

GIRL GUIDES' GAZETTE

No. 19.

JULY, 1915.

Price 2d.

MISS BADEN-POWELL'S LETTER.

July, 1915.

MY DEAR GUIDES,

No doubt you are often asked, as I am, what is the good of being a Girl Guide?

I think the best answer is to compare the Corps of Girl Guides with any successful undertaking, such as, say, the Red Cross Nurses, the Navy, or the elaborate plan of running the trains all over the Kingdom.

None of these things can be done except by careful preparation and working one part into the other.

Each part has its own place and does its work there, and so you Guides each do your share, whilst all together make up one grand whole with a total of splendid work done!

Do not think that you can at once be fitted for your work without training?

Every soldier or nurse has to go through a great deal of training; they are no use unless they have worked hard to prepare themselves, and only putting on a uniform does not make them fit for usefulness.

You have to be trained to be ready to obey any order, to become a mere fraction of the whole, to forget yourself and work for the larger life of the nation. All you are learning now is helping to train you for your future work in life, in the home or in the world. Anything you learn thoroughly now can never be wasted, and so you are doing your duty to your Country by trying to Be Prepared.

In many homes now there are troubles and want; many things have to be done without. If you are unable to have what you used to get or have to forego any pleasures, remember that is one of the ways in which you can help your Country; think of this sacrifice as being your share towards the war.

Now that warm weather may be expected, although it never does do what is

expected of it, we must all wage war against *Flies*, for flies are the worst disease carriers.

Because a fly does not sting, people look upon it as a harmless creature, but it is one of the worst for spreading typhoid fever.

Sir R. Ross estimated that in one hot season 3,000 children died from disease traced to flies.

Do not let flies settle on your food; try not to allow them about your room. When you go camping you will have to keep everything very clean, or the flies will soon find you out.

Flies in war are said to be a greater peril than bullets, and more soldiers were disabled in South Africa by the mischief of flies than by the enemy's fire, for besides typhoid they can spread cholera, tuberculosis, swine fever, ophthalmia, and enteritis.

You can all easily make yourselves loose muslin bags to put your food in, from the size fit for your haunch of venison down to the size for a tin of condensed milk.

I cannot help regretting that several of our Inspections have had to be given up, but the Girl Guides' Association is growing so big that it is physically impossible for me to come to each and every Company separately. I am very glad, however, to come and inspect when they can join together and get up a combined Rally of many hundreds of Guides.

This is what I hope to see at the Reading Inspection on July 24th, as there are not days enough in the year for me to visit every one.

It was a great pleasure to see so many Guides at Exeter, some having come a very long way, starting at seven in the morning to be in time to join in the grand Cathedral service at two o'clock.

The Exmouth Guides excel in their very effective "Fire-drill," each one wearing a gilt helmet.

At all the Rallies which I lately had the pleasure of inspecting in Devonshire I found the Guides very enthusiastic, and their Officers even more so. It astonished me to learn how much they are all doing to help our valorous sailors and soldiers, and how well they work in the hospitals.

At Torquay the Rally was held in the lovely grounds of the ancient Torre Abbey, dating from the eleventh century.

Never was a prettier sight seen than the strings of "Rosebuds" trotting through their fancy marches on the lawn, each one holding a small Union Jack, and dressed in the official uniform of a navy jersey and navy knitted cap, from beneath which their pretty golden hair fluffed out. Each "Rosebud" was wearing her official brass brooch, shaped like the closed bud of a rose.

The "Rosebuds" carried out a very effective Display by themselves, being ranged in two lines opposite a large blue flag which was spread on the lawn. Two Rosebuds stepped forward, carrying between them two strips of white calico. These they laid on the flag from corner to corner, thus making a St. Andrew's Cross, and trotted off.

Next came two more Rosebuds holding the ends of two strips of red calico, which they carefully placed on the white ones, making up St. Patrick's Cross. Two more walked forward bringing two wide white bands, and lastly came two holding the ends of two red strips, and so the Union Jack was successfully completed amidst vociferous applause. It was a very fascinating scene.

