headquarters.

First Aid was now added to the activities and armed with splints and a stretcher net the company would sally forth to look for "accidents." These would be dealt with on the roadside and then all would return through the village, some carrying a much-splinted and bandaged "stretcher case," others helping those with "broken" arms or heads; we always believed in being seen.

Any Church Parade, Club Feast or other procession always found us well in the limelight and we must have tramped miles at the tail of "Oddfellows," etc.

Cycle parades were another joy, as having wheeled our machines into the village square, we started off to the order of One—Two—Three—Mount!

Signalling also came in for a share; two Guides would be stationed at the top of the church tower to send messages to the remainder in a field below.

Dispatch-carrying and lion-hunting were also favourite games, both being very energetic and exciting.

In 1912, we held our first camp, it was by no means a model camp, unless a model of how *not* to camp. Nevertheless we loved it and no one was ill afterwards. The place was an old disused school consisting of two rooms, one large and one small and an entrance lobby. In the large room all the Guides slept on folding canvas beds and on wet days games were played there also. The small room was used for meals, as the store-room and also, at night, for the captain's bedroom. In the playground outside a fire was made and the cooking was done, and here too, on fine nights some of the beds were carried out and we slept under the stars. One night we were awakened by rain and after covering up our beds with mackintoshes we decided that if we could protect our heads, we need not go in. So we moved trestle tables over the head of our beds, three beds to a table, wriggled into our blankets to resume our slumbers. At first all was well, but when the table tops were thoroughly wet the rain found the cracks and came down on our heads in streams, so reluctantly, we had to take up our beds and seek the stuffy but dry atmosphere of the schoolroom.

In the day-time we tracked, signalled and bathed. Except for one girl who could manage a few strokes no one could swim, but our greatest effort was a display of life-saving. One girl would go out as far as possible, make a good imitation of swimming, then with a yell, throw up her hands and splash wildly about. The rest would dash out of the water, seize a rope, which we always took with us, tie a loop at one end and another girl would "swim" out with the rope and place it round the other who was then hauled in, artificial respiration being administered as soon as she reached the shore.



An "accident," 1911.

THE GUIDER

All this probably sounds silly to Guides now, but the captain was very young and so control was not very good. 1914. The Great War. Captain joined the V.A.D. and was away for four and a half years. Yet in those years the company carried on alone. We had no lieutenant, only patrol leaders and corporals—and in 1919 five Guides were presented to Mrs. Mark Kerr the day after the Rally at Lincoln as having kept the company together for nearly five years.

M. H. PAULSON.

The Importance of a Clean House

HINTS ON THE HEALTH BADGE.

WHEN we think of a dirty house, and draw a mental picture of its ugliness and discomfort, the truth that cleanliness is essential to health and happiness is at once clear. Dirt and degradation keep close company.

Clean houses make healthy homes. Dirt and dust are always entering the house—in the air, from the streets outside and by reason of the wear and friction of household furnishings. Windows speedily become filmed with dirt that keeps out light, and so deprives us of the tonic rays of the sun which enrich the blood, make for sturdy growth, and strengthen our powers of resistance to illness. Dirt and dust are laden with living germs of disease; and sore throats, coughs, colds, diarrhoea and consumption, are frequently met with in houses where dusty conditions and general neglect of cleanliness are allowed to prevail. Where there's dirt there's Danger!

The best cleansers and disinfectants for every room in the house are soap and water, fresh air and sunshine. For this reason house furnishings should, as far as possible, be washable. Those that are not, such as carpets, need to be frequently shaken and brushed and left to air outdoors, to purify them of the dangerous organisms that cling to them so readily. The scrupulous cleanliness of cupboards and shelves, specially of the food larder, may make all the difference to the health of an entire family—specially the baby. Scrubbing is not, perhaps, so decorative or interesting as polishing the best silver!—but it is the purifying of the house in every nook and corner that brings health and the joy of living.

Bad smells are unwholesome, and foul drains and gullies poison the air around. A dirty lavatory can speedily pollute the whole house with its vapours. Stagnant water in the yard will breed mosquitoes; while garbage and fermenting litter are the haunts of many noxious insects, notably of the housefly.

The presence of mice, flies and insects indicates conditions in the house that are prejudicial to health. They breed in foul places, thrive in filth, live with germs, and contaminate everything they touch. Flies are scavengers, and carry germs of disease on their filthy feet to the food we eat, dropping poison into milk, leaving infection in the jam, and laying their eggs upon the meat. Many diseases—the terrible epidemics that rage across entire continents as well as those ordinary illnesses that are said to be "going about" from time to time—are carried by vermin that breed in dirty places and find their way into clean ones. The remedy is simple—destroy their breeding places, and discourage their presence by cleanliness of every nook and corner of the house.

Cleanliness, to be complete, must be continuous. Even household tools—rubbers, dusters, brooms and pails—need to be kept clean. For in handling dirty objects there is a risk of septic sores on the hands.

"The health of the nation is built up in the homes of the people," and the home-maker is doing work of national importance when she keeps a house clean and therefore healthy.

NORAH MARCH.

Winter Games

Rugger Touch.

A splendid warming-up game, played with a football or one of those big rubber balls covered with coloured cotton, obtainable at Woolworth's for 1s. 6d. the inside and 6d. the cover!

Divide into teams and arrange the teams roughly into forwards and backs. Two chalk lines are drawn across the room, about three feet from either end, one for each team. The umpire blows a whistle and throws the ball into the middle of the room, when it is in play. The game is to get over your team's line with the ball without being touched. Directly you are touched you have to pass the ball to another of your side. If the ball is thrown over the line it does not count and the umpire again throws it into the middle, as she does each time a goal is scored. The game is played for a definite time—ten or fifteen minutes—and the side with more goals wins.

Colour Game.

Patrols stand in files, and each Guide is given a colour. The captain calls out the name of something—for instance: "A District Commissioner's Cockade," and the Guide in each patrol whose colour is blue runs to the end of the room and back, and the first one back in her place gains a mark for her patrol. Here is a suitable list of colours, which may, of course, be varied indefinitely.

BLUE.—The sky on a fine day, cornflowers, a Sea Ranger trefoil, harebells.

RED.—Scarlet Pimpernel, a robin's breast, a Ranger trefoil, the colour of St. Patrick's cross.

YELLOW.—Dandelions, ripe corn, canary, gorse.

BLACK.—A Guide's stockings, the buds of the ash tree, a pirate's flag, blackberries.

GREEN.—A district captain's cockade, elm leaves, cabbage, Ireland's colour.

WHITE.—Pear blossom, a Sea Ranger's cap cover, St. Andrew's cross, the colour of the material you use for a bandage.

BROWN.—Beech leaves in autumn, a Brown Owl's tie, the kernel of a horse chestnut, iodine.

Morse General Post.

Guides divide up into pairs, and each pair is given a letter and a method of moving about (skip, bunny jump, hop, run backwards, crawl, etc.). They then make a large circle, sitting on the floor, each with her pair as far away as possible, and one Guide blindfold in the middle. The captain blows a Morse letter in long and short blasts on her whistle, and the two whose letter it is have to change places in the way they have been told, either hopping, bunny jumping or whatever it may be. If the blindfold Guide catches one of them she changes places with her and the game goes on.

Shopping for Foreigners.

Patrols sit in their corners, and each send up one Guide to the captain, who gives them a shopping order (e.g. twelve oranges and a bunch of grapes), and they run back to their patrols, without a word being spoken. As soon as anyone guesses it she runs to the captain and gains a mark for her patrol.

J. W.



Somerset County News

THE COUNTY.

SOMERSET is a county. In writing that we are not merely giving one of *Punch's* glimpses of the obvious, but pointing out what may have escaped the notice of some of you who live in less favoured parts of England. Somerset is large, it is beautiful, it has hills and flat country and the sea. It has history older than almost any county, and it is a very hard county to travel in.

It is said that when there is a county meeting, Commissioners have their baths and breakfasts overnight and sleep in their box-hats in order to start at break of day for the remote spot chosen. The hottest arguments in Somerset are carried on over the meeting place for the next county meeting and some elderly, car-less Commissioners start at the conclusion of one meeting to walk to the next.

Somerset is a record-breaking county in Guide matters, too. Has any other county a Local Association that meets in a palace? Has any other county raised Mrs. Mark Kerr to the height of an Egyptian Goddess? (O great Ma Ka, do you remember?) Surely no other county has a district captain who can have a broken neck, appendicitis, mumps and a blue cord all in the space of two years, and survive! Somerset has the joy of welcoming Guiders and Guides from all over England. We are a favourite camping county and in the summer, Guides from every part of England appear in Somerset.

Yes! and from further afield. The Taunton District Commissioner received one afternoon a visitor from Taunton, Massachusetts, who was staying in London and "thought she would like to see Taunton England Guides," and so had run down for the afternoon, with no announcement of her arrival. Taunton was embarrassed, but managed not to disgrace itself entirely.

