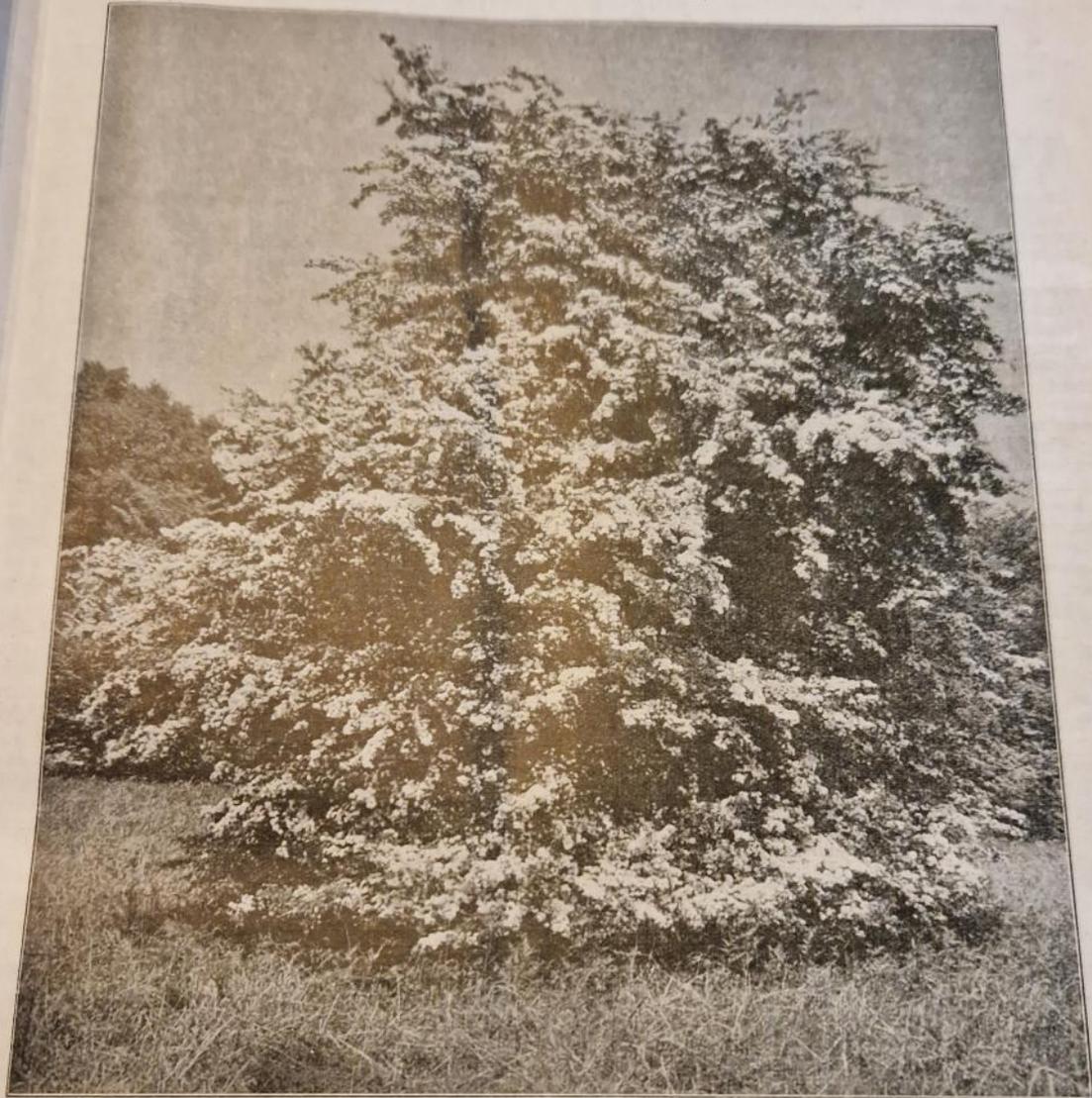


THE GUIDER: THE GAZETTE OF THE GIRL GUIDES ASSOCIATION
(INCORPORATED BY ROYAL CHARTER)



[Photo: Eric Hosking]

Vol. XXVI. No. 3.

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THE PROMISE ITS MEANING

BY
SIR FRANCIS YOUNGHUSBAND,
Chairman of the World Congress of Faiths.

WHEN the Chief Scout decided to extract from all Scouts and Guides the Promise that they would try to do their duty to God, he was definitely ranging the whole Movement on the side of the Godly as in contrast with the God-less. And this was a tremendous decision to make, for the great issue at stake in the world today is between those who believe in God and those who don't—and there are hundreds of millions who don't.

But when a Scout or a Guide—and I am writing more particularly of Guides—makes the Promise she may be staking her whole life on it, or it may mean to her just nothing at all. She may be making her duty to God the basis of everything she does and the mainspring of every action, or it may be to her a mere empty form with nothing to it whatever.

What, then, is the meaning of the Promise? I was interested to know because for half a century I have had to work with men of all the great religions of the world. I knew that Girl Guides had among them hundreds of thousands of every religion—non-Christian as well as Christian. And I was anxious to know what duty to God meant to those who were accustomed, like I have been, to meeting and sharing experiences with Hindus, Muslims, and Buddhists besides Christians. So I called at the World Bureau and talked to members of the Girl Guides World Association. I was given a little pamphlet called *Thoughts on the Promise*, which contained an article by "A Guider" on The Foundation.

Here, then, was the answer I wanted. I learnt here what you yourselves thought of the Promise. Some, I found, thought it meant nothing much more than leading a "sensible" life, bearing no malice and helping others. This idea of just living a decent life is good as far as it goes, but "A Guider" is quite right in saying it does not go nearly far enough. Not by many hundreds of miles, I would myself add.

So "A Guider" goes on to describe what she herself regards as our duty to God. It is that we should so shape our lives that by and through them the general happiness and good is increased. God manifests Himself to others through us, she says, using our voices and our bodies to work His work.

My own experience entirely corroborates this view. The word God means different things to different people, and many misunderstandings arise from its use. But even great leaders of men who hate the mention of the word God feel themselves driven on by some mighty impulse to work for an Ideal State of Happiness for their country or for the world. They may use the most appalling means. But they hold that the end justifies the means, and the far end which they dimly have in mind is the happiness of their fellow men. Happiness is even for them the ultimate goal—as it is, of course, of every responsible statesman.

But it is in particular to religious leaders that we must go for guidance on the way to happiness. And to laymen

as well as clergy. For it is laymen who lead in religion, while the clergy conserve what is precious. Among the adherents of all religions there continually arise certain men and women who are of special value in giving us guidance. They are always of a highly sensitive, impressionable nature, and in rare moments when they are strung up to the highest pitch of sensitivity they become acutely aware of what is at work in the heart of the World. It is as though one of the millions of "cells" which go to compose a tulip bulb were to become aware of the picture of the full-blown tulip which was all the time working itself out in the bulb. These specially sensitive men—these saints, or seers, or prophets—in these specially tense moments become keenly conscious of a Power working for good in the world. And working for something a great deal more than what we ordinarily mean by good—working for Joy—and working for Joy with an unbearable intensity. They are convinced past all possible refutation that there is a Joy-giving Power at work in the world.

These, then, are the real Guides of mankind. They show the way. And their ways are ways of happiness. But of a joy and happiness as much greater than mere gaiety and pleasure as the light of the sun is greater than the light of a ball-room.

How can a Guide ever attain such bliss? First she can, as "A Guider" most rightly recommends, go to Church—or as I would add—go to Mosque or Temple. Not only Christians, but Hindu, Buddhist and Muslim young people have found much in conventional religion that is dull and mechanical. Nevertheless, church-going is a good discipline in training yourselves to concentrate your thoughts on the higher things in life. It is, as "A Guider" says, a corporate act so that by joining together with others you are able to support and encourage each other in leading a spiritual life. You may be perfectly certain, too, that beneath the encrustment of age-long usage there must be something infinitely precious, or this worship in Temple, Mosque and Church would not have attracted rich and poor, the cleverest and the simplest, by millions and millions, for century after century, in every country of the world. *There must be something in it.* And it is the business of Guides to find it. That is one way of doing your duty to God. You must learn to pray and learn to worship.

Now we come to a most important part of a Guide's duty. "A man," says "A Guider," "is what a woman makes him . . . and a decent man expects and wants a high standard of moral life in a girl." Nothing could be truer. But here, too, we must go further—far further. It is so ordained—it is part of God's purpose in the world—that a woman should be able to bring out in a man the very utmost that it is in him to be. And because she can do this for him, he regards her as an angel. She herself is perfectly aware that she is only a very earthly ordinary girl. Yet for him she is an angel. And angel she must make herself if she is to keep her Promise. Nor need

this be so impossible as it seems. For just as she can evoke the best in a man so can he bring out the best in her. And that best she will have to cling to with all her might and main as the most precious thing there is. For it comes straight from God. Indeed it is God. It is the Creator proceeding with His work of creating creatures in His own image.

Most difficult, most delicate, most dangerous is the approach of the one to the other. Always there is risk of disillusion and disaster. No happiness that is worth having can be had without risking many a danger on the way. And a good Guide should learn to tauten every fibre within her, to discipline herself to endure unendurable hardships, and to watch her every footstep lest she fall. But if she be true to herself, true to the best that is in her, true to God, then, even if that upon which her heart is set comes not to pass, other and greater happiness may yet be hers.

She will have learned to steady herself on her centre. Through her own sufferings she will have become more sensitive to the happiness of others. A sweeter and more tender joy will be hers, and in sharing that happiness with others, her own will be complete in the end.

Such would seem to me the meaning of the Promise. And I would urge each of you to be true to yourself. True to your real self—your deep down inmost self. True to the Divine within you. To hearken to the inner voice. It will tell you, you were born to be happy. It will tell you to heighten your capacity for enjoyment. It will tell you of the way to happiness and through happiness to love. So will your happiness grow and expand till you are led on to the greatest happiness of all in which you will want everyone to share. And your duty to God will be fulfilled.