I should like here to take the opportunity of thanking those who have so very kindly assisted in making all the great Rallies at which I have just been present such successes. I do think the ladies and Officers deserve the warmest praise for the hearty way they have entered into the spirit of our scheme and have united to make all my visits a real pleasure.

Yours sincerely,

AGNES BADEN-POWELL.

How Guides can Qualify for This Distinction.

The War Service Badge will be granted on the recommendation of a Captain, and approved by the Commissioner, to all Guides and Guide Officers, who have performed or shall perform before the end of the war alternatively:—

(a) Not fewer than twenty-one days' special service for Hospitals, Nursing Institutions and other Public Departments or Societies or Girl Guides' Hostels. This service must be at the request of some competent authority, and must be carried out for at least three hours per day. Or:—

(b) Not fewer than 15 articles personally made, to include 4 pairs of socks, 4 pairs of mittens, 2 shirts, 1 pyjama suit, 1 child's garment, 1 woman's garment, 1 belt, and 1 bed-jacket.

Knitting and needlework already done for Sailors, Soldiers, Sea Scouts, Belgian Refugees, Hospitals, etc., may count.

N.B.—Where it is not possible to have material for shirts, pyjamas and bed-jackets provided, a Guide may make up her number of articles by adding to the number of socks and children's garments. Or:—

(c) For twenty-one days' work, not necessarily consecutive, for paid employment in connection with recognised firms working directly for the Government in connection with the war, or in connection with "War Service for Women" initiated by the Government Labour Exchanges. In such work for instance as Farm Work, Dairy Work, Market Gardening, Poultry Farming, Light Machining for Armaments, Clothing Machining, Brush Making, etc., etc.

Application Forms for the War Service Badge can be obtained only by Local Secretaries from the Girl Guides' Headquarters upon receipt of a stamped addressed envelope.

The price of the Badge is 2d. post free.

UNDER

How to have a
Successful Time
in Camp.



A busy time in the camp kitchen.

CANVAS

By
K. C. STANFORD
(Captain, 1st
Ipswich Company).

What visions the word camp calls up! Recollections of the jolliest times in our lives. In our minds we see the smoke from the camp fires curling up in the early morning, we smell the salt sea breeze and hear the cry of the plovers. We laugh over the jokes of bygone camps and long for the stews and the hunger which made them seem so good.

"Is it safe to camp in tents?" I am asked frequently. "Will the girls catch cold?"

I can say that in two different years I camped for a fortnight in tents with about thirty Guides. First in the blazing heat of August, 1911, and then in the rainy weeks of August, 1912, but neither times did one of the Guides show any signs of having a cold. Indeed, the best way to get rid of a cold in summer is to camp out in a tent, provided one does not sleep with the tent door closed.

Of course, rubber sheets are a necessity. We used to hire one for each Guide, then she made herself a calico bag which she stuffed with straw on arrival in camp for her bed. The bed was never put on the ground even for a moment, it was always on the rubber sheet.

Then comes the question: "Where shall we go?"

We dwellers near the East Coast will have to keep away from the sea this year, I fear, and find some quiet spot, perhaps near a river where there is bathing, or in a private park, lent by someone interested in the movement.

Be sure your ground is not likely to be wet, that your tents are not under the shade of trees, yet not too far away. If possible let them face East; you will be glad of the early morning sun.

It is a good plan to take an extra tent in which the Guides can wash, for it is not desirable to have water in the sleeping tent. Bicycles and all sorts of extra things can be stored in this tent.

About six Guides are enough for one bell tent. I used to find that it answered better to have the Patrol Leaders in a tent by themselves. Each Corporal is then in charge of the tent containing her Patrol.

It is well to take a small tent for provisions, cups and plates, etc.

A list of the proper equipment for each girl will be found in the Official Handbook, which every Guide, of course, has.

Unless the Guides are only in camp for a day or two, food should never be kept in the sleeping tent, and even then not if it can be avoided.