The Somerset badge (as you see) is the red Wessex dragon, with the Anglo-Saxon motto, "Sumorsæte Ealle," and we like to think that as he stands upright (rampant is, we think, the correct term, but we don't like to think we ramp), with paws ready, so Somerset Guiding is upright and straight and prepared.

NATURE KNOWLEDGE AS SHOWN IN YEovil.

"A cow is fat and its flesh is beef. The ones that has calves are very angry. Some cows have horns and others have not. When they go to

market they are very often sold to butchers who have the meat to sell. He does not chew its food but eats until he had enough, then he lies down to rest for the grass to come up from his stomach and he chews it and it goes down its stomach once more."

NEWS.

Six Somerset Blind Rangers went to a camp for blind Rangers at Hewell Park, Redditch. The Somerset C.C.A., Miss Rowland, was commandant of the camp and Mrs. Napier, District Secretary for Wellington, was also there with her blind company.

The Bath Division has been privileged to help the medical authorities in two definite branches of work. There is a very successful Guide company at the Children's Orthopaedic Hospital and a Brownie pack has been started. Also three Rangers acted as helpers and organisers at an experimental camp at Wirsley for children attending the "Child Guidance" clinic. This is the first camp to be held in this country on these lines and we should be proud to think that Guides helped at it.

Bath won the Hobhouse Swimming in September, beating Taunton (Weirfield) by a narrow margin, and they took the Ranger Cup in the spring. Taunton is the proud possessor of the County's one Blue Corder, Miss Arnold.



Where the Wells Local Association meets at the Bishop's Palace, Wells.

What is behind the County Page? Is it the same in every county, we wonder? Does the County Commissioner ask for a volunteer to collect it and get no response? Does at last an entirely Inefficient Person in desperation answer the appeal? And does that I.P. sit at home waiting for news and tidbits that never appear, or if they do appear, come with an interval of years so that one piece of news is completely out of date before the next appears? We can imagine Commissioners sitting in conclave: "What can we send to the County Page? Shall we tell how you sat through a meeting in an overcoat because you couldn't find your belt? Or shall we say how funny we look at District Parades, you so fat and me so thin? Shall we send some camp photographs? That's a bright idea. We will." And they do—all of them—all alike.

Our lunatic asylums must be filling with people who have tried to collect a County Page.

Rangering

HEALTH IN THE RANGER TEST.

TO everyone at some time or another it must have occurred as strange that, in a world where the most valuable things are things we can give away, Health, one of the best, is something we cannot pass on. Yet on it so much happiness depends, and some of us have received a more than ample share. It seems as though the lucky ones owe something to those who have been less fortunate.

Is the Ranger Branch doing all it might to help girls value good health as increasing their power to give good service, and to protect and improve the health of those around them? The recent Ranger Conference thought not. No real advance towards better health can be made without a sound knowledge of the conditions on which we earn it; at present this is not included in the training of a Ranger Tenderfoot, except in so far as she may graciously condescend to be taught by a candidate being examined for her Ranger Star. Last month's Headquarters' notices included the suggested alteration that in future the health section of the test should read:

(1) Know how to prepare a sickroom and make a bed with a patient in it.

(2) Know three country dances, or swim twenty-five yards, or go for and describe accurately a five-mile walk, or perform at least three physical exercises and know their value.

(3) Know the rules of health and show that she has done her best to practise them personally, in her home and place of work.

By this arrangement she could no longer take two clauses that were only active exercise, she would be certain of taking one clause that gave her some knowledge of conditions of health, which would be of use to other people.

There may, perhaps, be groans from the Guider who feels she has too often "done health rules" with her Guide company, but the conference could find no better introduction to health, for after all an understanding of cleanliness, fresh air, exercise, rest, clothing and feeding, covers all the elementary ground, and is the basis on which further knowledge must be built. Rangers who have studied health rules as Guides may feel it better worth their while to take a different section, but this inclusion will give the girl who has never been a Guide a chance to grasp general principles and to show she is putting them into practice. To the schoolgirl this is not always possible, and here lies the difference between the Guide and Ranger test. The child has no say in choice of food and clothing, even her efforts at cleanliness and fresh air may be frustrated. Mother and Captain do not always see eye to eye; mother tells lurid stories of children whose "teeth were all wore away with brushing," and against all arguments cites granfer, who "lived till he was 99 and never slept with his window open in his life" (the tiresome old man). But the Ranger earning her living is in most things responsible for herself, and has reached an age when (with due consideration for draughts down other people's necks) she must take her own line.

It is for us, as Guiders, to see that the test consists not merely in knowing what should be done in a perfect world, but in doing it in a very imperfect one. There is a story, sad but true, of a Star Ranger who passed the teaching of health rules with flying colours, taught

her patrol to clean their teeth twice a day (specially at night), but did not herself so much as possess a tooth-brush. The Ranger who enters for the Health Rule test must be carrying out what she knows, and as she looks round her own surroundings she will probably find some way of helping to improve her own or other people's health. Few of us live in such ideal surroundings that there is no opportunity. The girl who "can't eat vegetables," the round-shouldered girl who stoops over her work and never takes exercise, can start by making themselves more fit to serve; another may see the needs of those with whom she works, and make it her business to air the office in the lunch hour. One Ranger keen on health, asked that the clubroom lavatory might be her special care, and many will find opportunities at home. The test should be that the Ranger, having grasped the fundamental principles of healthy living, is using that knowledge for the benefit of others, regarding health, not as the slightly dull alternative to the thrill of an interesting ailment, but as one of the greatest of gifts, to be used if one has it, and to be won for those who have not.

PHYLLIS M. BOND,
Commissioner for Rangers.

Simple Drill

The Formation of a Horse-shoe without Colours.

The company is in patrols facing the captain. The captain gives the following commands—*Company—Attention, Company—Right Turn*, and the patrols turn into files. On the command—*By Patrols Left Wheel Quick March*—the patrols all mark time, and the first leader leads off to her left followed by her patrol and by the rest of the patrols in file. If indoors, she leads straight round the room, until she is back to where the captain is standing and where the opening of the horse-shoe is eventually to be. If outdoors, the command—*Left Wheel*—should be given by the captain at suitable points, in order to bring the file back.

The command—*Centre March*—is then given, and the leader leads the file up the room away from the captain. When the leader reaches the spot where the back of the horse-shoe is to be, the captain gives the command—*Alternate Patrols Right and Left March*—and the first leader swings round to the right followed by her patrol. The second leader leads her patrol round to the left, and so on alternately until all the patrols are in the horse-shoe. If there is an odd number of patrols in the company, the Guides in the last patrol may go alternately to the right and left if preferred.

As soon as the first leader has reached the point where the end of the horse-shoe is to be, the command—*Mark Time*—is given, and the leading patrol marks time until the rest of the patrols are in their places. The captain should keep the company marking time until she is satisfied with the shape of the horse-shoe, and then give the commands—*Company—Halt, Company—Inward Turn*.

The leaders then step forward, face their patrols and stand them at ease, and then about turn and themselves stand at ease in front of their patrols, or, if preferred, the leaders may stay in their places in the horse-shoe at the head of their patrols, and the command—*Stand at Ease*—is given by the captain.

With an experienced company these commands may be omitted, the command—*Into Horse-shoe Formation, Quick March*—being substituted.

Fun for the Fund

Total £47,660 : 6 : 7

Scotland's Sweetless Week

LAST November Scotland had a brilliant idea. It was suggested that Guides all over the country should for *one week*—the same week—give up sweets, cakes, cinemas, or any other small personal extravagance, and give the money thus saved to the Building Fund.

The idea caught on splendidly, and the result of this united good turn was a total of £585 9s. 5d., and throughout December specially marked subscriptions came pouring in from almost every county in Scotland.

Here are a few details of this splendid effort to illustrate how "mony mickles will mak' a muckle": Glasgow £106; Edinburgh £73; Ayr and Bute £52; Fife £42; Midlothian £40; Angus £29; Dundee £19; West Lothian £18; Banff £14. Reference to the number of Guides in each county (see October, 1930, *GUIDER*) and a little calculation, will show how loyally Scottish Rangers, Guides and Brownies carried out their week of self-denial.

A good number of Scottish counties can now proudly state that 100 per cent. of their companies and packs have helped to build the Guide House.

A Mounted Paper Chase

FOLLOWING the lead of the motor car in aiding the Building Fund, the horse leapt to benefit the same cause on Boxing Day.

The event was a mounted paper chase, at which a half-crown "cap" was taken from each rider.

It was a small and local affair, so as a financial project it does not compare with the great Reliability Trial. But it is hoped that horses in other districts will awake one morning to be saddled for the same object.

First of all a notice was sent out to everyone who could

would be optional jumps, and arranged "checks."

The local riding school was approached, and the owner kindly undertook to hire his horses out at a special cheap rate. This offer was included in the Notices of Invitation.

The Master of the chase arranged the permissions with the landowners, and took his Hares over the course a few days before.