THE GUIDE MOVEMENT AND NATIONAL SERVICE

As Chairman of the Committee of the Council of Imperial Headquarters I wrote at the same time as Lord Somers to the Lord Privy Seal in respect of the recognition of Guiding as being a work of National importance. I have received the following reply:—

"Sir John Anderson wishes me to assure you that he appreciates equally the value of the work which is being carried on by the Girl Guide Movement, and that what he has said in his letter to Lord Somers as to the desirability of a sufficient number of trained leaders being available to carry on the work of Scouting, applies equally to the case of the Girl Guides."

and below you will see a copy of Sir John Anderson's letter referring to the above.

"Dear Lord Somers,

You will remember your talk with me before Christmas on the position of Scouting and the Scout Organisation in relation to the campaign which has now been launched to enrol volunteers for various forms of National Service. The questions which you raised have been under careful consideration here, and have

also formed the subject—on a rather wider basis—of correspondence that has passed between the National Council of Social Service and myself.

You have now set out in your letter of the 25th January the particular points affecting the Scout Movement upon which you are anxious to have my views, and I will do my best to deal with them.

Let me say at once that I fully appreciate the value of the work which the Boy Scouts Association is carrying on among the boys of the country, with the assistance of a large army of voluntary workers, responsible for your Local Associations and the individual Groups and Troops; and I recognise that the maintenance of this work both now, and, so far as conditions might permit, in war-time, would be most desirable. I am also aware, and am personally appreciative, of the services which the Scouts have been able to render in various directions, particularly in connection with local Air Raid Precautions.

For reasons which you will appreciate, I do not think that any general direction or indication on the lines of the Schedule of Reserved Occupations could appropriately be applied to the Scoutmasters or other officers of the Movement. But I am in agreement that, apart from those who are eligible for the more active services of Defence, it is certainly desirable that a number of trained leaders should remain available for carrying on this important work, and that they may properly be advised that in so doing they are making a definite contribution to National Service.

I need hardly add that the readiness of the Boy Scouts to give any help in their power is so well known that I am sure we can look to them to give any assistance to local authorities which the authorities may find they can utilise.

Yours sincerely,
(signed) JOHN ANDERSON.

I do feel, in view of the Lord Privy Seal's reply, that it is the duty of all Guiders to carry on their Guide work to the utmost extent possible. We think the fact that Sir John Anderson considers the work of this Movement to be of such value, should in itself give any incentive that might be required to encourage you to go forward in the work of Guiding.

JOAN MARSHAM,
Chairman of the Committee of the Council.



Photo]

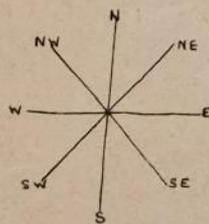
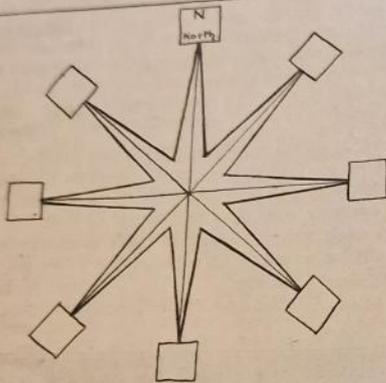
"Give us to awake with smiles"

[Audrey Pearson

WHAT
SHALL
I
PUT
IN
MY
LETTER ?



"I am a Scout," says Rabbit, "so I've joined my line with a 'Sheetend,' and my cart to a Tree with a Round turn and two Half Hitches."



Do you know the points of the Compass? Here is a game that will teach you— You can play this game with Brown Owl or alone. You will want eight boats and eight aeroplanes, and each one must be marked at the back with one of the compass points. Take it in turns to lay a boat or aeroplane on the point of the compass where you think it belongs. If it says "N" on the back, put it on North. When you have placed all the pictures, see who has the most right!

HOW many times do Post Owls say this? especially those who *think* they have no artistic gifts. Perhaps these suggestions will help in the composition of the Monthly Letter and may lead on to other ideas for the future, always remembering that there are two points of view to be considered, that of the Brownie and that of the Post Owl. The Brownie should find her Letter attractive and interesting, and the Post Owl tries to make it instructive and to get it out punctually. To make the Letter attractive it should be colourful, pretty, varied, and clean and tidy. To make it instructive it should be suitable for the age and stage of the Brownie who is to receive it.

MAKING THE LETTER.

Covers may be made of Brown Paper decorated by handwork, cut-out pictures, tracings, etc., or may be obtained from Headquarters in various plain colours ready for any of the foregoing methods of decoration. The inside sheets may be white or coloured, the letter being again obtainable from Headquarters.

Contents.

(a) *Brown Owl's Page* consisting of a letter to the Brownie. This may be made more attractive by the addition of a small scrap picture or lines in coloured inks outlining the edges.

(b) *Test Work* (according to the stage reached). This is the page which probably holds most terror for the Post Owl, but outside help may be sought provided that all instruction conforms to the Brownie Handbook.

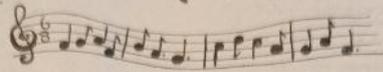
Recruit Test.—The Fairy Ring or Six Rhyme to be learnt and an illustration of how to tie a Brownie. The accompanying by a triangular piece of coloured material for practising in order that the Brownie may have the joy of achievement.

Cadets Bar.—Here is an illustration which may help the Brownie to practise her knots. Coloured cord or string of suitable thickness for the purpose can be enclosed in small envelopes.

Another month a simple puzzle of the crosses of the Union Jack with an illustration of the whole flag will keep the Brownie happily occupied, and various ways can be thought out for teaching table laying and other parts of the test.

Golden Hand.—What exciting messages one can write in Semaphore which no one can read but the Brownie who has learnt the alphabet! Even if she is only a beginner it is surprising how soon words can be formed, and a start can be made with the Letters in the first circle only. Later such things as a nursery rhyme to be illustrated, a question to be answered, or even the whole of Brown Owl's Letter can be written in this way.

Here is a game which will help her to learn the compass



"We're the Brownies, here's our aim,
Lend a hand and play the game!"

points, but Brown Owl should see that a real compass is handled by the Brownie and that she understands its uses.

(c) "A something to do page."—This should contain something the Brownie can do alone if necessary. For example: games like the above, a description of some handcraft, an occasional competition, a jig saw puzzle or Magic painting, etc.

(d) A story.—This should be well chosen, for what a large part stories play in the life of a child! Good Folk tales, Animal stories, Fairy tales and Bible stories can all have their turn, and will be eagerly looked forward to.

(e) Finally a page corresponding to the close of a Pack Meeting. This can be made attractive by suitable pictures such as "Margaret Tarrant" illustrations, and can include a Prayer chosen from *The Brownie Prayer Book* or from various other sources. Also Ending Ceremonies and "Brownie Bells" may be used.

One last but most important word. Do try and get visiting Owls for all your Post Brownies. They are the connecting link!

G. HODGSON,
Assistant Post Secretary for Brownies.

ENQUIRE WITHIN

May we once again remind readers of THE GUIDER that anonymous queries cannot be replied to in this column. Name, address and rank in the Movement must be given, but this is not published nor is any advantage taken of it.

Should service stars be worn on the new Guiders' overalls?

Yes, certainly they may be worn, on the left side where the pocket flap used to be.

Does the new ruling regarding strips of All-Round Cords on the new overalls apply equally to Gold Cords?

Yes—the appropriate strip may be worn instead of All-Round or Gold Cords.

What are the correct measurements of a Guide tie when tied, and what is the position of the Tenderfoot badge on the tie?

There is no hard and fast rule about the measurements of the tie, but it is generally understood that it should measure $2\frac{1}{2}$ ins. wide when folded and pressed, the bottom of the tie to be 3 ins. above the belt buckle. The badge should be worn in the centre of the tie, mid-way between the bottom of the knot and the end of the tie.

Is it correct for a Cadet who is acting as a Lieutenant to continue as an active member of the Cadet company until she obtains her warrant?

If you will refer to the article on Cadets, published in the January GUIDER, page 19, you will see there that "... In most companies the Cadet is allowed to remain in the company until she has passed her warrant."

Can there be two Tawny Owls, holders of warrants, for one pack, with a warranted Brown Owl?

Certainly there may, if the size of the pack demands it.

In any case, no appointment is made without the approval of the Commissioner.

Can Old Guides wearing uniform as same, be permitted to wear navy berets for parades or special functions in place of Guide or Ranger hats?

No. If the Old Guide is not entitled to wear the Old Guide cockade she should turn up her hat with the county badge.

Should the Union Jack and Company Colours, already dedicated, of a Ranger company be re-dedicated when the company en bloc become Old Guides?

No, this would not be necessary.

If a Guider joins the Old Guide Branch and, later on, finds that she can take on active, Lone or Extension work again, is she allowed to do so?

Certainly she may. It is hoped that through the medium of Old Guides quite a number of ex-Rangers and Guiders may be able to take up active Guiding again as soon as circumstances permit.

Can a Guider wear the Scout Thanks Badge in uniform? If so, where?

As it is not permitted for the Guide Thanks Badge to be worn in uniform the same rule would apply to the Scout badge also.

Does the St. John Adult Certificate in First Aid count for All-Round Cords?

Yes.

GUIDING FOR THE DEAF

FOR THOSE WHO DON'T DO IT

by
MARY SHAW

MANY of you have probably seen companies of Rangers or Guides taking their part in Divisional Rallies, without even knowing that they were deaf. This is, in a way, both a help and a handicap to the deaf. It is a help for the deaf Ranger not to feel that she looks in need of help; but because her handicap is not visible, she misses much of the sympathetic help and understanding which is so readily given to the blind and the crippled.

If you have a deaf Guide or Ranger company in your District, why not have a joint company meeting sometimes? The companies will learn much from direct contact, and it will not be a "dumb" evening, in any sense of the word! Unfortunately the words "deaf and dumb" seem so firmly linked, that with this preconceived idea it is hard to realise that many deaf people are by no means dumb as well.