The latrines are a trouble to make, and if possible should be done by a man. A long trench is dug about a foot wide, and three deep; it is then surrounded with sack-cloth to the length of six feet, and divided into separate compartments with sack-cloth, if possible one to each tent. Each should be made private by the two ends of sack-cloth overlapping. Every morning earth should be shovelled into the trench, and a strong solution of Lysol or some other disinfectant made in a bucket for the purpose

and poured in. This is an important part of the camp routine, and should be attended to by the Captain herself.

Now for the food. The choice of food is important, for Camp is usually the Guide's one holiday in the year, and she must get all the good from it that is possible. This she cannot do on insufficient, or badly cooked food. It is also necessary for it to be inexpensive, for the camp funds are limited.

The best of breakfasts is porridge, followed by bread and butter, or jam, and tea. The porridge, for preference, should be of Quaker Oats, as taking so much less time to make. About 1½ lbs. stirred into boiling water will make breakfast for about thirty. This should be served with milk. I have found the unsweetened condensed variety the most convenient and cheapest.

Guides should have a good midday dinner of meat and pudding, cooked on the camp fire, sometimes bread and cheese being substituted for a pudding.

Tea consists of bread and butter, and jam, with tea to drink, and cakes if any have been given or brought.

At bedtime the Guides will probably require bread and cheese, or a biscuit, and one or two biscuits when they get up in the morning.

Of course, eggs and bacon, sausages and omelettes cooked on the camp fire are delicious, but if one provided such things for a party of thirty or more, the funds would soon be at an end. The chief thing is to regulate your food supplies according to the money at your disposal.

The cooking apparatus is simple; a trench a foot wide and three or four feet long with a deep square pit at one end, gradually sloping upwards at the other end. It is easiest to make a square pit and then cut a series of trenches leading out of it, according to which way the wind blows; the wind should blow up the trench.

The trench may be turfed over and a chimney added, though this is not in the least necessary; but three or four flat iron bars or an iron grating should be taken and put across the trench to stand the kettle and saucepans on. A hay-box, such as is described in "Lonecraft," greatly adds to the comfort and ease of camp cooking.

Great cleanliness should be observed in preparing the food; care should be taken that everything is covered from flies and

wasps, and a pit dug close beside the cooking fire for scraps of all sorts. These should be covered with earth every night, or they should be burnt—the latter for preference.

Guides should, of course, be their own cooks. Though at first they know little about it, they will soon learn by their mistakes, and the cooks will show great keenness in vying with those of previous days in turning out a successful breakfast or dinner.

Before going to camp, a Captain should fix up with her Patrol Leaders and Corporals exactly how they mean to pass their time while away, and a time-table should be drawn up.

Although plenty of time should be allowed for recreation, there should be no slacking, or loafing; a holiday is too valuable a thing to waste.

To begin with, each Guide has her own special duties. We found it best each day to appoint three cooks, three washers-up, one Officers' orderly, one Patrol Leaders' orderly. The cooks not only cooked, but prepared all meals, spread bread and jam, etc., waited at meals, and poured out tea for all. The washers-up washed and put away everything after each meal. The orderly cleaned boots, tidied tents, folded blankets, etc., etc.

Our time-table ran much as follows, with variations for different days:—

- 6.30 a.m.—Réveillé.
- 7.0.—Prayers.
- 7.5 to 7.30.—Folding blankets, rolling tents, etc.
- 7.30.—Physical drill.
- 8.0.—Breakfast.
- 9.0.—Tent inspection.
- 9.30—10.30.—Instruction in ambulance or signalling, or any Company work.
- 10.30—11.30.—Bathe and biscuits.
- 11.30—12.30.—Beds stacked up round tent pole, blankets piled up.
- 12.30.—Dinner.
- 1.30—2.30.—Compulsory rest, when letters may be written, books read, or sewing done.
- 2.30—4.30.—Expedition, or game.
- 4.30.—Tea.
- 5.30—7.0.—Scouting games.
- 7.0—8.0.—Camp fire, songs, and yarns.
- 8.0.—Prayers, supper, and bed making.
- 8.45.—Lights out.

The programme, of course, varies; sometimes all day expeditions are made, sometimes there are sports and competitions, or a camp concert, or visitors' day.