Some Christmas Eve motorists were puzzled by seeing two un-labourer-like persons (with an able-bodied car

beside them), shovelling gravel over an unoffensive-looking stretch of tarred road. They are probably still puzzled, for motorists' minds do not easily foresee the needs of the horses which would clatter across that glassy stretch next day.

So much for the preliminaries.

The Whip is a most important person in a mounted paper-chase. Ours had a horn (from a toy shop) which he

blew squeakily to gather his Hounds. These were marked with armlets that none might mistake them for Horsemen, and in error over-ride Hounds.

The Hares had a good start, and were provided with bags of paper, kitchen paper being used, neatly torn in strips about an inch wide and six inches long. This was used sparingly, and hardly a trace survived by the next day, after the wet and the trampling hoofs.

The affair was small, but it strained to the utmost the villages' capacity to mount all enthusiasts. Horses and ponies were borrowed all round. Those far from the field, or lean from the tradesman's round went gamely after the handsome hunters, and caught their wind at the checks.

One horse had "half his jacket off"—trace clipped. Another had hair to spare about the heels.

Some folk hunted in bowlers, and some wore jerseys. And all alike cheerfully got very wet; probably those riding in gum boots were among the least wet.

The Hounds gave tongue, in most varying human imitations of the canine cry. The Whip grew desperate with vain puffings at his faint toy horn, when he tried to lift them from false trails.

The bold riders were kept strictly in order as they jumped the hedges after the hounds and the Whip. Those whose seat or whose mount caused them to choose the optional gaps, followed the kindly lead of the Master.

Thus none of the field came to grief, and none got into trouble, though one of the Hares was unfortunate over a refusal, taking a simple toss, and receiving a bruised arm.



Horses and ponies were borrowed . . .



The bold riders jumped.

be brought to mind as having been seen at any time in a saddle. The notices gave all details of the Meet, and pointed out that the Field would be expected to keep behind the Hounds, and to obey the Master, and that there

THE GUIDER

Many a rider's meals may since have been eaten off the mantelpiece, but the Fund is £3 8s. the richer.

And the horse has begun to show his mettle, in the same way as the motor car has so nobly done, in aiding the Building Fund.

Tally-ho, you other horses elsewhere. Get your masters to give you a gallop in the same cause while the going is good.

J. C. L.

To Stamp Collectors and Others



HERE is a splendid chance of improving your collection while at the same time you can feel that every stamp you buy helps on the Building Fund.

A number of foreign stamps have been received from people interested in the Appeal and these have been made up into loose-leaf books, each containing about 10s. worth of stamps. The books are compiled purely for the general collector and not for the specialist. One or more of these books will be sent out on approval to any warranted Commissioner, Secretary, or Guider in Great Britain (on receipt of 3d. postage). A choice can then be made and money remitted for any stamps taken out of the books. At present it is not possible to catalogue or advertise any particular stamps or sets of stamps.

As far as possible stamps have been grouped on the sheets into their respective countries. There are both used and unused foreign and colonial stamps which range from ½d. each upwards. Whitfield King's catalogue has been used as a basis for valuation. The condition of the stamps has been taken into consideration, and no badly damaged or heavily post-marked stamps are included. All are marked below catalogue value.

In addition to these books, there are for sale a number of packets each containing 100 stamps. These are priced at 6d. each and will be sent to any Guider or Guide on receipt of 7½d. to include postage. These mixed packets are very good value and should prove a great help to groups of Guiders just starting a collection.

Lastly, we appeal to Overseas Guiders to send us the postage stamps of their country—whether used or unused—and to philatelist Guiders in Great Britain to send us any duplicates they can spare. Quite ordinary stamps will be welcome, but higher value stamps off parcels or old issues hunted out of forgotten drawers in bureaux will be specially appreciated.

Please address all communications to: The General Secretary, Girl Guide Imperial Headquarters, 17-19, Buckingham Palace Road, S.W.1.

Tips for Tests

Domestic Service.

On small pieces of cardboard write the names of all the articles required for the domestic work of a house: hot water, chamois leather, scrubbing brush, bath brick, etc. The Guides line up at one end of the room. The cards are placed in a heap at the other end. Call out the task you are about to perform, for example: "I am going to clean knives," or "I am going to turn out the sitting-room," and the Guides rush to the cards, pick out and

bring to you the necessary implements for your work. The cards must, of course, be in duplicate.

This game is also adaptable to other badge syllabuses such as cook, laundress and homemaker.

Homemaker.

The club room becomes a village containing various shops. Some of the Guides are shopkeepers, the rest go shopping. They make out lists of their requirements, and should be reminded to inquire the price of articles. They may be told that visitors are expected to tea or that the kitchen is to be spring-cleaned to help them with their lists.

Campcraft.

Required: Sketch maps of a suitable camp site showing the position of trees, hedges, hills, roads, water and the compass point north. Hand one to each Guide who will fill in the details of a camp, i.e. the position of tents, wash houses, kitchen, etc.

Naturalist.

Whilst the following or a similar story is being read the Guides write down the things they think I saw on my walk. This is to test their knowledge of natural history in relation to the seasons.

(What I saw is mentioned in brackets.)

"It was a day early in May and I went down the garden path to my gate noting the flowers bordering that path (tulips). On my way to the wood I passed four kinds of trees all in full blossom (lilac, hawthorn, chestnut, laburnum). The wood was carpeted with flowers that have long thin leaves (bluebells). I passed a little pond and found a mass of tiny eggs in a clear jelly floating on it (frog's spawn). I heard a bird calling in the distance. He is a migratory bird and his call is composed of two notes (cuckoo).

"And then in a laurel bush I found a nest made of sticks, grass, leaves and moss, and lined with mud; since the bird was not there I peeped in and saw inside five blue eggs with black spots on them (song thrush's). And a little further on a brown bird darted almost from under my feet, and looking down I found on the ground another nest containing four buff-coloured eggs with reddish streaks (robin's).

"The third nest I discovered was in the hedge bordering the wood. It was small, made of twigs and moss and lined with hair and wool. There were four pale blue eggs in it (hedge sparrow's). And as I walked home again I stopped to watch a bird fluttering high up in the sky above the fields and singing beautifully (lark)."

C. H. A.

Brownie Musician Badge

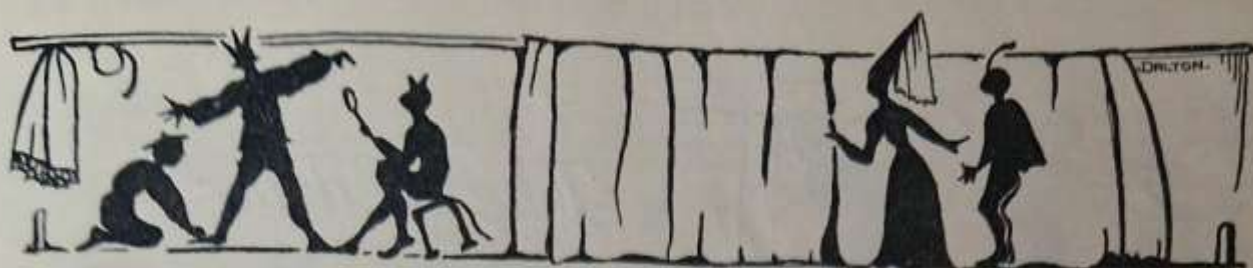
It has been suggested that a Musician Badge might be added to the list of Brownie Badges. Mrs. Streatfeild has drawn up a syllabus as follows:—

- (1) Sing "God Save the King," one verse.
- (2) Sing two of the following: *The Little Sandman* (Brahms); *The Frog and the Mouse* (folk song); *Polly Oliver*; also one of own choice (marks to be given for choice).
- (3) Sing scales C, D and E major, one octave from top note.
- (4) Tap a rhythm played by examiner.
- (5) Sing a phrase of six notes after hearing it twice.
- (6) Sing the middle or bottom note of any consonance of three notes.
- (7) Recognise from pictures violin, viola, cello, double bass, trombone, flute and trumpet.

This syllabus caters for the musical child and not specially for the instrumentalist, of which there are so few at that age. I shall be glad to hear if Brown Owls, who are interested, think this badge would be a popular and useful one.

The badge will be sent up to the Executive Committee for approval if a sufficient number of Brown Owls write in favour of it to Mrs. Moelwyn Hughes, 27, Marloes Road, London, W.8.

P. M. B. THOMSON, Great Brown Owl



Music and Plays

Reviewed by MRS. ERIC STREATFEILD, *Commissioner for Music and Drama.*

The Village Drama Society still offers the same generous terms to Guides. A group of twelve companies (a district or division) may use the Society for a combined subscription of ten shillings and sixpence. Guides can get advice as to choice of play, production and making of costumes and use the library. Apply: Miss Kelly, 274, New Cross Road, London, S.E.14. (Note new address.)

Nursery Rhymes. More Nursery Rhymes. A Third Book of Nursery Rhymes. Set to music by J. Maynard Grover. (Oxford University Press. 3s. 6d. each.)