Does your company know that there are two types of deaf, those who lost their hearing through illness or accident, and those born deaf? The first have the benefit of knowing the meaning of words, and of being able to speak; they can read and write as easily as a hearing person. The second type can, with the help of a clever teacher, learn the meaning of a certain number of words, mechanical speech and lip-reading. As you can imagine, it is not easy to teach the meaning of words expressing abstract ideas, and the born deaf can only in exceptional cases find solace from books.

They need friends almost more than other types in the Extension Branch, because they are so isolated, and that is where you can help. Is there a Deaf Institute or Mission in your District? Perhaps a Ranger company could make itself responsible for starting a deaf company there. Is there a

school for deaf children? Perhaps a Guider can be found on the staff. Are there any lonely deaf girls in farms and hamlets? Perhaps you could tell them of the Deaf Post Ranger companies.

Deaf Camps and company meetings are just like your own, except that everything takes rather longer to do when you must make sure that everyone understands the rules of the game. Instead of whistle signals there are clocks at camp, and lights are switched on and off in the clubroom. It is hard for a hearing company to realise how difficult it is to attract a deaf company's attention! Try at your next meeting to see how many ways of communication you can find; sometimes the Rangers may be facing you, sometimes walking away from you. How would you collect the company for tea at camp?

Songs and singing games are, of course, impossible for the deaf, but that does not prevent them from having cheerful camp fires. Many of them are clever at acting and miming, and charades and stories are a feature of camp fire. They also enjoy doing camp jobs as much as any other company, though more time must be allowed for explanations of what has to be done. They are generally quite as energetic as your own company, and are good athletes. They may even beat you at a Folk Dance Competition!

If you are thinking of



Deaf Guides in Camp.

starting a company for the Deaf, you will wonder whether they can do all the Guide and Ranger Tests. In some cases alternative tests are needed, but even if telephoning is impossible, a deaf girl could learn about it and be able to tell someone else what to do; if she cannot sing, she can dance. There are still many deaf girls with no companies to join; perhaps your Ranger company can help by running a junior company? The work and play of a Ranger is of such value to the deaf that it would be a splendid bit of service if you could help the Movement in this way. With patience and goodwill you will work wonders.

**IPSWICH DIVISION
OLD GUIDES ASSOCIATION**

BY kind invitation of the County Commissioner, Mrs. R. H. Paul, the Ipswich Division organised a Reunion, about 50 members being present. Several members from the County also attended.

During this year we have formed a Branch of the Linen Guild to help the East Suffolk and Ipswich Hospital, and a very useful parcel was sent by the Secretary, also 10s. subscription.

A large parcel of baby clothes for poor mothers was sent to the Ipswich Nurses Home, also toys at Christmas.

Old Guides were entirely responsible for the tea at the Ranger Conference held in Ipswich.

At Charity Sales of Work help has been given.

A.R.P. lectures were given to us by Miss E. C. Grimwade, County Secretary, and these were much appreciated.

Visits to Ipswich Fire Station and Electricity Generating Station were enjoyed by a large number.

A Summer Outing to Broxstead by kind permission of Mrs. R. H. Paul was arranged. Children were brought to this, and a very happy day was spent re-visiting the scene of former camping days.

A Garden Party concluded the summer meetings and this was held in three adjoining gardens by kind permission of Mrs. Hugh Sladden, Mrs. Percy Aldous and the Recorder, and was most successful. About 50 members attended.

We meet once a month, average attendance being 35, and each group is responsible for arranging a meeting. Four Whist Drives have provided funds to pay for our rooms, material for Linen Guild and Baby Clothes, and we have bought crockery, 18 card tables, etc. The 10s. subscription to the Hospital was collected by Mrs. E. Moore. The subscription for each member is still 6d. for the year so we have to get money by means of these Whist Drives, etc., and it means a lot of work.

The Division is divided into four groups, working under Group Leaders, and representatives of each group serve for one year on the various Committees formed, and are to be elected yearly.

- (1) *General Committee* to arrange all matters of interest and the programme of the Division.
- (2) *Refreshment Committee* under a Convener.
- (3) *Games Committee* to arrange Whist Drives, etc., under a Convener.
- (4) *Baby Clothes* under a secretary.
- (5) *Linen Guild* under a secretary.

A New Year's Party took place in January at a cost of 6d. per head, and nearly 50 attended.

The most important news is that Lady Belstead has kindly consented to become our President.

This brings us to the end of our first year's activities. Our numbers are now 100. E. K. PARKER, Recorder.

THE CALL OF EMPIRE

This pamphlet, which can be obtained from the Migration Department of the Boy Scouts Association, 25, Buckingham Palace Road, London, S.W.1, sets out in an attractive form the advantages of Oversea settlement for British Scouts and gives brief particulars of the schemes now in operation for this purpose in different parts of the Empire.

The training a boy receives through Scouting makes him particularly suited—by his general hardiness, resourcefulness, adaptability and love of the open-air—for life Overseas and, for this reason all societies dealing with migration have eagerly sought for the type of boy to be found in the Scout Movement.

A number of extracts from letters of Scouts already settled in the Dominions make interesting reading, as showing the other side of the picture—the enthusiasm of the settler over his new mode of life and his gratitude for having been given the opportunity to experience it. All the writers speak well of the conditions under which they work and of the kindness with which they are received in the countries of their adoption.

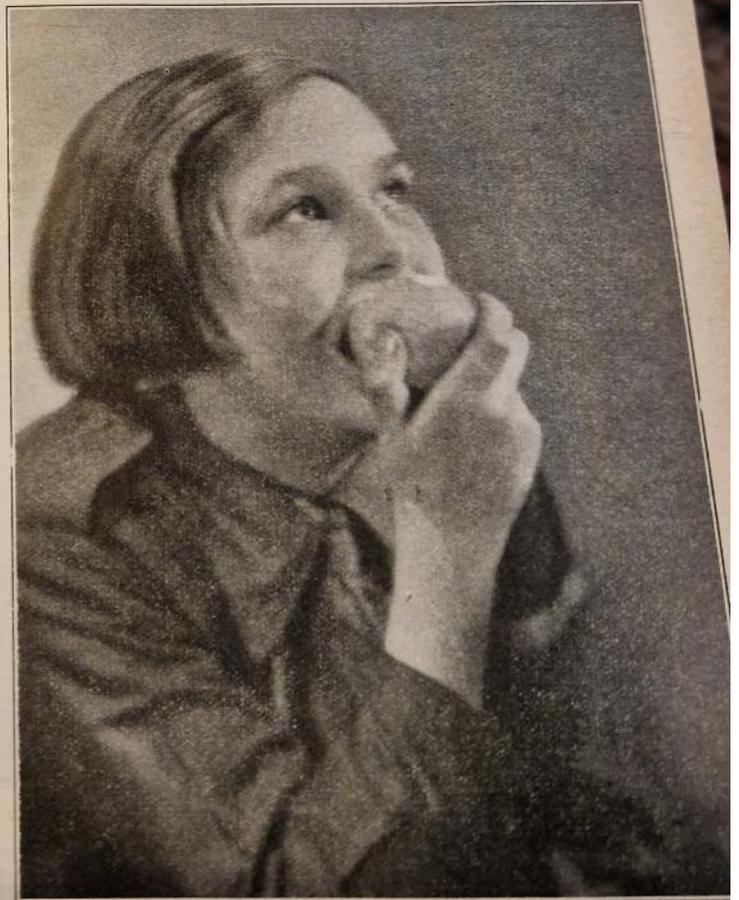
Boys going Overseas can always keep in touch with the local Scouts Association or with a kindred society, to whom they can turn for advice and help in case of difficulty.

It is not generally realised that there are openings in Dominions such as Australia and New Zealand for Guides as well as Scouts, particulars of which can be obtained from the Overseas Secretary at Guide Headquarters.

The qualifications required for girls differ in many respects from those for boys, as laid down in "The Call of Empire," one of the most emphasised of which seems to be that "they must not wear glasses!"

"The three essential things" that they must have are "youth, good health and adaptability," and the average Guide possesses them all.

DAPHNE MOORE,
Commissioner for the Colonies.



Photo]

"An Apple a Day."

[Audrey Pear



THE EFFECTS OF SEA RANGER TRAINING ON A CREW OR ON AN INDIVIDUAL

THE practical side of Sea Ranger training has important effects, in that the art of boat handling engenders habits of quick decision, immediate response to commands, reliable team work, and, after some experience has been gained, the satisfaction of knowing that one's hands are working in such perfect co-ordination with the brain of another, that it seems possible to anticipate the next command. Boat work demands a clear head, continual alertness both with regard to vagaries of wind and weather, and to meet the emergencies which may arise from the reckless handling of other boats—and an equable temper is certainly in demand, particularly when on a hot summer afternoon the wind fails, so that it is necessary to out oars and row home.

Then the widespread interest in the sea, which is an integral part of the English heritage, means that each Crew will contain members of very varied types and diverse occupations, most of whom would be completely incompatible without this common bond which enables them to unite in a congenial fellowship, helping each other by the exercise of their various skills, thus demonstrating the value of individual contributions in the life of the community.

Sea Rangering has been largely inspired by the traditions of those who have followed the sea in past genera-

tions. As John Buchan says they have not changed since the days of the Channel Skippers who taught Drake his trade, and the adventurers who first drank bilge and ate penguins in far away oceans. From blue waters they have learned mercifulness and a certain spacious tolerance for all that does not affect their craft, but they have also learnt precision and resolution, for the sea endures no makeshifts, and if a thing is not exactly right it will be vastly wrong. Discipline, courage to the point of madness, contempt for all that is pretentious and insincere, are the teaching of the ocean. So the heritage of the sea is adapted today to strengthen the *esprit de corps* of the Crew, and is a valuable factor in character training. That the nautical tradition of "chummy ships" has not been neglected is at once apparent to anyone who attends a Sea Ranger gathering.