On Sundays there will be, besides the morning Church Parade, a Guides' Own service taken by the Captain round the camp fire, when the Guides' rules and aims are put before them on the highest footing.

There are many dodges which an old hand in camp learns by experience, and many more may be picked up from the pages of *The Scout*. Here are a few elementary rules for beginners:

Never go to bed with your tent ropes tight, you will not like slacking them if a shower comes on in the night. Or better still, make a small hole alongside the tent pole into which the latter should be put when it rains; this slackens the ropes without going outside.

Never touch the canvas of a tent when it is raining.

Never sit in wet clothes, rather go to bed if you have not a change.

If you are cook, do not forget to put a handful or two of dry sticks and paper under cover in case of a shower in the night.

Do not roll up your night garments in your damp towel.

Have everything you possess plainly marked.

Do not take china cups and plates.

Always ask permission before setting up your camp on private ground, and be sure to make everything tidy before your departure.

Then, remember, a particular kind of character is needed for camp; each Guide must be determined to do her share—and a little more.

She must find a pleasure even in washing up. Jealousy and ill-temper must be left behind. She must be one with the sun and wind and stars, with always a cheery word, and a joke, and a hand ready for the unpleasant jobs, and a quick brain to surmount unforeseen difficulties.

If you do this, perhaps years afterwards you will look back to your Guide Camp as one of the best things you have met. All the fun of it will be long in your mind, and only afterwards you will realise the good that was done you by the discipline, and your lessons in depending upon your own resources, and never leaving a chum in the lurch.

COMPANY NEWS



(We shall be glad to print in these columns reports of the doings and progress of companies, which should be as brief as

possible. It would be a good plan for each company to appoint one of its officers or members as correspondent to the "Gazette." She would then be responsible for reporting all the more important events in the history of the company and any matter of general interest to our readers.)

FORTHCOMING EVENTS.

Amongst her engagements this month, Miss Baden-Powell hopes to meet Guides on July 17th at the Garden Fête given by Miss Brenda Girvin at Lawrie Park Gardens. She is also arranging to attend the Great Rally and Display at Reading on July 24th, as well as a Rally at Penshurst Place.

London and District.

North London.—Alderman Sir John Baddeley has most kindly given the local Guides a silver challenge shield to be competed for annually. This will be a fresh incentive to the girls to work hard to win it for a year. During the time they hold it the shield will be hung in the hall where they meet.

* * *

Richmond.—The flag which has been presented to the 3rd Richmond Company by Mrs. Hickson was dedicated by the Vicar of Holy Trinity, who, as it was Oak Apple Day, took the word oak as the text for his address. O-obedience; A-activity; K-kindness. After some signalling and other displays the Guides (over one hundred) were entertained to tea by Mrs. Hay.

* * *

Woodford.—The High School Company Guides are on duty each day at "Highams" Military Hospital, where they wash up, peel potatoes, go errands, etc., in order to release the nurses for more important duties.

* * *

Y.W.C.A.—The Company attached to the Y.W.C.A. Central Institute had a most successful sale of work and display which was opened by Miss Baden-Powell. There were five stalls, all manned by Guides, and a varied programme was given.

* * *

Barnet.—The annual report of the 1st Barnet Company shows that a busy year has been spent; while, on the financial side, there is a hand-

WHAT WE ARE DOING.

By LT.-GEN. SIR ROBERT BADEN-POWELL, K.C.B.

The Heather Campaign.

As several Companies have honoured the newest Girl Guide, Heather, by asking her to be their patron, I have come to the conclusion that the fairest way would be for us to put her up to auction, and the Company that can show the greatest percentage of Badges (including "Class," War Service, and Proficiency ones, but excluding Badges of rank and of years of service) in its ranks by her first birthday, i.e., June 1st, 1916, should bear the title "Heather's Own."

Reports to be sent in to Headquarters by May 15th, 1916. She will be glad—at least, I hope she will—to give to each member of the Company her family crest as a badge, and a sprig of heather to wear in her hat.

For the competition a Company should consist of not fewer than 18 Guides on and after January 1st, 1916.