Here are all the old friends dressed in new musical clothing and however one clings to the old fashion and dimity, some of these new frocks are very becoming. "Mary and her little Lamb" has a charming shot-silk accompaniment, the "Little Cock Sparrow" chirrup all over the piano most engagingly, and "I saw a Ship a-sailing" owes its delightful rhythm to a difficult two-against-three figure. The pianist should be a musician, but the tunes they sing are simple and childish and they fit the words so exactly that not a syllable should be lost to an audience.

The Lily Pond. A two-part canon by Dorothy Howell. (Arnold. 4d.)

A very charming canon that Rangers would enjoy.

Singing Games. By Eleanor Farjeon. (Oxford University Press. 6d.)

These singing games are strongly recommended to Brown Owls who want something that can be a game at pack meetings or turn itself into a very charming item in a concert programme.

Fly Away, Crow.

A lively game for farm hands and crows, played in the Nuts and May way round a sheaf of corn.

Red Roses.

This is rather more than a game, more of a mime founded on a very charming little story.

Abracadabra.

The Lass and the Lad and the Wife of the Farmer all come to an old Wizard for a spell.

The Sleepy Tree.

A green leaf, a blackbird, a child and a sunbeam all try to wake up an old tree, but a lot of snowdrops tell each one of them in turn that it's December and the old tree is "so sleepy, so sleepy, it cannot remember."

A Yorkshire Symphony. By Dorothy Pennyman. Scored for voices and household utensils. (Oxford University Press. Conductor's score 2s. 6d., piano 6d., other parts 3d. each.)

Here is the answer to the question "What noise annoys an oyster?" The only hope for the oyster is for him to join in and help to make the noise himself. And that is a thing he may do with ease, for the instrumentation of this remarkable symphony is of a kind that only needs two hands and a sense of rhythm, things that most of us, even the oysters amongst us, possess.

A chorus sing; someone plays the piano, a musician who can "fill in" if possible (he will win the martyr's crown for certain), and the rest join in with all the noises that, in the last generation

anyway, one never made without being sent to bed for the rest of the day. Here they each have the dignity of a line in a most imposing full score. Combs; triangle ("good results can be got from an iron spike struck by an iron bar"); cymbals, two rimless saucepan lids; glasses, a wet finger on the rim of a wineglass; timpani, biscuit tins and wooden spoons; "sand," two pieces of sandpaper rubbed together which appears to have a dramatic value judging by its entry solo after "now they're married I wish them joy, first a girl and then a boy . . . now's the time to kiss and be gone"; and a last outrage called "cutlery shimmer," forks, spoons and nails in a metal jar shaken together.

The composer suggests that further experiments in variety of tone colour might be made. Certainly one would like to hear Snee tear his calico, sodante sostenuto, and more might be made of fire-irons; but there is enough here for most Guide companies, and more than enough for most audiences. The three movements of the symphony are three singing games, "Two Old Bachelors," "Bobby Bingo" and "Scarborough Fair," three jolly tunes, and the singers get a clear run before pandemonium sets in. Guides are recommended to try this, but to put it as the very last item of their programme.

Two-Part Songs.

Commissioners who are working to bring the standard of singing up to the level of the Festival movement are recommended to try the following two-part songs:—

It was a Lover and his Lass. Morley. (Novello. 3d.)

In Praise of May. John Ireland. (Novello. 3d.)

If I had but two little Wings. Parry. (Novello. 4d.)

Let us imitate her notes above. Handel. (Novello. 2d.)

Welcome Song. Stanford. (Curwen. 4d.)

Oh for the Summer. Coleridge Taylor. (Curwen. 4d.)

Oh for the Wings of a Dove. Mendelssohn. (Novello. 4d.)

A Lake and a Fairy Pond. Dunhill. (Year Book Press. 4d.)

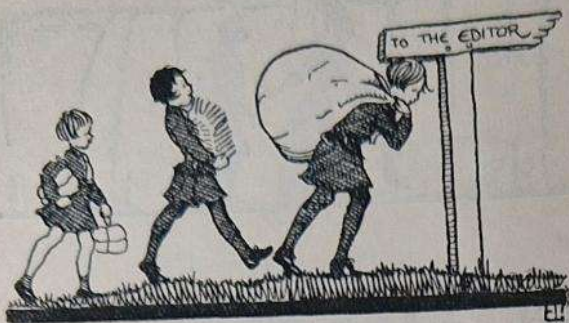
A Forgetful Fairy. By Alice Jackson, 220, London Road, East

Grinstead. (1s. 6d.)

This little play has the lively dialogue and capable plot that one expects from this author. A fairy turns all the serving people in a palace into frogs and toads, and then sails away on a comet and forgets all about them.

Merrie England. A Book of Plays. (Collins. 3s. 6d.)

This volume contains eight plays for children. "My Lady Greensleeves," by V. Methley, with its exciting situation when Princess Elizabeth is saved from discovery by Roundheads by the presence of mind of some children, is probably known to Guides. All the plays give opportunity for vivid and picturesque dressing, and the illustrations are helpful and attractive.



THE SECOND PROMISE.

To the Editor.

DEAR EDITOR,—I was very interested in the short article entitled "The Second Promise," in the January GUIDER. For over a year I have been running a combined Brownie and Wolf Cub pack, and the question of an alteration in the wording of the second part of the Brownie Promise has often occurred to me.

Instead of the—to a child—somewhat vague promise "to help other people every day etc.," a Wolf Cub promises "to do a good turn to somebody every day." I find the idea of a daily good turn easily grasped and it proves a fascinating quest in the game we are all playing, which is no doubt what our Founder intended. Of course, I always explain to the Brownies about the daily good turn, but then they want to know why "the Cubs say that and we don't?"

For small folk I believe it is best to be definite—whether it would be equally good for Guides I cannot say. But anyone who has read the account, in the December number of the *Scouter*, of the Rosemary Home will doubtless feel that if the daily good turn can mean so much to boys of Scout age, then probably it would prove equally attractive to girls of Guide age, and, even if the wording of the Guide Promise be not altered, the daily "good turn" might with advantage be given its original place in our scheme of training.—Yours, etc.,

D. HUTT,

B.O. and C.M., 3rd Tadworth Pack.

To the Editor.

DEAR EDITOR,—I was most interested in the article on the Second Promise in the January GUIDER. I, too, think that the idea of a "good turn" each day is a more urgent and real thing to a young Guide than the more abstract and general idea of helpfulness at all times. When we were enrolled about twelve years ago we took the daily good turn very seriously and considered it the chief outward mark of a true Guide. Our rule (made by ourselves, not by our Guiders) was that until the daily good turn had been done we had to wear our Tenderfoot badges upside down. The good deed did not count unless it was one that we would not have done had we not been Guides. It was a big disgrace to wear the badge upside down for long, and we sought early opportunities for our kind deeds.

These rules of ours may look childish, but then we were only children, and made our rules to suit ourselves.

I often wonder if Guides nowadays have the same opportunities for thinking things out for themselves. The whole Movement is so much more organised that there seems less scope for individuality on the part of each Guide. Increased numbers of course contribute to this. In all games of childhood, the variations and extended rules we invent for ourselves are always the most thrilling—and I think the same applies to the game of Guiding. Too many rules from the grown-ups spoil the fun for the children. There is a hint of this in the Chief Guide's "Outlook" for the year. As a Guider I have been in village, slum and school, Ranger and Guide and Post Guide companies and I do not think I have found the same spirit of joyous adventure that we had in the old days, unless it is among the Brownies. I wonder if other Guiders have felt this?—Yours, etc.,

HELEN F. PHILIP,

Captain, 2nd Cheshire Post Coy.

The Editor's Post Bag

CHRISTMAS TREES.

To the Editor.

DEAR EDITOR,—I have pleasure in writing to tell you that I have been able to send £3 5s. to the Headquarters' Building Fund, being the balance of the Christmas trees money, after paying carriage on them.—Yours, etc.,

A. D.

AN OPPORTUNITY.

To the Editor.

DEAR EDITOR,—I wonder if every captain and Brown Owl avails herself of the help offered by the Health and Cleanliness Council, 5, Tavistock Square, W.C.1?

My Guides and Brownies are very keen on their Magic Circles, Feather Hats, Humming Bees, Painting Books, Health Wheels, Puzzles, etc., etc.

To take just one example of how they can be used: If the Brownies come with clean hands, faces, nails, etc., they are allowed to wear the Indian feather hats with "Big Chief Cleanliness" written on them. If they wear one three times running, they are then entitled to one of the little pocket mirrors, also issued by the Health and Cleanliness Council.

I may add that the Guides greatly appreciate the "Beauty Booklets," which are excellent. All these productions are very helpful to Guiders and Brown Owls who are keen on the physical development of their Guides, and I personally have found them of the greatest help in arranging my weekly programmes.—Yours, etc.,

DOROTHY HANN,

Captain and Brown Owl, Redhill, Somerset.