Members of a Sea Ranger Crew learn to respect the opinions and loyalties of others, and to understand that these must sometimes be sacrificed in the interests of the Ship. Even among Sea Rangers factions are all too prone to arise on the most trivial occasions, and this leads one to acknowledge the difficulties which arise from divided allegiance, a cause of many troubles in the modern world. Training in citizenship is one of the avowed aims of Rangering, and citizen-



Sea Ranger Ties are worn as above.

ship has been well defined as the right ordering of our several loyalties. Loyalty may be normally taken for granted, but loyalty means faithfulness, and in this word there may lie an ambiguous meaning. Then too, there may be more than one claim on one's loyalty, and these claims may differ or conflict, while there may be an apparent opposition between public duty and private honour. Regulus deprived Rome of one of her greatest generals rather than break his parole. Again loyalty may have to make its way through concentric circles—family, clan, city, nation, comity of civilised people; or sometimes through eccentric circles—duty to country may be traversed by a duty to religion, as when Lord Howard of Effingham led the English fleet against the Armada. Opportunities will arise to show the Crew that blind loyalty is of little value, and that criticism is not of necessity disloyal if it be criticism of action and not of motive. "My country, right or wrong," should not be the Sea Ranger attitude, and so may be inculcated a reasoning habit which is one of most valuable effects of the training.

An important factor in Sea Ranging is the influence which may be exerted, often indirectly, by the Guider. In most families difficulties develop when one's elders seem unable to accept the fact of newly gained adult status, and this accentuates the natural clash of opinions due to the difference of outlook on life in general, which of necessity distinguishes the two generations. Hence the value of an impartial ear willing to receive confidences, to foster aspirations, and act as a safety valve when stormy winds prevail, ready to be at once a check and a spur. Her standards and opinions will tend to be generally accepted, which seems to be an argument against the formation of senior crews for those who should have learnt to make their own decisions and form their own opinions, but some of whom may thus be tempted to rely upon second-hand experience; this may be a danger even with an ordinary junior company. Then some members of the crew may be emotionally immature and so prone to accord an exaggerated prestige to their Skipper, a condition that necessitates tactful handling. So that the personality of a Skipper, expressed indirectly through unobtrusive watching, directly by an occasional word in season, has an immense effect on the members of her Crew, and is not least valuable in that they come to regard her as the symbol and focusing point of their several loyalties.

With regard to the effect on an individual, I have been a Sea Ranger for little more than three years, having come into this branch of Guiding as an adult and therefore not susceptible to its most formative influences. It has provided a concrete outlet for a long-standing nautical interest, in an atmosphere of casual, incurious friendliness, and it certainly gave me increased self-confidence to find that I could acclimatise myself to a completely strange environment. Then it is rather pleasing to have a weekly opportunity of being under authority, as a change from imposing discipline on the young. This seems to me to be one of the most valuable aspects of Sea Ranging—that it provides an opportunity for voluntarily submitting oneself to discipline, free discipline—not that which is enforced from above, but which comes from being a member of a team. This is particularly the case with a junior company, for though adolescents show themselves to be impatient of restraint, this is largely due to their efforts to adjust themselves to the claims of the adult world, and in their desire to make sense of life and the

world, they welcome an authoritative voice to help them to solve their problems. As a Guider it has been useful to have experience of the Sea Ranger stage, for the encouragement of those about to face the transition. So that the results of my Sea Ranging have, I think, been sufficiently beneficial to justify the experiment, which was not at first very successful, this being in great measure due to the fact that though not the oldest member in years the others came in to Ranging at a less advanced age, whereas I had outgrown the correct stage of development. I feel that the very fact that Sea Ranging did not fill my need has been its value to me, because finding an atmosphere which seemed to me rather childish, and inclined to border on the realm of phantasy, proved an incentive to me to seek another spare time occupation. This I have now found and I realise that if the Crew had not rubbed off "corners" and eradicated a certain amount of my hitherto excessive shyness, I should not have fitted in so easily with these new associates, therefore I hope that my connection with the Sea Ranger world may long continue.

This seems to be the general feeling of the Crew. Most of us have found new interests this winter in joining various forms of National Service, but in spite of other claims on rather scanty spare time, no one wishes to withdraw from Sea Ranging, even though we may not have time for weekly Musters. So we show that we recognise that we have received a training enabling us to enter into new worlds without wishing to reject the old, in which we first floundered to our feet, so that we may retain unbroken our common bond in its familiar background. Every bit of the practical training, First Aid, knotting, drill, camping, is now proving its worth, and most of all the training in ready response to discipline, and the knowledge of the value of team work. Still more have we come to prize our heritage of nautical tradition, to feel impelled to give that response to the call to service which has been felt by all who follow the sea—to understand what Captain Scott meant when he wrote "How much better has all this been than lounging in too great comfort at home." There has come, too, a quickening of the spirit, a closer realisation of the Guardian of those "who go down to the sea in ships."

L. R.

"IMPLACABLE"

There will be two Courses in Seamanship held in the 74 Gun-ship *Implacable* for the Sea Section this year.

The Training will consist of lectures in practical training in navigation, Rule of the Road at Sea, Y.R.A. Racing Rules, signalling, all kinds of rope cordage, History of Shipping, types of craft, maintenance and repair and fitting-out of boats, and all kinds of boat handling, including rowing and sailing, and racing.

The Courses will be organised into a Ship's Company, all duties such as Quartermaster, Side-boy, Officer of the Day, Duty Boats crew, Fire Picket, Ship's Galley orderly, etc., will be undertaken by the Sea Rangers and Sea Guiders who will rank as "ratings," and will sleep in hammocks and "mess" together on the Lower deck.

All instruction will be given by the Superintendent, Lieut-Colonel Harold Wyllie, O.B.E., and his staff of qualified Instructors; the Sea Ranger Commissioner acting as Liaison Officer with a staff of Guiders who will be responsible for the welfare and discipline of the Ship's Company, and also help with the sailing and rowing

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instruction. The Guiders staff will sleep in cabins and "mess" in the ward-room.

Course A.
Friday, June 16th, to Friday, June 23rd, for Sea Guides (15 years and over) and Sea Rangers only.

Course B.
Friday, June 23rd, to Monday, July 3rd, for County Sea Ranger Coxswains, Sea Guiders, prospective Sea Guiders, and any diploma'd Guider or Commissioner interested.

Qualification.
The ability to swim 50 yards, and produce a Certificate of Fitness.

Cost.
Will be approximately 22s. for one week, if attending the Course as a Rating.

Reg.
The various "rigs" of Sea Rangers will be worn, including full Sea Ranger rig, camp overalls, slacks and shorts worn with the Sea Ranger white jumper, and dungarees for working purposes.

For Full Details.
Apply to the Sea Ranger Secretary:—Mrs. N. T. Hankin, The White House, Tytherington, Nr. Macclesfield. All applications to attend either Course or visit the ship on Visitors' Day to be sent in by May 12th.

Visitors' Day.
Will be every Sunday afternoon from 2-0 till 6-0 during the two courses only, when anyone interested is welcome. Owing to the difficulty of transport and catering, a charge of 1s. 6d. is made by the *Implacable* committee, and the Sea Section Secretary *must* be notified beforehand.

It is hoped the Sea Section will make every effort to attend these Trainings in large numbers, as there will not be any provision made for any other training in *Implacable* this year, it having been decided that Sea Rangers or Sea Guiders should not be allowed to *stay* in *Implacable* at any time, other than stated above. This does not apply to Sea Rangers in uniform who visit the ship by the day. It will greatly assist this decision if the Sea Section will "play the game," and make the most of the splendid opportunities already offered.

ANNE HOPKINS,
Sea Ranger Commissioner.

WEEK-END FOLK DANCE COURSE

The Week-end Folk Dance Course for Guiders, May 12th-14th, at Cecil Sharp House, comes at the end of Guide Week, and the English Folk Dance and Song Society have altered their programme to enable Guiders and their companies to visit Cecil Sharp House on Saturday after-

noon, May 13th, when they will have an opportunity of seeing dancing displays and taking part in community singing of Folk-songs. Tea will be available. A charge of 6d. each will be made and tickets should be applied for in advance. The Course will continue on Saturday evening and Sunday afternoon. The revised programme is obtainable on application to the Secretary at:—The English Folk Dance and Song Society, Cecil Sharp House, 2, Regent's Park Road, London, N.W.1.

PLANS FOR GUIDE WEEK

MAY 8TH-15TH, 1939.

The posters mentioned in the February GUIDER should be ready by the end of March. The design is in the form of a trefoil with a Guide's head superimposed and the dates of Guide Week. On the scroll at the base of the trefoil is our motto "Be Prepared."

There will be three sizes:—
Posters 10 in. by 9 in.,
50 for 1s.

Posters—5 in. by 5 in.
(gummed for sticking in car windows), 25 for 1s.

Seals (for letters) 9d. per 100.

We do hope all Counties will co-operate with Headquarters in ordering large quantities of these posters and showing them everywhere possible, in the windows of houses, shops, etc. They are being sold at cost

price so that they may be available to everyone. The letter seals will be ready about the middle of March, and should be ordered early so that they may be used on letters several weeks before May 8th.

The design for a shop window scheme mentioned in the February GUIDER is in hand. It is international in atmosphere, as well as illustrating the wide scope of Guide training. We hope to make the price adaptable to most pockets. It is generally agreed that this is one of the most useful forms of publicity, and we strongly urge that Guide authorities in big towns do their best to procure a good window and apply to Headquarters with regard to dressing it. The scheme should be completed by March 13th, and we hope Commissioners who have been promised windows will write without delay giving the following particulars:—

- Measurement of window.
- Amount of money available for window scheme.
- Whether it is desired to display Extension work in the window.
- Whether the shop loaning the window will permit the sale of Extension work.
- Any other particulars concerning local plans.

CORRECTION.

In the article entitled "Lones Go Travelling" published in the February GUIDER, it was stated that the 2nd S. West Lanes had received over 80% with an entry on Norway. This should read South East Lanes.