We do not wish to discount the very kindly feeling that has been shown by so many desiring this distinction, but it is difficult, in fairness to all, to select one above others to bear the title, and we think that it will be all the more valuable in the end when those who have won it are conscious that it is no empty reward, but has been earned by conscientious effort in competition with others.

Rosebuds or Brownies or —?

There still seems to be a good deal of difference of opinion as to the best name for the Junior branch of our movement.

Many do not care about the original name "Rosebuds"; at the same time, many others like it. "Brownies," as suggested in our last issue, has many supporters—and also opponents.

One suggestion came, after the birth of the Junior Girl Guide, that they should be called "Heather Bells"!

"Kittens," "Kiddies," "Juniors," "Mice," "Rats," and all sorts of names—poetic, insulting, pathetic, or humorous—have been put forward; but none of them seems to hit off exactly the right idea.

Now then, inventive Guides, come along—here is your chance! Suggest a name!

Rallies.

May I confide to Guide Officers a few suggestions out of many that one might give from experience in the Scout movement. The great point should be to make Rallies really attractive to the onlookers, so as to gain their interest and create a desire to come again, and bring their friends. So look on each item that you propose to have in your programme from the spectator's point of view, in the first instance.

Secondly, they should be so arranged as to show the people what are the activities for which the Guides go in.

Thirdly, the items should be devised in the direction of encouraging the girls to perfect themselves in subjects or practices in which it is desired that they should make themselves proficient.

All this, you will say, is what is already being done. That is true, but so often the promoters of Rallies think it out in the reverse way, and leave the popular side of it as the last consideration. That is a common fault with beginners. Novelty, originality, rapidity, and variety and shortness of programme are the essentials to success. This is equally true in educating an audience and in gaining their attention, as it is in training your girls.

Send your audience away with a feeling of regret that it was over so soon, rather than wearied and bored to tears with a long, long display, perhaps of bandaging and signalling, which they do not understand.

May I add one line on behalf of your Inspecting Officer. She, or he, likes to know beforehand exactly what to be prepared for, how she has to arrive, what you want her to do, when she has to speak, whom she is likely to meet, and how and when she is to leave the gathering. When you have once given her her programme, stick to it, and do not break faith by afterwards adding little extras and springing surprises on the Inspector in the shape of unexpected little duties to perform when she has arrived on the scene.

I have known good-tempered men driven into fury by finding points contrary to their policy being sniggled into their programme at the last moment.

Hostels.

I am very glad to hear of more Hostels—that is, First Aid Hospitals—being formed in different Girl Guide headquarters.

Since I last wrote, more raids by German airships have taken place in various parts of the country, and it is certain that there will be more to follow. These are only trial trips, and we must Be Prepared for larger and more harmful exploits in the near future.

A Word to Officers.

It is difficult, until we have a separate magazine for the Guides and for their Officers respectively, for me to write all that I should like to month by month to help Captains in their work.

If I might suggest it, I think they would find most of what I should say to them stated in the Boy Scouts' *Headquarters Gazette*, which is published on the same day and at the same price as our own *Gazette*. It can be obtained from this office.

I think Officers will find much in this journal which will be useful and suggestive to them.

The Keeness of the Guides.

A lady writes to one of the papers that she was motoring in the country where some manoeuvres were being carried out. She met and stopped a Patrol of Boy Scouts to ask them how things were going on. She says:—

"These infant soldiers were too shy, or taken aback, to say a single thing. A little farther on we met some Girl Guides. What a difference! Every single one of them had views on the situation, and was bursting to air them. Some had made copious notes in their notebooks, and one was so keen that, in order to find out the depth of a brook, she had jumped into it, and had wetted herself to the waist."

The writer adds:—

"This all proves once again that woman can do most things as well as—sometimes better than—man."

I do not think that it is always advisable to judge from one small instance of the abilities of a whole community, but, since she points out that in this case the Girl Guides proved themselves better than the Boy Scouts, it shows that you are making a good reputation for cleverness and keenness, and one for which you will all have to work hard to live up to.

Kill that Fly.

With reference to the story of "Worry," the fly, which I told last month, I have been asked by ardent fly-hunters more about their breeding places and what poison suits them best.