The Parsonage House,
Redhill,
Wington,
Bristol.

A BROWNIE GOOD TURN.

To the Editor.

DEAR EDITOR,—I thought perhaps your readers might be interested to hear how the 1st Longmoor Brownie Pack did a real good turn this Christmas. About a month before we started bringing toys and books to the Brownie Room. It was surprising the large number we received, and many new ones were amongst the collection as well as crackers and sweets.

At the meetings we made large Christmas stockings out of book muslin, and these were filled with the toys. We were thus able to send two large boxes away to children who live in the slums.

To defray the expense of the carriage on the boxes we got up a little entertainment, to which all parents were invited and asked to pay 2d. each. We gave the following programme: "Ten Little Brownie Girls"—a parody on "Ten Little Nigger Boys"; a display showing 2nd Class work; a dance by one of the Brownies; a Christmas play entitled "A Christmas Pudding," which caused much amusement; a poem, "Don't leave your Rubbish behind you"; a singing game, "Here comes Three Dukes a-riding." We ended singing several of the well-known carols.

The proceeds more than paid for the carriage on the boxes, and we were able to send a postal order as well.—Yours, etc.,

MARJORIE EDWARDS,

Brown Owl, 1st Longmoor Brownie Pack.

CAMP ADVISERS.

To the Editor.

DEAR EDITOR.—In the December GUIDER I read "District Captain's" letter with a feeling that the other point of view was wanted too. I have been to a good many camps, both training and otherwise and have acted both as Q.M. and Commandant on several occasions. I must say that I have been very thankful that our C.C.A. is extremely particular as to good menus, adequate grease and soak pits and incinerators that do burn.

I went about four years ago to one training camp where the Guiders were encouraged to be "rash and informal"; where the menu was not thought out and the grease pit didn't matter. The result was that we had an ever-aching void or were violently indisposed. I had the great "joy" of clearing out the soak pit, a truly terrible job after its ill-use by the young Guiders. It was a joyous camp certainly, and the younger ones had a merry time, but I don't think they would be more fitted by what they learned there to take Guides to camp and look after their bodily well-being.

Last summer I took three camps as Commandant; my own company, a Guiders' week-end and a camp for an unlicensed captain in the next division, and I was glad that our C.C.A. had always impressed on me what harm a badly run camp could do to the children and to the Movement generally. My Q.M. was splendid every time, and my V.A.D. was a treasure, so in spite of awful weather we had no colds, no tummy troubles and all the children went home brown and healthy and asking "where will we camp next year?"

Our C.C.A. visited us and gave us a good report and knew at once where there was any attempt at "eyewash"!

May all the C.C.A.'s, especially ours, slumber peacefully until April and have no horrid "nightmares."—Yours, etc.,

"CAPTAIN."

CHILDREN'S CARE COMMITTEES.

To the Editor.

DEAR EDITOR.—May I draw the attention of your readers, especially those resident in or near London, to a wide sphere of service that is open to all who have the welfare of the children at heart? I refer to the Children's Care Committees, which strive to assure to every child in the elementary schools something of the care and guidance needed to ensure a sane mind in a healthy body. The work consists largely in making friends with the children and their homes and putting them in touch with the facilities established for their benefit. Meals for the hungry and treatment for the sickly are arranged by the Care Committees, also holiday camps and open-air schools, to mention a few of the avenues of helpfulness. Open ignorance of method and detail need be no deterrent, for this work is carefully arranged, and the services of a qualified organiser are always at hand in case of need.

Volunteers, Guiders and others, who will regularly give time, however little, to this work, are urgently needed, especially in the poorer quarters of London.

Fuller information may be obtained from any of the Divisional Care Organisers, or from the Chief Care Organiser, County Hall, Westminster Bridge, S.E.1.

Here is an opportunity for service and co-operation in actual fact, as well as in words. Who will offer?—Yours, etc.,

ISABEL C. STEAD,

Division Commissioner, South-East London.

81, Humber Road, S.E.3.

COPIES OF THE GUIDER.

To the Editor.

DEAR EDITOR.—As I expect to leave our present house this Spring and shall not be able to move most of my magazines, I shall be very glad to send my copies of THE GIRL GUIDES' GAZETTE and THE GUIDER to anyone who would care to have them on payment of carriage. THE GAZETTE is complete for 1921 and from 1923 to 1927 inclusive, THE GUIDER is complete for 1928 to 1929 inclusive. I have also five numbers of THE GAZETTE for 1919, ten for 1920, and the same for 1922. The copies are unbound.—Yours, etc.,

Bank House, Lancaster.

FLORENCE M. HAINES.

ACKNOWLEDGMENT.

To the Editor.

DEAR EDITOR.—Please may I through the medium of THE GUIDER, thank all the Rangers who have written to me, in reply to my request for a Ranger to help in the Retreat House.

I have had so many answers I cannot acknowledge each one individually, but I would like to do so through your excellent paper.

I would like to add, how much I appreciate the applications from those who have stayed here; and who state as their reason for wishing to come the happy remembrances they have of their visit.

I only wish I could accept you all, but I have only place for one of you.—Yours, etc.,

MOTHER ST. JOHN.

Convent de la Retraite du Sacré Cœur, Bruges.

THANKS.

To the Editor.

DEAR EDITOR.—Some months ago you forwarded me a request for lemon-scented verberna for an invalid, through a Miss Thompson of Great Bookham.

As the result of the appeal and with the help of our County Secretary, I circulated a letter to the Guiders in Cornwall, and in due course received contributions of verberna.

When possible, I thanked the donors, but as some of the verberna was sent without a name, I asked Miss Thompson if she could get her friend to write a letter, which, if you approved, could be sent to THE GUIDER for publication, at any time that you have room for it. The letter runs as follows:—

"I do want to thank the Cornish Guiders who have gathered my verberna leaves. Could you possibly find room in the Guiders' magazine to tell them how pleased I am with them and what a great help they have been to me.—AN INVALID."

Yours etc., D. M. B. LETHBRIDGE.

Tregeare, Launceston, Cornwall.



Hikers & Campers!

BE SURE YOU SEE OUR
1931 CAMP CATALOGUE

which will be ready shortly

Full of suggestions for you. Tents, ground-
sheets, kitbags, cooking equipment, etc.Special Reduction in
THE RIDGEHOME TENT

Size: Length 14 ft., Width 7 ft., Height 6 ft., Walls 2 ft.
Material: 12½ oz. white cotton duck. Supplied with 3 upright
poles, jointed in two sections (one central pole). Doorways
each end and two windows each side.

Price £6 6 0 carriage forward.

THE GIRL GUIDES ASSOCIATION
(Incorporated by Royal Charter)

8-10, PALACE STREET, LONDON, S.W.1

Branch Shops 18, St. John's Lane, Liverpool.
117, Imperial Arcade, Dale End, Birmingham.



Waddow.

Headquarters Training Schools



Foxlease.

FOXLEASE

Guiders who have booked places for training weeks are asked to notify the Guider-in-Charge as soon as possible if they find they are unable to come. Any Guider having already attended a training course at Foxlease and wishing to apply again is asked to state that she has been before, in order that preference may be given to Guiders who have never been.

Note.—During the winter and early spring, when training weeks are never so full, the Guiders who have already been to Foxlease for training have a good chance of coming again without having their names put on the waiting list.

DATES.

February 6-13. General Training.
February 17-24. Ranger Training.
February 27-March 6. General Training.
March 6-24. Closed for Spring cleaning.
March 24-31. General Training.
April 2-9. (Easter) General Training.
April 14-21. Diploma'd Guiders' Conference.
April 24-28. Woodcraft.

No applications will be taken for the following weeks until February 10th. County Secretaries may apply for special vacancies between February 1st and 10th. Such vacancies will only be kept provided the names and addresses of entrants and the usual 5s. deposit are sent with the applications.

May 1-8. General Training.
May 11-15. Commissioners.
May 22-29. (Whit-week) General Training.

Weekly.	FEES.
Single rooms	£2 10 0
Double rooms	2 0 0
Shared rooms	1 10 0

Note.—The week from March 24th to 31st, which was advertised in the December GUIDER as a Brownie training week, has unavoidably had to be changed to a week for general training instead.

APPLICATIONS.

All applications for a Training Course should be made to the Guider-in-Charge, Foxlease, Lyndhurst, Hants, and must be accompanied by full name and address of each applicant, together with a deposit of 5s., which will only be returned if withdrawal is made two full weeks before the date of the Course. No applications for any Course will be dealt with until an official notice has appeared in THE GUIDER.

It has been arranged that three vacancies should be reserved for Scotland for all General Training weeks until the 20th of the month in which the dates are first published. Scottish Guiders are therefore requested to send in their applications, including the 5s. deposit, to the Secretary, Girl Guide Headquarters, 12, Melville Street, Edinburgh.