RANGER DISCUSSION

Summed up in fictional form, from reports sent in by various actual companies.

By CATHERINE CHRISTIAN.

THE most noticeable thing about them was that they were such an ordinary company. Just clean, tidy, pleasant-faced Rangers, sitting in a circle on the hard floor of a not inspiring Parish Hall, prepared to do their earnest best. They had been challenged—and if 1st Barnshire were challenged they accepted the challenge, be it to make scones at the Women's Institute or discuss the aspects of universal Freedom.

Captain had left them to it. She might look in towards the close of the meeting—but a tactful errand into town had given them a clear hour in which to find their opinions and formulate them without the inhibition of an adult critic.

Big, fair Lucy, patrol leader of the Oaks, opened the ball. By right of seniority they had appointed her Chairman and she was very nervous.

"The thing we've got to discuss—I mean, come here to discuss—is this business—I mean, this question—of freedom," she began hurriedly. "You've all read the thing about it on the noticeboard. Well, what I think is that, of course, there shouldn't be any limitation of freedom. I mean, everybody ought to be free—only

of course, not so free they commit murders and burglaries and things—but—well—free like we are in England."

She stopped speaking abruptly, and there was a heavy silence. The March afternoon sunlight made Jacob's ladders from the fanlight overhead into the centre of the circle. Everyone avoided everyone else's eyes, terrified of being called upon to speak.

Lucy said explosively—
"Well, what do *you* think? We're supposed to discuss this."

Mildred, a dark, eager girl, wearing a Trade Badge, said, with more self-possession—

"I'm not sure we are so awfully free in England. We always say we are and pretend we are—but I don't see it, really."

A murmur of protest ran round the circle. They grew less self-conscious, becoming more interested.

Pamela, just up from Guides and still at High School, tossed her long plaits back and said defiantly—

"I don't think we're free at all. Why, look at all the thirty mile limits, and Belisha beacons, and things. Look at the way one has to have licences for dogs and wireless sets, and pay Income Tax and—and keep off the grass in the parks—"

"We don't have to pay Income Tax," Bertha, a placid and unimaginative person with brown eyes, reminded them.

Lucy, struggling with an idea she wasn't quite clear about herself, said—

"But those things are the law. One must have laws."
"Not stupid laws." Pamela, at the rebellious phase of adolescence immediately reacted to the "must."

"We don't have stupid laws in England." Lucy was reproving.

"Oh, don't we? What about the Sunday Trading laws? I can buy buns, but I can't buy a bun-loaf on a Sunday. Have you ever heard of anything sillier?"

"That's all beside the point." Gerda, a thin, dark girl, with a face fine-drawn by illness or worry, leaned forward suddenly, elbows on knees, and spoke with a certain authority. "Freedom doesn't exist outside oneself. Don't you see that? I've been thinking and thinking about this discussion subject ever since it was published. It's so wide and so deep—I've been afraid we should blur it and cheapen it by just arguing about the superficial aspects—" she broke off, drew a sharp breath and said with vehemence—"It doesn't matter what happens outside, if you're a really free person. I learned that, when I was in hospital all those years."

A sympathetic murmur ran round the circle.

Pamela said unexpectedly.

"That sounds like the sort of thing the Saints said—you know, St. Francis of Assisi and people."

Gerda smiled rather wryly.

"I don't set up to be a Saint—not by any means," she assured them. "But if you really check up on it, how much freedom has anyone in the world? Nobody can do exactly as they like, either because they haven't enough money, or because they aren't strong enough, or because they haven't enough capacity, or even just because they are considerate and decent towards other people."



[Audrey Pearson

Sixty-five muscles of the face are needed to make a frown, fourteen to produce a smile. It is easier to smile.

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Lucy frowned, trying to catch an elusive idea by its tail—
 "That's not quite what this question means, is it? What freedom have we to do things without being stopped by a definite law?"
 "But, Lucy, a law is only made, like a rule in games, because it protects the majority from the individual. Its aim isn't to limit the individual so much, as to keep the individual from hurting other people."
 Mildred had been lost in thought, and produced the results with some pride.

A fresh murmur—this time of admiration—came from the company.

Pamela, however, was not converted.
 "My brother says we're awfully hypocritical in England," she announced. "He says, we say we are the free-est nation on earth, and yet we allow our plays and films and books and wireless programmes to be censored, and we can't write insulting letters to people, or call anybody names in the street, or—or—"
 "Well, who wants to, anyway?" Mildred enquired placidly. "If we could, other people could. I'd hate insulting letters written to me—"
 "Yes—and when you see what does get on the pictures, anyway, I should say a censor's quite useful," Bertha commented. "I'm sure, I took my little cousins to a film the other night and I wished we'd got more censor over here, not less!"

For a few moments the conversation threatened to slip off the point, down a side alley. Censorship and films became the centre of discussion.

Gerda glanced at her watch.
 "Wait," she said authoritatively—"We're not keeping to the subject, and Captain'll be back soon. So far, all we seem to agree about is that freedom has got to be limited where freedom to do harm is implied. But I've got an idea. Suppose everyone was completely good, then no limitation would be necessary."

"If one is completely good, one isn't completely free," Pamela objected, and flushed as the others laughed.
 "No, really. I mean, if a person is unselfish, she has to limit her own freedom, because she can't do things other people wouldn't like, don't you see? It's the same with honesty and loyalty and all those things. If you're absolutely honest you have to pay a bill with any money you may get instead of spending it on something you want—you aren't free to spend it—"

Gerda broke in sharply.

"That's the whole point, don't you see? A person who was really and truly free in themselves would be free from wanting to do wrong. Oh, I can't ever explain! Listen—when I was in hospital, and so awfully ill, the thing I minded most was that I couldn't do as I liked. It seemed as if every word anyone said was 'You mustn't' or 'You must' or 'Doctor says'—'Matron says.' Then a new Sister came on our ward and she made me see that all anyone was ordering me about for was my own good. Somehow, by degrees, I saw that applied to other things in life. Sister used to say 'the only freedom anyone can possibly achieve in life is achieved by accepting things exactly as they are, where they are and without any illusions.' She didn't necessarily mean sitting down under them. I think she meant recognising them—accepting them as being hard facts. Once you've done that you can begin to feel free in yourself."

The company received this rather doubtfully. Lucy,

trying to get back on to solid ground, said, at random—
 "We haven't talked at all about how other countries are governed, where people aren't free."

Pamela, rallying to the attack, put in quickly—
 "I don't believe Gerda's idea would work if you were in a place where you were persecuted. Think of the countries where you aren't free to have your own ideas about government and religion and things that matter. What help would it be to 'accept' that?"

Surprisingly Mildred weighed in on the side of Dictatorship—

"At least in countries where everybody accepts the fact of there being one man to run the show, the show gets run," she said rather bitterly. "It mayn't be pleasant to have a Dictator, but it does get things done!"

This point of view did not appeal. General and violent discussion ensued, out of which, after about ten minutes, emerged a majority vote in favour of free progress at the pace of the slowest, rather than speedier evolution by compulsory methods. The company, warmed to the good work, were becoming thoroughly expressionist. At least five people spoke together and at some length. In the middle of the discussion, Captain walked in.

"Well, you seem to be enjoying yourselves!" she remarked. Secretly, she had wondered what they would make of the discussion and was relieved to note the flushed faces and bright eyes, which at least denoted absence of boredom. "Where have you come out at the end?"

The group settled down and smiled a little deprecatingly.
 "We don't think England's as free as we thought it was," Lucy announced.

"But it's a good thing, on the whole," Mildred added.
 "We'd like some silly laws done away with. But it's better to have a few dud ones, and keep the good ones, than lose the lot," Pamela put in with the zeal of the converted.

"In England we're about as individually free as it's safe for a people to be for the good of the state, until individuals are a lot more competent in themselves to handle freedom without interfering with their neighbours," Gerda said slowly.

Captain looked round the circle and nodded—

"Well, you seem to have done some work between you. Now suppose we get on with hoeing our vegetable patch while the light lasts? You can tell me the rest as we work," she remarked.

Thankfully, the 1st Barnshires adjourned to the less strenuous and more familiar labour of the field. (They were cultivating a vegetable patch by way of Service just then.)

"I don't feel we really got down to it a bit until about the last five minutes," Lucy said rather anxiously, as they went out into the sunset.

Mildred whistled thoughtfully.

"I don't know. It made us think. There's something in Gerda's idea, if one could work it out."

Lucy grunted.

"The trouble with all ideas is the working them out, isn't it?" she said.

DISCUSSION SUBJECT FOR MARCH.

Would you choose voluntary or compulsory National Service

- (a) For yourself;
- (b) for your country;
- (1) under normal conditions;
- (2) under present conditions.

Have you any suggestions as to what would be suitable service for women?

PERSECUTED POLLY

by

MADGE S. SMITH

POLLY qualifies for a badge every few weeks. She is really a topping little Guide, but *oh my!* "Captain, none of the girls turned up to scrub the Hut but Annie and me, and Annie's got a sore thumb, so she couldn't do much, and I did as far as the chalk mark all myself and you can see the difference, can't you? But Captain, the boys came and threw sods in through the window that got broken and I left it for you to see, and I told the boys they ought to respect our Hut, and they ought to be proud of the Guides, and it would look



better if they joined the Scouts, and—"

I said: "Here, this won't do, Polly! The Hut must not be opened at all for the present until myself or Lieutenant is

there. We can't have scraps with the boys, you know." So saying I locked the door and put the key in my pocket. We had just moved our Guide Hut to the new Recreation Ground; there had been a wee bit of friction over its erection there, which we thought quite uncalled for, and I know my Polly for a budding boy-hater with a two-edged tongue on occasion. I thought: "So that's that."

But it was not that. Two days later, a large policeman appeared at my door.

"The sergeant said I'd better report it to you at once in case you wanted to make a case of it. We've got the boys' names if you want to take it into Court, as you can, seeing a window's broken—"

"But what is it all about, please?" I asked mildly. "Sorry, Miss. I thought the girlie came right up to tell you. It's about the damage those boys have done to your Hut."