They breed almost anywhere. I surrounded and slaughtered an army of maggots recently in the carcase of a young bird which had met its death on my lawn. At the Zoo they show you an old fish's head, a dead mouse, and a stale wheel as having been splendid health resorts for flies. Horse manure is very popular with them as a breeding place.

One fly can start a family which at the end of a month has increased to 600!

The most effective way of poisoning the maggots or grubs is to mix 1 oz. of borax with 1 quart of water for every cubic foot of refuse.

When you can't afford borax, paraffin is also a good poison.

But continued cleanliness, sweeping and burning all refuse is the best preventive of all.

Arthur Dods Brown

HOLIDAY WORK FOR GUIDES.

Guides who are holiday making near the moors will be glad to know that they can utilise their time helpfully by collecting sphagnum moss for the wounded.

This moss is made up into dressings for use in hospitals. It should be pulled up gently by the roots and well cleaned (all weeds, etc., being picked out), and then dried in the sunshine.

Samples and all particulars can be obtained from A. Francis Stewart, Esq., Gt. King Street, Edinburgh, or Dr. R. Dods Brown, Murray House, Perth.

AT THE SCHOOL TREAT.

ONLOOKER (to small child): "Now, dear, wouldn't you like to go in for the three-legged race!"

SMALL CHILD (in tears): "Please ma'am, I can't; I've only got two legs."

THE GIRL GUIDES' GAZETTE.

JULY, 1915.

The Gazette will be published on the 15th of each Month.

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EDITORIAL NOTES.

Things You will Miss.

Owing to extreme pressure on our space this month, we have been compelled to hold over the final instalment of Miss Whyman's article on the Ambulance Badge, as well as some Company News. We hope to be able to publish both next month.

Mentioned in Dispatches.

Every Guide knows how soldiers covet the distinction of being mentioned in dispatches "For gallant and distinguished service in the field."

In his list of honours published last month, Sir John French included the names of no fewer than sixty-one women. Isn't that splendid? It shows how much their work to relieve the sufferings of our brave Tommies is appreciated. A French farmer's wife has also been honoured by our Allies for her attention to the wounded whom she herself went out to fetch under fire.

Companies that go to Sleep!

We were amazed to find the other day, when talking to a Captain, that neither she nor any member of her Company ever saw *The Gazette*; in fact, she spoke almost as if she had never heard of it. She and her Guides must have been sleeping! No wonder her Company was inefficient, and doing things quite contrary to regulations.

It is absolutely necessary that at least one member of each Company, in addition to the Officers, should see every issue of *The Gazette*. How can they possibly hope to keep in touch with things otherwise?

The 1st Ealing Company has established a fine record by taking 30 copies each month; this beats the record of the Calverley Company by four copies.

Will any Company make Ealing take second place?

The Fly Peril.

In his notes this month, Sir Robert Baden-Powell gives some further hints for subduing the fly peril. Here are a few others which should be practised in every household:

1. Thorough cleansing of cooking utensils after meals.
2. Careful gathering up and covering of scraps.
3. Frequent cleaning of kitchen and scullery.
4. Covering of refuse pails.

In camp, too, you must take particular care not to allow the flies any chance to settle on your food or rubbish.

Little Heather.

You will all be interested in the first portrait of Little Heather, Sir Robert and Lady Baden-Powell's baby girl, published on another page. It was taken especially for this issue of *The Gazette*, when the youngest Brownie was not quite a month old.

THE FOOLISH VIRGINS.

Notwithstanding the oft-repeated injunction to Guides to "Be Prepared," we regret to see how many have not laid this to heart with regard to Rallies.

Whenever we want to have a nice big Rally and have the joy of gathering thousands of Guides together, there are always so many who plead that they have used up their funds in other ways and have saved nothing for the journey. Why do they not reserve a special fund for fares, and then come and enjoy our sports and displays, and try to win some of the challenge cups, shields, and competitions?

Why not start to-day making sweets for sale, or selling "Buttonholes" of the Allies' colours?

IF ZEPPELINS COME.