Guiders are asked to note that when a training week is marked closed it is no longer possible to consider applications, even when Guiders are willing to sleep out. The Guider-in-Charge cannot undertake to train more than a certain number of Guiders, so the main factor is not really accommodation but numbers.

This does not apply to Overseas Guiders, for whom special vacancies, within limits, are kept.

FOXLEASE COTTAGES.

The two cottages at Foxlease are to be let by the week to Guiders requiring a rest or a holiday. The larger one contains two double bedrooms and one single, a sitting-room, furnished by Canada, a bathroom and a kitchen. The charge for the cottage is £4 4s. per week.

The "Link," which is the bungalow furnished by America, contains three bedrooms, a sitting-room, a bathroom and a kitchen. The charge for the "Link" is £2 2s. per week.

These charges include light and coal. Guiders cater and cook for themselves entirely. If they wish it, Mrs. Craze, the gardener's wife, is willing to board them at the rate of 28s. to 30s. per head, in addition to the above charges. A charge of 5s. deposit fee is made for booking the cottages. Guiders wishing to bring their cars can garage them at Foxlease by arrangement, at a charge of 5s. per week, or 1s. per night. It is not necessary for Guiders staying at the Cottage and "Link" to wear uniform.

Any applications or inquiries to be sent to the Secretary.

CAMP SITES.

In future all applications for camp sites at Foxlease must be sent in through the Guider's District Camp Adviser. No district camps, or camps of over fifty, may be held. No further applications can be taken for the first two weeks of August.

PRESENTS.

S.O.S. Box, Miss Starkey; Nests of S. African Weaver Birds, Miss Savage; Views of Germany, Fraulein Hertwig; Vase, Miss Short; Donation, £25 for linen, Kent County.

FOXLEASE GARDENS.

Orders for chrysanthemum plants can now be booked.

WADDOW

DATES.

January 30-Feb. 6. Country Dancing.
February 10-17. Ranger Training.
February 20-23. Brownie week-end.
February 27-March 3rd. General and Brownie Training week-end (places reserved for Leeds "B" Division).
March 6-9. General Training week-end (places reserved for Bradford).
March 16-20. Commissioners.
March 24-31. Closed for Spring cleaning.
April 2-9. General Training.
April 14-21. General Training.
April 24-27. General Week-end (places reserved for Ripon Division).

Weekly.	FEES.
Single rooms	£2 10 0
Double rooms	2 0 0
Shared rooms	1 10 0
Week-end only.	
Single rooms	1 0 0
Shared rooms	0 17 6

WADDOW FARM.

The cottage at Waddow will be let by the week to Guiders requiring a holiday. It contains two double bedrooms and two single, a sitting-room, two bathrooms and kitchen. The charge for two people is £2 2s. a week, and for three or more £4 4s. a week; these charges include light and coal. Guiders cater and cook for themselves, but the gardener's wife is willing to board them for about 30s. per head, if required. Applications, with 5s. deposit, should be made to the Secretary. Guiders wishing to bring their cars can garage them at Waddow by arrangement, at a charge of 5s. per week, or 1s. per night.

APPLICATIONS.

Applications for a Training Course to be made to the Secretary, Waddow Hall, Clitheroe, Lancs, and must be accompanied by full name and address of each applicant, together with a deposit of 5s., which will only be returned if withdrawal is made two full weeks before the date of the Course.

No applications for any Course will be dealt with until an official notice has appeared in THE GUIDER.

It has been arranged that three vacancies should be reserved for Scotland for all General Training weeks until the 20th of the month in which the dates are first published. Scottish Guiders are therefore requested to send in their applications, including the 5s. deposit, to the Secretary, Girl Guide Headquarters, 12, Melville Street, Edinburgh.

PRESENTS.

Plants, Miss Williams, Wiltshire; Book, Miss A. Stuart, Aberdeenshire; Plants, Mrs. Birley; Cushions for the Hut, 1st Northop Guide Company; Book, Miss Gorse, Simsbury, U.S.A.; Book, Miss Moyes, Manchester; Vase, Miss Manning, Victoria, Australia; Plants, Miss Brewster, Yorks W.R.N.

CAMP SITES.

Applications for camp sites, giving dates and approximate numbers and with a booking fee of 2s. 6d., should be sent to the Secretary. Waddow has three camp sites with drinking water laid on. The North Riding and Canada sites include a permanent shelter. The usual permission forms are necessary.



ARTICLES AND REPORTS, PHOTOGRAPHS AND DRAWINGS for insertion in THE GUIDER, LETTERS TO THE EDITOR and BOOKS FOR REVIEW, should be sent, if possible, by the 10th of the previous month to the Editor, Girl Guide Imperial Headquarters, 25, Buckingham Palace Road, London, S.W.1.

MSS., photographs and drawings cannot be returned unless a stamped addressed envelope is enclosed. No responsibility can be accepted by the Editor in regard

to contributions submitted, but every effort is made to ensure their safe return should the necessary postage be enclosed.

Subscriptions to be sent in to The Secretary, Girl Guide Imperial Headquarters, 25, Buckingham Palace Road, London, S.W.1.

THE GUIDER is sent direct by post from Imperial Headquarters to any part of the United Kingdom at the rate of 4½d. per month (which includes postage). Post free for a year, 4/6. Foreign and Colonial, 4/6 post free.

MEETING OF THE COMMITTEE OF THE COUNCIL

Held on January 20th, 1931.

PRESENT:—

Dame Helen Gwynne-Vaughan, G.B.E. (Chair.)
Mrs. Percy Birley.
Miss Bray.
Sir Percy Everett.
Mrs. Houston Craufurd.
Mrs. Walter Rawnsley, O.B.E.
Miss Robinson.
Miss Sharp.
Miss Synge.

It was agreed to publish a leaflet on Girl Guiding in Welsh.

A sub-committee was formed to consider the arrangements for holding a Guiders' Conference at High Leigh in the autumn.

The appointments of Mrs. Evans and Miss Fowler as Diocesan Heads G.F.S. Guides for the Diocese of Ely and Southwark respectively were approved.

The following alterations to Rule 42, Auxiliary Branch, were approved:—

- Insert as new paragraph (3): "Captains of Auxiliary Companies should be over 25 years of age."
- Insert at end of para. 8: "Girls from Auxiliary Companies may not be transferred as Lone Guides."

The date of the Annual Meeting was fixed for the morning of April 22nd.

Reports from the Training and Camping Committee were considered.

Routine and financial business was transacted.

The date of the next meeting was fixed for February 17th, at 2.30 p.m.

AWARDS

Medal of Merit.

Mrs. Arkwright, Division Commissioner, North Croydon, Surrey,
"Good service to the Movement."

Blue Cords.

Miss V. Raschen, of Cheshire.
Miss G. Manning, of New South Wales.
Miss M. E. Daniel, of Kent.
Miss M. A. Campbell, of Kent.
Mrs. Robertson, of Arbroath, Scotland.
Miss A. Robertson, of Edinburgh, Scotland.

Gold Cords.

Cadet Margaret Sykes, 1st Sydenham.
Patrol Leader Nancy Andrew, 63rd Glasgow.
Patrol Leader Muriel Brayshaw, 1st Whalley Range.
Patrol Leader Georgina Hayman, 26th Westminster.

HEADQUARTERS' NOTICES

COMMISSIONER FOR AWARDS.

Miss Hanbury Williams will be abroad from February 23rd to April 2nd. During that time any applications for Awards should be sent to The General Secretary, Girl Guide Headquarters, 17-19, Buckingham Palace Road, S.W.1.

Applications for Gold Cords and Lanyards should be sent, as usual, to Mrs. Fairweather.

INTERNATIONAL EXHIBITION OF PERSIAN ART,

BURLINGTON HOUSE, W.1.

(Open until February 28th, 1931.)

On Thursdays only.

Admission for Guides and Rangers at 9d. per person. Tickets are available between 7 and 9 p.m.

Application must be made for tickets, stating number in party, by previous Monday (for Thursday), accompanied by cheque or postal order to Miss Colquhoun, Exhibition of Persian Art, Royal Academy, Burlington House, W.1.

N.B.—Half-price tickets are not sold at turnstiles.

HOLIDAY INSURANCE.

In the notice about Holiday Insurance appearing in the December GUIDER, the sentence reading: "In every case all members of a camp must be insured or the insurance is invalid," seems to have led to some misapprehension. This sentence should be worded: "all members of the camp for whom the insuring *Guider is responsible* must, etc." This allows of companies attending a mixed or group camp insuring individually.

Will all please note this correction, since the criticism of this clause did not reach the N.C.G.C. till after the 1931 forms had been printed, and although in those forms the word "party" and not "camp" is used, some Guiders may nevertheless be uncertain of the correct interpretation of their responsibility when members of a group camp.

FOR EXTENSION GUIDES.

We are glad to be able to state that it has been found possible to arrange that companies of defective Guides are covered by this policy on the same terms and conditions as ordinary Guides.

SCOTTISH HEADQUARTERS.