I shook in my shoes. Had the boys of the village really been so base as to wreck our precious Headquarters?

"The poor little girlie was crying fit to break her heart," P.C. Smart went on. He spoke with feeling, being a father himself. "She came running to the Station as

soon as they let her out. It was nearly dark too. Those young limbs had found her scrubbing away at the floor all alone, and took and locked her up and left her there all afternoon."

"But how did they lock the door? How did Polly—" of course, I knew it was Polly—"unlock the door? The key is here."

I looked round. There it was on its hook. Could I have been so stupid as to take the key out without locking the door?

"The door is locked now. I inspected the damage and found one pane of glass broken, but as you know the window is too high to see in," reported P.C. Smart. He added sententiously: "It's all a great mystery."



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Not very reluctantly I decided to cut somebody's sherry pipe, and went in search of Polly. She was having an egg to her tea, her mother was simply gloating over her brave child, and all the air of a village Hampden was upon Polly.

Mother told the story first. When she was scrubbing away at the Hut all by herself, and I must say I'd like to know where those Patrol Leaders were: at the pictures no doubt. The boys broke the window and left the child there two solid hours. She must have been scared into fits, and it's enough to make a nervous child like Polly quite ill. Locked the door on her and left her there, and a dirty, cowardly trick it was, and I hope you'll make an example of them, for the boys in this place are getting beyond everything."

"How did you get into the Hut, Polly? I locked the door, and distinctly told you it was not to be opened—" "I never opened the door, Captain." Very clear and steady was Polly's gaze. "I got in through the broken window."

"But Polly, it's quite high on the outside. How could you?"

"I took the steps," said the resourceful one. "Please, there was a lovely tub of suds from washday, and I thought I'd give you a surprise and finish scrubbing. So I got the steps and reached in and opened the window and pulled the bucket up after me with a boatswain's chair. And the boys said: 'What are you doing, Polly?' And I said: 'You mind your business and I'll mind mine, and Captain's going to tell the P'leece if you don't let our Hut be. You ought to respect our Hut,' I told them. And then I didn't take any notice of them, like you said. And when I was ready to come home, they'd been and taken away the steps, and I couldn't get out, Captain. I shouted and shouted, and one of them came to the corner and cocked a snook and ran off. And the rope wasn't long enough to let me down—at least there wasn't anything to fasten it to, Captain. And it was nearly dark. And then they brought the steps back. So then I got out, and I went straight to the Station and told the sergeant, and he said it was a dirty shame, and they ought to be made an example of—"

"But Polly, you were very disobedient to go there at all. Didn't I tell you nobody was to open the Hut—"

"No, Captain, I never! I didn't open the door. I told you I got in through the window."

Tears stood in Polly's melting eyes.

"And Captain, I scrubbed three-parts of the floor all by myself, and the Leaders only did three boards and Cissie said she wasn't going to spoil her hands scrubbing bare boards, and why didn't we have lino on it—"

"Just like that Cissie," put in Polly's mother grimly. "She's got those boys' names anyhow—and I hope they'll get their deserts, that I do!"

I said: "Look at me, Polly. Do you really want to get the boys into bad trouble? Would it make you feel happy to go into the Court and tell of them?"

"N-n-no, Captain." A very small voice this time.

"Don't you think it would be more fun to give those boys Tit for Tat?"

Polly's dark eyes began to dance.

"How, Captain? Play them a trick?"

"A Guide's Tit for Tat is like this. When anybody does you a bad turn, you do something back to them—"

something nice. We'll do something nice. I thought about a housewarming in our Hut next Saturday. We could have lemonade and rock cakes, all the things you Guides can make, toffee, nuts and oranges—and a sing-song and games—and we'll invite the boys."

"Invite the boys!" Polly gasped. "That's what I said. What a good thing you got their names, isn't it? Especially those boys that were silly enough to try to frighten you. You Guides shall write the invitations. Won't that be better fun than telling tales of them and getting them into hot water?"

"Oh yes, Captain, that will be lovely," cried Polly with gusto. "And I should think they'd have enough respect to wipe their feet before they come over my clean floor."

THE SPIRIT OF GUIDING

Someone has asked—"What is the spirit of Guiding? I always thought I had it, but have just been told that I haven't—so what is it?"

One wonders if this question is being asked in good faith, by a Guider who feels she is perhaps working on the wrong lines, but who would like to save herself and her company from disaster before it is too late, or if it is written out of pique by one who has held herself up as a model to others, but who in reality is rather priggish and who has, perhaps, been shown herself in the mirror of truth and has not the courage to admit her mistakes and start again.

It requires great courage to be humble, particularly in these days when he whose voice is loudest, or whose touch is heaviest, appears to meet with success on all sides. It is difficult to describe the spirit of Guiding in so many words—one might almost try to describe the soul of man . . . certainly it is seldom to be found in words. Rather is it to be found in the lives of our Guiders—a standard—a code of life perhaps.

The spirit of Guiding spells humility, yet not misiveness—the will to learn and to be taught—to start at the bottom and get to the top only by one's own efforts—to appreciate and profit by the greatness apparent in others; kindness—real kindness, spontaneous and from the heart to all and sundry regardless of position, rank or creed—the effort to conquer one's inherent love of criticism and gossip; friendship—the basis of true love that knows no defeat (not sentiment that goes no deeper than the extravagant phrase or caress); a sense of humour—the will and the desire to see fun and laughter in the deepest gloom, yet not malicious nor inconsiderate; honour—integrity, steadfastness of purpose, a love of truth; loyalty and service—the desire to serve, to give of one's best and to be dependable—to be loyal to those we serve and who serve us. . .

All this does not spell a prig, nor one who is too perfect for this matter-of-fact world—it just describes the sort of Guider who is full of enthusiasm for the Game of Guiding as it was originally given to us—who is human and who makes many mistakes, but who, filled with the love of God and offering her every thought, word and deed to His Honour and Glory—tries by her own example and from her own experience to help the Guides and Rangers of today to gain strength of purpose, to brace their shoulders and look life squarely in the face with courage and determination, that they may make the world of tomorrow a better, saner, friendlier and happier place to live in.

W. M. O.

ARE YOU MASTER OF YOURSELF OR SLAVE OF YOUR ENVIRONMENT?

By JOAN SEAMAN

Illustrated by ELIZABETH HOLLINGS



GOOD health, really good health, does not just happen. It is the best state of the body and mind that can be achieved by each individual.

Is good health worth working for? From a purely mercenary point of view someone has worked out that ill-health cost this country something like £285,000,000 each year.

Of course, something can be done about it, and we can all take our part in the building of a Fitter Britain.

It is a significant fact that doctors are spending more and more time on preventive medicine, and in the not too distant future we may be paying regular "preventive" visits to our doctor just as, to-day, many people pay regular visits to their dentist. This would help to prevent and check the spread of disease by providing treatment for the disease when it is still in the first stages; at the moment most people do not send for the doctor until they are really ill, thus making his job more difficult and much slower. It is indeed true that "Prevention is better than cure."

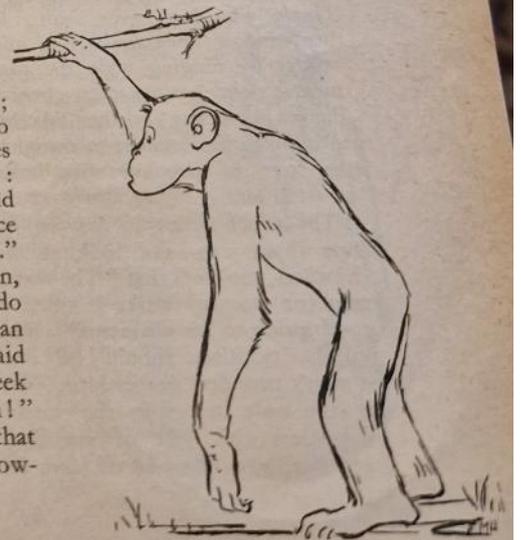
Then too, what about the people that we live with, we all know how depressing is the arrival of a "bad headache" at the breakfast table, the effects of the slightly frayed temper of the sufferer from indigestion or toothache. A great deal of ill-health could be cured, or indeed would never happen, by the exercise of self-discipline. The six Rules of Health are a very sound basis of a good health routine. It is rather late now for New Year



resolutions, but could we not all try to improve the keeping of the Rules of Health in some way. Are you "Master of yourself or slave of your environment"?

Most children, nowadays, learn hygiene at school, and so it has been said that there is no need to include hygiene (or health rules) in the Guide programme. One wonders how much of that school hygiene is taken into their home lives, and how much stays behind in the class-room or is stored up in the academic cells of their brains. A story here may

serve as an illustration; Mary was trying to pass her Health Rules and told Captain: "Everyone should clean her teeth twice a day at least." "Good," said Captain, "and how often do you manage to clean yours?" "Oh," said Mary, "once a week when I have my bath!" It seems, therefore, that in spite of the know-





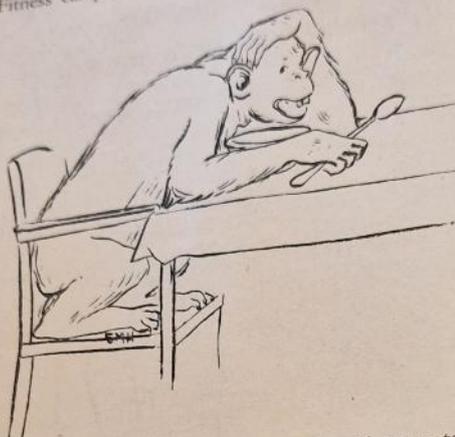
THE GUIDER

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ies, Guides,
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us

be ashamed of this upright position. Watch a crowd of people moving along a pavement, across a road, in a shop, and then make up your mind as to how many of them really seemed to care what they looked like! Much work that entails the keeping of one position (more or less) for long hours is responsible very often for the breaking down of what should be a normal, natural, good carriage. This is often very noticeable in a company where the school leaving age is 14, and where the girls have little opportunity for recreational activities. Do let us try to have a high standard for the Good Carriage clause in the Guide Second Class Test and, moreover, let us see that once a Guide has passed this test that she keeps up the high standard.

all to work in the National Fitness campaign towards better health for Britain.