What to do in case of emergency.

The North-East London District Scout Council has issued a most instructive set of hints regarding what should be done in case of an air raid. As they will be useful to Guides, we make no apology for publishing them.

Be Prepared by—

- (i) Studying thoroughly all public notices.
- (ii) Knowing nearest Doctors, Chemists, Hospitals, Fire Stations, Police Stations, Ambulance, Fire Alarms, Telegraph Offices, Telephone Call Offices, Turncocks, Plumbers, Motor Garages, and places where ladders and ropes may be procured, such as Builders' Yards, etc.

[N.B.—Keep a list of the above handy, and add telephone numbers where possible.]

- (iii) Knowing method of rescue and resuscitation of persons insensible from electric shock, and being proficient in Ambulance and Fireman's Badges, and local knowledge required in Pathfinder's Badges.

On Warning of a Raid—

- (i) Turn off gas at meters, see that all gas taps in house are turned off, and turn off water at the main.

- (ii) Shut doors and windows downstairs.

- (iii) See that buckets of water are handy on every floor, that candles and matches are to hand (a liberal stock of candles should be laid in beforehand), and that a good supply of fresh water is at hand in basement or lower rooms.

During Actual Raid—

- (i) If at night alarm the household, dress quickly, and see everybody is under cover in downstairs part of the building.

- (ii) Do not rush out into the street, but keep cool. Remember the safest places are:

- (a) Cellars with safe exit and ventilation.
- (b) Spaces under arches.

- (iii) Avoid windows and upper floors.

- (iv) Principal dangers indoors are from fire, accidents, panic, broken gas-pipes, water service, and in the streets from traffic, broken cables, telegraph wires, falling or damaged walls and roofs, unexploded bombs, and spent bullets and shells fired at the aircraft.

If poison-gas bombs are used, and these can be distinguished by their giving off a greenish or other disagreeable vapour, get upstairs as quickly as possible. By that time the Zeppelin will probably have passed. The gas is heavier than air, and would stop near the ground and penetrate into the cellar. Have ready both in the basement and upstairs basins of a solution into which you can quickly dip some form of respirator. One can easily be improvised, a very simple bandage will probably suffice; it might be made of a folded handkerchief (an old one) or a piece of thin flannel; old, well-worn

linen would be best of all. When this bandage has been dipped in the solution it should be wrung out sufficiently to permit easy breathing. Tie this closely round the mouth and nose.

A useful solution in which to soak the bandage would be one made with ordinary hyposulphite of soda, known to every photographer, and very cheap. If this should not be available, common washing soda should be used. Both these solutions should be strong, and the bandage not wet, but thoroughly damp.

If anyone is overcome by the gas, a strong smelling bottle will be useful.

After Raid—

- (i) Assist in rescue work.
- (ii) Call attention to dangers from explosives, insecure roofs, chimneys, and broken cables, etc.
- (iii) Do not touch unexploded bombs, but guard them, and advise police or military at once.
- (iv) Do not touch any fallen telegraph or other wires.
- (v) Before turning on gas meter, inspect the taps to see that they are turned off.

THE RECONSTRUCTION OF HEADQUARTERS.

Under the new charter, which incorporates the Girl Guides as a national institution, the Executive has been formed by the General Council, as follows:—

1. President—Miss Agnes Baden-Powell.
2. Education—Miss J. Boys (Member of Headmistresses' Association).
3. Equipment—Mrs. Benson (Member of the late Headquarters' Committee).
4. Employment—Lady St. Helier (London County Council).
5. Finance—Lady Muriel Paget (Organiser, Invalid Kitchens).
6. Kindred Associations—Miss Dashwood (Y.W.C.A.).
7. Overseas and Foreign—Mrs. Lumley Holland (late Headquarters' Committee).
8. Organisation—Sir Robert Baden-Powell (Founder).
9. Publications—Mrs. Moore (Commissioner).
10. Training—Miss Thorndike (Commissioner).

In addition to these, members representing the Movement in different provinces will be added to the Executive Council with a view to bringing Headquarters and the workers in the Movement into closer touch and co-operation.