EVERYONE connected with Guiding in Scotland is requested to write for all requirements to the Secretary, Scottish Headquarters, 12, Melville Street, Edinburgh.

All the necessary equipment, etc., is kept there, but it is impossible to stock every new book advertised in THE GUIDER. They are always willing to order these, but must charge postage.

REDUCTIONS IN PRICES OF UNIFORMS.

Headquarters is pleased to be able to announce the following price reductions:—

	Old price.	New price.
Guiders' Jerseys	11/6	8/6
Guiders' Cardigans	12/6	9/6
Guiders' Hats, fur felt	14/6	13/9
Guiders' Hats, wool felt	5/9	5/6
Wellington Boots	15/6	13/—
Brown Fleecy Knickers	2/—	1/6
Brown Socks	2/—	1/6
Guiders' Jumpers, "Tafena"	10/6 & 12/6	8/—
Guiders' Shirts, "Tafena"	8/6	7/6
Brown Jersey Caps	1/6	1/2
Brown Jerseys	down 6d. on each size.	
Sea Ranger Jerseys		
Guide V-neck Sweaters	10/6	8/6 & 9/— 34" 36" 38"

THE GUIDER

THE NEW WORLD FLAG.

Orders for the new World Flag (which will, in future, replace the present company flag design in the British Isles) can now be received by Headquarters.

The design will be a gold trefoil on bright blue ground; the name of company can be added in white lettering.

For prices see List inserted in this issue.

DRILL FOR GIRL GUIDES.

A new pamphlet on drill, price threepence, is now to be had from Headquarters to take the place of *Girl Guides on the Move*.

It covers simple company drill with certain more advanced formations, and includes Roll Call drill, and the forming of a Horseshoe.

HOLIDAYS ABROAD.

With reference to the inset in this number on special tours arranged by the Church Travellers' Club, these groups, like all other parties, must be in charge of qualified Guiders and adhere to the Headquarters' regulations as stated at the end of the Book of *Rules, Policy and Organisation*, Rule 66.

Further information can be obtained from the Continental Adviser, Miss Maunsell, 28, Gloucester Terrace, W.2.

CALLED TO HIGHER SERVICE

CHRISTIAN FLEMING, beloved Captain of the 12th Westminster company, and actively connected with the Movement for 12 years, on January 16th, aged 27 years.

LILIAN THERESA CULLEN, aged 25 years, Tawny Owl of the 2nd Northfleet ("Our Lady's Own"), on 31st December, 1930.

ETHEL DORIS LLOYD, Lieutenant, 1st Bewdley (St. Annes) company, on December 27th, 1930.

THIS MONTH'S COVER.

OUR Cover Photograph—*Planning the Holiday*—was taken by Bertram Wickson, Alverstoke, Berkhamsted Avenue, Wembley Hill.

Appointments and Resignations

January, 1931.

ENGLAND.

BERKSHIRE.

ASCOT.—Dist. C., Miss M. E. Buckland, The Warren, Ascot.

RESIGNATION.

ASCOT.—Dist. C., Miss Sillem.

BIRMINGHAM.

ERDINGTON.—Div. C., Mrs. Froggatt, Rosehurst, Blackroot Road, Four Oaks, Warwickshire.

SOUTH ERDINGTON.—Dist. C., Mrs. A. H. S. Waters, St. Winnow, Birmingham Road, Wyde Green.

RESIGNATION.

SOUTH ERDINGTON.—Dist. C., Miss K. T. Beaufoy.

BRISTOL.

NO. 1 (EAST DIVISION).—Dist. C., Miss N. Britton, Lodgeside, Kingswood, Bristol.

NO. 2 (EAST DIVISION).—Dist. C., Mrs. Evans, 65, Chesterfield Road, St. Andrews, Bristol.

NO. 5 (EAST DIVISION).—Dist. C., Miss B. Lambert, 15, Woodstock Road, Redland, Bristol.

NO. 6 (WEST DIVISION).—Dist. C., Mrs. Cunningham, 15, Clarendon Road, Redland, Bristol.

RESIGNATIONS.

NO. 1 (EAST DIVISION).—Dist. C., Mrs. Cunningham.

NO. 6 (WEST DIVISION).—Dist. C., Miss B. O. Bennett.

BUCKINGHAMSHIRE.

GREAT MISSENDEN AND AMERSHAM (MID BUCKS DIVISION).—Dist. C., The Hon. Mrs. FitzClarence, Small Dean, Wendover.

CAMBRIDGESHIRE.

CAMBRIDGESHIRE.—Lone Sec., Mrs. George Wilson, 66, Cavendish Avenue, Cambridge.

CHESHIRE.

CHESHIRE.—Post Sec., Miss G. Williams, The Chalet, Queen's Park, Chester.

DERBYSHIRE.

ILKESTON.—Dist. C., Miss L. Sudbury, Woodlands, Stanton Road, Ilkeston.

RESIGNATION.

ILKESTON.—Dist. C., Mrs. Barker.

DEVONSHIRE.

HORITON.—Div. C., Mrs. Kennaway, The Bartons, Exton, Exeter.

DURHAM.

RESIGNATION.

CONSETT AND BLACKHILL.—Dist. C., Miss A. MacIntyre.

ESSEX.

ESSEX.—Post Sec., Miss H. M. Taylor, Thurland, Hildenborough, Kent.

NORTH-EAST ESSEX.—Div. C., Miss Daniels, Holly Wood, Tendring.

GRAYS AND STANFORD-LE-HOPE.—Dist. C., Miss E. F. Lowe, Tilbury Domestic Centre, Langdown Road, Tilbury.

MERSEA.—Dist. C., Miss M. Roper, 21, Harsnett Road, Colchester.

RESIGNATIONS.

NORTH-EAST ESSEX.—Asst. Div. C., Mrs. P. Coleman, J.P.

MERSEA.—Dist. C., Miss H. Taylor.

HAMPSHIRE.

ANDOVER.—Dist. C., Miss C. Rickards, Croye, Andover.

WEYHILL.—Dist. C., Miss Beaumont Nesbitt, Penton Lodge, Andover.

RESIGNATIONS.

HAMPSHIRE.—Lone Sec., Miss N. Guggisberg.

EASTLEIGH.—Div. C., Mrs. Christopher Heseltine.

WINCHESTER CITY.—Div. C., Mrs. Christopher Heseltine.

ANDOVER.—Dist. C., Mrs. Ducat.

WEYHILL.—Dist. C., Miss E. Kirkby.

HEREFORDSHIRE.

HEREFORDSHIRE.—Lone Sec., Mrs. Richardson, Olchon, Aylestone Hill, Hereford.

HEREFORD CITY.—Div. C., Mrs. Jackson-Taylor, Aylestone Cottage, Hereford.

HEREFORD CITY WEST.—Dist. C., Miss Farr-Smith, 100, Eign Road, Hereford.

RESIGNATION.

HEREFORD CITY.—Div. C., Miss M. Hopton.

KENT.

RESIGNATION.

ASHFORD.—Dist. C., Mrs. Scott.

LANCASHIRE—NORTH-EAST.

CLITHEROE.—Dist. C., Mrs. Shortt, St. Kelvin's, Waddington Road, Clitheroe.

WILFSHIRE.—Dist. C., Mrs. Gregson, The Poplars, Wilfshire, Blackburn.

RESIGNATIONS.

CLITHEROE.—Dist. C., Mrs. S. Weeks.

WILFSHIRE.—Dist. C., Miss M. Ritzema.

LANCASHIRE—SOUTH-EAST.

DUKINFIELD.—Dist. C., Miss M. L. Bradley, 15, The Crescent, Dukinfield.

GREENHEYS.—Dist. C., Miss C. Dyson, Tolcarne, Norman Road, Rusholme, Manchester.

MOSSLEY (ASHTON-UNDER-LYNE DIVISION).—Dist. C., Mrs. Clarke, The Vicarage, Mossley.

PRESTWICH.—Dist. C., Miss N. Powell, Lyndhurst, Sedgley Park, Prestwich.

LEICESTERSHIRE.

LEICESTER NORTH.—Dist. C., Miss V. A. Taverner, Trentville, South Knighton Road, Leicester.

RESIGNATION.

LEICESTER NORTH.—Dist. C., Miss J. M. Collier.

LINCOLNSHIRE.

LINCOLN NORTH.—Dist. C., Miss E. Brown, Eastergate, Mussey Road, Lincoln.

LINCOLN SOUTH.—Dist. C., Mrs. Wells-Cole, Dunstall House, Greetwell Road, Lincoln.

RESIGNATION.

LINCOLN CITY.—Dist. C., Mrs. Wharhurst, P.Litt., J.P.

LONDON.

PLUMSTEAD.—Dist. C., Miss K. Houlder, Hostel of Our Lady, Beresford Street, Woolwich, S.E.18.

SOUTHFIELDS (WEST WANDSWORTH DIVISION).—Dist. C., Miss R. Bartleet, 109, Coleherne Court, Earl's Court, S.W.5.