There are always the individual difficulties of environment to be overcome, and we must see that we do not expect *too much* from the packs and companies. A standard just ahead of the present one should be aimed at. If the goal is too far ahead some girls will be discouraged at the start, and will probably give up the unequal struggle. If, however, we can place our goal near enough to be reached and yet far enough away for an effort to be needed for success we should feel that we are indeed playing our part in health education. If a child is only used to cleaning her teeth once a week it may be too much to ask her to clean them twice a day. She could probably achieve once a day with an effort and with further effort later will result in the twice a day cleaning. Again, don't expect a Guide who has never slept with her window open to start in mid-winter by flinging wide the casements; rather get her to try opening them a short way and then take her to camp in the summer to complete the love of sleeping surrounded by fresh air.



Then see that the muscles of the body are kept in good trim. This can be done in the many ways of keeping fit that can be included under the word "Exercise." These ways include Folk Dancing, Skipping, Swimming, Indoor and Outdoor Games, Cycling, Hiking, Camping, etc., some or all of which take their part in the company programme. A word here on the inclusion of gymnastic exercises (whether called drill, keep-fit, etc.) in the company programme. There is a great danger of real harm being done and strain occurring when exercises are taught by an untrained teacher. If you have not got a trained teacher available, do confine yourself to any or all of the other activities. There should be enough here to overflow any company programme! Leave the exercises to the school classes for Brownies or Guides still at school; arrange for the older Guides and Rangers to have an expert visit the company or else put them into touch with an outside class if what they really need is physical exercises.

There are some energetic folk who believe in ten or

The Chief Scout in *Scouting for Boys* (page 129—and look at the drawings, too) says that "The way a man (or woman) walks is often a good guide to his character." The upright position should be one of man's proudest possessions. We are the only beings in the world to possess this gift of standing erect, but, how many of us seem to





The most important thing to bear in mind is that exercise of some kind should be taken regularly and not at long intervals.

This brings us on to the subject of Fresh Air. It is an unfortunate fact that the observation powers of the human nose are soon exhausted for any one smell! It is usually the late comer to a meeting who notices the atmosphere. Do let us make just one more resolution, and that is to open windows whenever possible, and to take ourselves and our packs and companies into the open air as much as ever we can.

Clothing is a very vexed question, but one that is vitally important to us all. The primary need for clothing in our climate is as a protection from heat or from cold. Why, in our practical age we see girls cycling in the blazing sun wearing sleeveless blouses, no collars, very short shorts and no hat still remains a complete mystery. Surely they cannot say that it is comfortable to be grilled whilst laying up a

fifteen minutes before an open window in the early morning. This does not appeal to everyone and there are now so many ways of keeping fit that each individual can choose for herself.



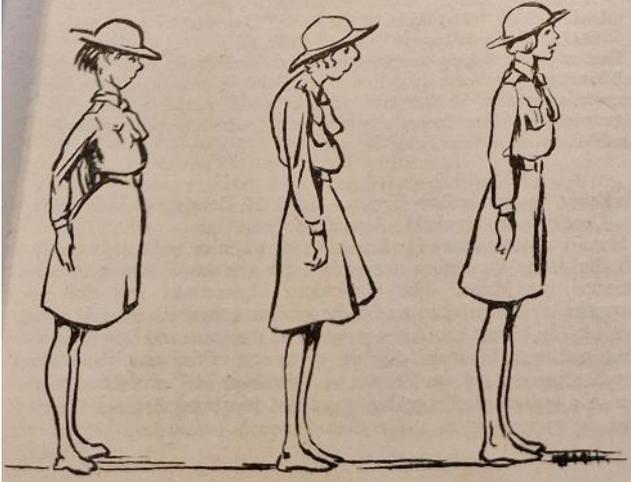
store of Vitamin D for the coming winter; it is certainly not becoming and I cannot think of any other reason for this strange behaviour! Vanity is still strong in most people; that is to say they like to look their best. One often thinks that they cannot possess a mirror of any description. One look in a shop window should be enough to send some people straight home to the ironing-board, the sewing-basket and the shoe-polish. Alas, they do not seem to see themselves! A note by the way here; Guide uniform *can* look very smart but oh, the other side of the picture! Why will people try to make uniform, please use this word very literally, individual?

It has been designed to be smart, simple, and workmanlike, and if put on well can be all three. It does not need the frills of petticoats, pleated crowns to hats, necklaces or high-heeled shoes. In fact if well put on and with belts and brooches gleaming, it could well win a prize in a practical dress parade. Dress as well as stance reflects character, let us not be sloppy in the one or the other.



To keep your hair fit use a brush and comb and use them often and thoroughly. Woman's "crowning glory" changes its shape from time to time in accordance with the dictates

of Fashion but it is ever a characteristic feature of the individual. Some people turn their crowning glory into a mess that is slightly reminiscent of a last year's bird's nest: one supposes it is a matter of taste, but unfortunately *other* people suffer most from the sight of it! It is certainly not attractive, and one sometimes would like a free hand with brush and comb; it is so certain to make all the difference in the whole look (and feeling too?) of the owner. Our grandmothers were taught to brush their hair at least 100 times night and morning, which must indeed have been a labour when long hair then was really long. Nowadays the time is spent on curls! However that may be, a well brushed head always looks nice and makes all the difference between the well dressed and the others. I have it on good authority that brushing improves a wave; some heads look as though their owners had been afraid of brushing out this aid to beauty.



THE GUIDER

24 ways of keeping fit. H.M. Stationery
Fitness Wins. 24 ways of keeping fit. H.M. Stationery
Office, 2d.
The Final Report of the Mixed Committee of the League of Nations on Nutrition, etc. League of Nations Union.

From the practical point of view, brushing removes all traces of dirt that have collected during the day, as well as stimulating the blood supply to the scalp and keeping the hair in good condition.
A well balanced diet, Vitamins, brown or white bread, pasteurised milk, what does all this mean? Our grandmothers had never heard of vitamins and yet they were healthy. This was due to a well proportioned diet of which a large part was home-grown fruit and vegetables, home milled flour and not quite so many sweets.
From early times it was known that, when on a long voyage, sailors were very prone to develop scurvy, which could be cured by eating fresh fruit and vegetables at the first port of call. It was a great many years later that the reason for this miraculous cure was found. It is the lack of Vitamin C, one of the much talked of accessory food factors, that is responsible for the occurrence of scurvy.

When reckoning up a scientifically correct diet the subject of "calories" always plays an important part. Suffice it here to say that experts have reckoned that a child of thirteen needs as many calories in the diet as an adult doing light work. These calories are the units of energy that are produced when the different foodstuffs are split into their component parts. Thus fat, protein, and carbohydrates all produce a different number of calories and for a balanced diet all these substances should be included in the right proportions.

There must also be other kinds of food than those just producing calories before a diet can be called well-balanced. These are mineral salts, water and Vitamins. Vitamins have already been mentioned in connection with scurvy and now a number of these substances have been isolated (unromantically and perhaps rather confusingly called A, B₁, B₂, etc., C, D etc.). Many and varied are the effects of a deficiency of these substances.

There is one foodstuff that ranks above all others, and that is milk. The Mixed Committee of the League of Nations says: "Fine physique, good health, and virility are usually seen in races where milk has an important place in the diet. . . ." There is, however, a grave danger attached to milk and that is, that bacteria live and flourish in it, and many diseases may be carried in it. On the other hand the regulations concerning the cleanliness of milk are very strict, and more and more milk is being pasteurised (heated so that bacteria are destroyed), and it is therefore very safe as a staple food for all. Authorities say that children should have one to two pints a day, and that adults need not less than half a pint.

Nowadays we hear so much about "citizenship." How can we be good citizens if we are not healthy ones? Let us see, therefore, if we cannot steadily raise the standard of health of our Brownies, Guides, Rangers and ourselves by being very practical in our approach to the six Rules of Health. In this way we shall directly affect the present and future generations, and be playing our part towards a fitter Britain.

BOOKS, ETC.

Brush up your Health. Dr. Hugh Clegg. 2s. 6d.
Publications issued by the Health and Cleanliness Council, 5, Tavistock Square, London, W.C.1.
Leaflets, etc., issued by the Dental Board of the United Kingdom.

NATIONAL COUNCIL OF GIRLS' CLUBS.

Seventh Annual Summer School in Recreative Physical Training.
The Summer School this year will be held at Sandecotes School, Parkstone, Dorset, from Friday, August 4th to Saturday, August 19th, 1939.
The aim of the School is to provide a refresher course for those already teaching in Girls' Clubs, Evening Institutes, Open Keep-Fit classes, and for Guiders, and to give an insight into the meaning of Recreative Physical Training to the prospective teacher.
Further particulars can be obtained from the Physical Training Organiser, National Council of Girls' Clubs, Hamilton House, Bidborough Street, London, W.C.1.

MUSIC AND DRAMA REVIEWS

Nelson. Music by Colin Taylor. Words by Eleanor and Herbert Fajeon. (Edward Arnold and Co. 5d.)
A cheerful faintly impertinent song that Guides would enjoy, in two parts.
The Caravan. Music by George Rathbone. Words by Margaret G. Rhodes. (Edward Arnold and Co. 4d.)
A simple unison song which could be most effectively sung with good phrasing and diction, yet well within the power of Guides and Brownies.
Keep Fit Marches, Skips and Runs. By Anne K. Rees. (University of London Press, Ltd. 1s. 6d.)
This book should prove most useful to those who wish to do drill or physical exercises to music. The tunes are bright and rhythmical and although with a certain sameness which is perhaps unavoidable are all easy to move to and to listen to.