SOUTH ST. MARLBOROUGH.—Dist. C., Lady Stanton Woods, 3, Manchester Square, W.1.

SOUTH-WEST HACKNEY.—Dist. C., The Hon. Agatha Beaumont, 121, Mount St., W.1.

RESIGNATIONS.

PLUMSTEAD.—Dist. C., Mrs. Chennell.

SOUTH-WEST HACKNEY.—Dist. C., Miss E. Lewis.

WANDSWORTH.—Dist. C., Mrs. Boxshall.

MIDDLESEX.

STAINES.—Dist. C., Mrs. Kenneth Edwards, The Welsh School, Ashford.

NORTHAMPTONSHIRE.

BRACKLEY.—Dist. C., Miss M. Manningham-Buller, Charlton Lodge, Banbury, Oxon.

RESIGNATION.

BRACKLEY.—Dist. C., Mrs. Atkinson.

NORTHUMBERLAND.

RESIGNATION.

WALLSEND.—Dist. C., Mrs. Campbell.

NOTTINGHAMSHIRE.

The District Commissioner for Ruddington, Miss Clifton, is now Lady Crawshaw of Whetton, Loughborough.

SOMERSET.

FROME.—Asst. Div. C., Miss P. Methuen, Greendown, Chewton Mendip, Nr. Bath.

STAFFORDSHIRE.

STAFFORDSHIRE.—Post Sec., The Hon. Mrs. Humphry Legge, Tixall Lodge, Stafford.

RESIGNATION.

STONE.—Div. C., Mrs. Frith.

SURREY.

GUILDFORD TOWN AREA.—Dist. C., Mrs. Hamilton, Warwicks Bench House, Guildford.

GUILDFORD RURAL AREA.—Dist. C., Miss Peake, 1, Rectory Place, Guildford.

SOUTH BEDDINGTON.—Dist. C., Miss W. Down, Oaklea, Clarendon Road, Wallington.

BEDDINGTON.—Dist. C., Miss Mighell, The Manor Farm, Beddington.

RESIGNATION.

TILLINGBOURNE.—Dist. C., Mrs. Hodgson.

SUSSEX.

RESIGNATIONS.

LEASAM.—Dist. C., The Lady Maud Warrender.

SEAFORD.—Dist. C., The Hon. Yvonne Gage.

WARWICKSHIRE.

WARWICKSHIRE.—Lone Sec., Mrs. Paul, The Agency, Theale, Reading.

RESIGNATIONS.

WARWICKSHIRE.—Lone Sec., Miss J. Gibsons.

COVENTRY CENTRAL.—Dist. C., Miss K. M. Smith.

WILTSHIRE.

WILTSHIRE.—Co. Badge Sec., Mrs. Warren, Clearbury, Bouverie Avenue, Salisbury.

CHIPPENHAM.—Dist. C., Mrs. Philip Du Cros, Bulidge Manor, Chippenham.

CHIPPENHAM.—Dist. C., Mrs. Ellerton.

CORRECTION.

Some months ago the resignation was gazetted of Miss Ceris Williams, Ridgeway, Westleot Road, Swindon, as District Commissioner for Old Swindon. This was incorrect. Miss Williams is still Commissioner for this District.

WORCESTERSHIRE.

EVESHAM.—Dist. C., Miss M. H. Lowe, 17, Cheltenham Road, Evesham.

MARTLEY (BEWDLEY DIVISION).—Dist. C., Mrs. Charles Winnington, M.B.E., Hill House, Shelsley Beauchamp, Worcester.

REDDITCH CENTRAL.—Dist. C., Mrs. Smith, Derrington House, Redditch.

RESIGNATION.

REDDITCH CENTRAL.—Dist. C., Mrs. Pearson.

YORKSHIRE—WEST RIDING SOUTH.

CASTLEFORD WEST.—Dist. C., Mrs. Shaw, The Rectory, Whitwood, Mere, Castleford.

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ON SALE NOW!

FEBRUARY ISSUE — — — No. 1

"The Hiker and Camper" is a real open-air magazine for all campers, ramblers, and everybody interested in the open-air. Its 58 pages of interesting editorial are something new in the way of monthly magazines.

Lord Baden-Powell says in his foreword:—

"I am very pleased to see that a publication which is definitely devoted to the interests of all open-air lovers has arrived at last."

You will find in this first issue much to interest you, including:
Notes & Gossip of the Camping Club of G.B. & I.
Notes & Gossip of the Federation of Rambling Clubs.

Special articles on camping and rambling and a real fighting article from the pen of Lt.-Commander the Hon. J. M. Kenworthy, R.N., M.P., who is Associate Editor.

This magazine will begin a new era for all lovers of the open-air and you should not delay in getting your copy from your newsagent NOW, as we have made arrangements for a complete national distribution.

Our editorial offices are 2, Carmelite Street, E.C.4, and we are always pleased to hear from anyone interested in the policy we are fighting for.

DON'T FORGET TO SEE YOUR NEWSAGENT TO-DAY.

THE
HIKER AND CAMPER
THE ONLY MAGAZINE OF ITS KIND
MONTHLY . . . SIXPENCE



"Ovaltine" is a great favourite with the Guides"

THEY know that this delicious beverage keeps them clear-eyed, alert and animated with a zest for duty that is the outcome of sound health.

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"Ovaltine" helps you to get through the day feeling splendidly fit. Brain, nerves and body are invigorated and charged with rich reserves of health and vitality.

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OVALTINE
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Builds-up Brain, Nerve and Body

Prices in Great Britain and N. Ireland
1/3, 2/- and 3/9 per tin

THE GUIDER

WALES.

CARMARTHENSHIRE.
RESIGNATION.

VALE OF TAF.—Dist. C., Mrs. St. John.

CARNARVONSHIRE.

BETTS-Y-COED.—Dist. C., Mrs. Lynton Vicars, Coed-y-Celyn, Bettws-y-Coed.
CWM AND PENMACHNO.—Dist. C., Mrs. Lynton Vicars, Coed-y-Celyn, Bettws-y-Coed.
RESIGNATIONS.BETTS-Y-COED.—Dist. C., Miss Petrie
CWM AND PENMACHNO.—Dist. C., Miss Petrie

DENBIGHSHIRE.

DENBIGHSHIRE.—Lone and Post Sec., Mrs. MacNicol, The Cottage, Mold, Flintshire.

GLAMORGANSHIRE.

PONTYPRIDD.—Dist. C., Miss O. Rees, 4, Gelliwasted Road, Pontypridd.
SWANSEA EAST.—Dist. C., Miss N. Hockin, 10, Grosvenor Road, Sketty, Swansea.
TAFFS WELL AND NANTGARW.—Dist. C., Miss German, Duffrynfrwd, Nantgarw.
TREHARRIS.—Dist. C., Mrs. Ballard Evans, Maesvffynon, Treharris.
RESIGNATIONS.

PONTYPRIDD.—Dist. C., Mrs. Porcher.

TAFFS WELL.—Dist. C., Lady German.

TREHARRIS.—Dist. C., Mrs. Rees.

MERIONETHSHIRE.

MERIONETHSHIRE.—C. C., Miss F. Leonard Davis, Hengwrt, Dolgelly.

MERIONETHSHIRE.—Co. Sec., Miss K. Winser, Bryneithin, Aberdovey.

RESIGNATIONS.

MERIONETHSHIRE.—Asst. Co. C., Miss F. Leonard Davis.

MERIONETHSHIRE.—Co. Sec., Miss F. Leonard Davis.

MONMOUTHSHIRE.

RESIGNATIONS.

WYE VALLEY.—Div. C., Mrs. Townley Grindrod.

GARNDIFFAITH.—Dist. C., Miss L. M. Jones.

SCOTLAND.

ABERDEENSHIRE.

CENTRAL DIVISION.—Div. C., Mrs. Lloyd, Drachlaw, Turriff.

RESIGNATION.

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February, 1931.

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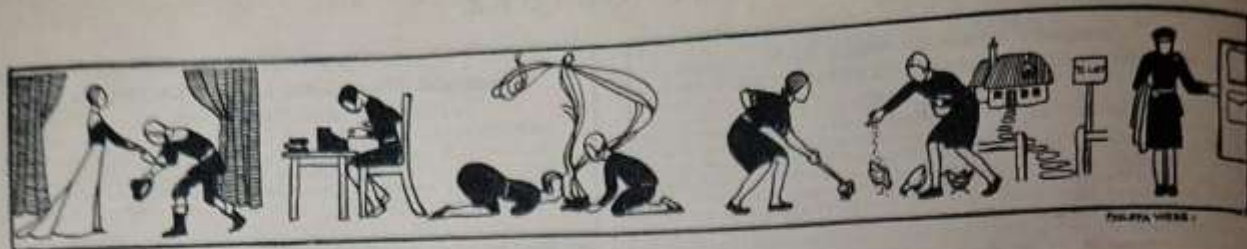
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