Stage Lighting for Amateurs. Written and illustrated by Peter Coffin. (Frederick Muller, Ltd. 5s.)
The author of this book is an expert on his subject but he writes simply, to be understood of the amateur. Children do so many fantastic plays when the atmosphere is all-important, and this atmosphere is enormously aided, if not almost created, by effective lighting. With the help of this book and a fair knowledge of electricity excellent results should be obtained. The illustrations are unusually clear, not to say fool-proof.

Song of the Girl Guides. Words by Dr. H. Burton. Music by R. G. Thompson. (Bayley & Ferguson. Price 3d.)
This is a hymn set to a good marching tune. Some people may feel that the words of the first two verses express a sense of achievement too far removed from reality to make them easy to sing, but this is in the tradition of many hymns. Children will enjoy the swinging rhythm with which words and music move together.

I vow to thee, my Country. Words by Sir Cecil Spring Rice, set to an Irish Melody "The flight of the Lark," arranged by John Vine. (O.U.P. Oxford Descant Series. Price 4d.)
This is a very happy marriage of words and music each already well known. The tune is a lovely one, simple and dignified; the descant is perfectly in character, and the whole could be sung, unaccompanied, without losing any of its effect, which makes it specially suitable for use in the Guide Movement.

The Prince, the Fox, and the Dragon. By K. M. Briggs. Published by Capricornus, Dunkeld, Perthshire.
Here is another story for Brown Owls to enjoy with their packs. No directions for acting are given, but the book was primarily intended for Mime. The two-colour illustrations will fire the Brownies with a desire to act on the spot, and there is action in every line. "The Prince shook the paws of all the cubs, and bowed to the vixen and went his way." When at the end of the story the wicked step-brother put on the Crown of Splendour he "shrivelled to the size of a guinea-pig," but his good and forgiving brother "always kept the guinea-pig in a nice clean hutch."

THE EDITOR'S POSTBAG



THIS GUIDER SHORTAGE.

To the Editor.

DEAR EDITOR,—I have read and re-read the letter in the February GUIDER regarding the Guider Shortage. To make my points clear I will answer the facts stated.

Have we grown to expect Guiders to be masculine and untidy? I think not. I do not think that many of the present generation (Guides and Guiders included) have any tendency to be anything but smart and attractive. Is any Guider, any true Guider, ashamed to wear her badge? Definitely, No! "Publicity" somehow does not seem to fit into Guiding. We don't advertise our good deeds, the public may see us marching to Church Parades, but it is the *individual* who thanks you with grateful words for the little kindnesses done and help given. Ask some of *their* people and they will not be lacking an answer. Ask any Guider, and once off on this subject of her Guides' good deeds and there will be no stopping her.

Personally, I think that one of the greatest problems of the Guider Shortage is that we cannot persuade people to tie themselves up to one special evening, and if we could get over this, our difficulty would be lighter.—Yours, etc.

P. FLETCHER,
Captain. 6th Lowestoft Guide Company.
18th Lowestoft (St. Luke's Hospital) Rangers.

To the Editor.

DEAR EDITOR,—Although much has been written recently with reference to the Guider shortage, the problem so vitally affects the future of the Movement that I venture to put forward another point of view.

It is now 30 years since the pioneers of the Girl Guides presented themselves at the Scout Rally in 1909. Since that time, without going into statistics, millions of girls have been attracted to the Movement and have, presumably, enjoyed all that Guiding could give them. Even allowing for the many who now have their own homes or other responsibilities which should take first place there must surely be a vast multitude of women and girls who have been Rangers and Guides who could help if they would.

On two occasions recently I have approached senior Guides with a view to persuading them to become Lieutenants, and in each case the reply has been that though they "regard it as an honour to be asked" they have no time. This seems to be the key to the situation. Instead of regarding it as something out of the ordinary, these girls ought to be growing up with the idea that one day they will be called upon to give something back to Guiding in return for some of the happiness they have received from it.

I feel that we, as Guiders, have been largely to blame through not looking far enough ahead. We have carried on quite happily allowing our Guides and Rangers to regard becoming patrol leaders or company leaders as the height of their ambition rather than a training in leadership with a view to running their own companies in the future.

I do most heartily agree that we should do all we can to attract newcomers, but it is a serious reflection that in an organisation which claims "service" and training in leadership among its ideals, it is not possible to find sufficient old Guides or Rangers ready to give up some of their time to passing on their "happy memories" to the coming generation who still look upon Guiding as a great adventure.

If each Guide and Ranger company produced only one prospective Guider in alternate years we would be well on the way to solving the problem of the Guider shortage.—Yours, etc.

F. M. BAKER,
Lone Secretary for Bucks.

POSTAGE STAMPS.

To the Editor.

DEAR EDITOR,—Please will you allow me through the medium of THE GUIDER to ask if there are any Guides who are willing to collect and send me used postage stamps. Any sort and any number of the same kind are most welcome including the ordinary English 1d, 1½d, stamps.

Needless to say I am particularly glad to receive packets from the Empire and Foreign lands.

I sell the stamps and the proceeds are used for charities. Any one having albums, relics of youthful enthusiasm, but which stamp collections are laid aside for lack of time, may be pleased to stamp them away for a good cause, instead of leaving them on the top of a bookshelf. If there is anyone wanting some Belgian stamps in exchange I shall be very pleased to send them what I have got.—Yours, etc.

MÈRE MARIE ANÇILLA, R.R. du Sc.,
Convent de la Retraite du Sacré Coeur, Bruges.

CAMP FOR BLIND RANGERS.

To the Editor.

DEAR EDITOR,—May I use the hospitality of your columns to ask if there is any Ranger company camping during the first fortnight of August who would invite to join them a few Rangers (possibly 4-7), with a Guider, from the Royal School for the Blind, Leatherhead?

I know this is not a popular time of year for Ranger camps; but as the girls of this company, the 5th Leatherhead, are mostly pupils at this industrial training School, they only get their holidays then, and so are not able to attend Post Ranger camps earlier in the summer; and our numbers are too small to run a camp on our own. Also there is nothing they enjoy more, or is of greater value to them, than mixing with an ordinary company. Not all the Rangers are totally blind; and some have had camping experience before.

If there is any Ranger company that can meet our need in this way, I should be very glad to get into touch with it, and would willingly give any further information that may be wanted.—Yours, etc.

D. M. HERMAN,
Captain 5th Leatherhead Rangers.

1, Elm Close, Leatherhead, Surrey.

S.O.S.

To the Editor.

DEAR EDITOR,—Might I ask Guiders who possess votes for the Royal Hospital and Home for Incurables, Putney, to give them to a Post Ranger, Victoria Chaplin? Victoria is a permanent invalid suffering from valvular disease of the heart and double curvature of the spine. She is completely bed-ridden, having always to lie in a spinal carriage or in her bed. After three attempts Victoria has collected over 2,000 votes, but as many again will be required before she can be successful.—Yours, etc.

M. L. THOMAS,
Division Commissioner.

CADETS

In the January issue of *The Guide* we gave a rough outline of the re-organisation of Cadets, and the reasons therefore; in this issue we give some suggestions for schemes of work which we hope may prove useful. When a Cadet captain sits down to plan out the term's programme she may well be filled with dismay: there is such a lot that *must* be included, and so little time in which to do it. Just to show what we mean, we will enumerate the things which *must* be included, and then add a few more no less essential.

- Test Work—Tenderfoot, Second and First Class.
- Drill—Company and patrol: also physical.
- Ceremonial.
- Woodcraft.
- Hiking.
- Camping.
- Games—Scouting and indoor.
- Stalking and tracking.
- First Aid.
- Knowledge of Movement—Policy and organisation.
- International Guiding.
- Laws and Promise.

All these things, we must remember, have not only to be learned by the Cadet if she does not already know them, but she must also know how to make them interesting, and have a sound knowledge of why they should be taught. This can be done by discussion and demonstration, but it all takes time. Then for the no less essential subjects.

Voice production.—In the opinion of the present writer, an enormous number of new Guiders (and others!) fail because they have not learned to use their voices. This comes usually from lack of confidence, and the Cadet company is the place in which to learn to overcome this. All sorts of games and practices must be invented for this. One is "Street Cries." Each Cadet in turn tries to make "Rhubarb" sound like some known street cry, which the others have to guess. Gym mistresses, who do so much just through the use of the voice, can give very useful hints.

deportment. No child was ever yet impressed by a "sloppy" figure, yet how many wretched Guides are treated to one! From the beginning the Cadets must be trained how to walk in and out of the room, and how to stand when taking games or drill. Various games and dances as well as drill will help to achieve good carriage, but still more important is it, never to allow slovenly deportment.

Manners.—These are surely one of the essentials, yet how often do they get overlooked. Cadets must be

trained from the outset to have beautiful manners towards each other, their Guiders and visitors and Commissioners. Therefore, see that the company has a plentiful supply of visitors, all ready to be entertained, supplied with chairs, have their coats removed and be seen to the bus. Always expect perfect manners to be shown towards yourself, and be very careful to acknowledge any courtesy shown, and be very careful to forget to be courteous to the Lieutenant. It is terribly easy to go on—remember that too! While all this is going on—remember that too! Then there are various subjects which might be classed among the essentials, notably life-saving and quarter-mastering. Cooking is such a lamentably weak art, if

art it can be called at all, that it simply must be taken in hand, and camp would seem the best place. Set a very high standard, and try to inspire the Cadets with a real love of cooking, and desire to do it well. It is not easy, but not impossible!

There is one more activity which must at all costs be included, and which will help in the acquisition of most of the above, i.e., acting. So many people suffer from acute self-consciousness, and a horror of making fools of themselves, and their work suffers accordingly. Acting, and still more acting, will help to overcome this, and no Cadet should be allowed to leave the company until she has learned to be willing to make a fool of herself: unless she learns this, there will always be something held back from her to her Guiders, and her power of influence will be halved.

THE STRANGER WITHIN OUR GATES.

There are now a number of refugees who have lately come to Great Britain from near future. Many of these are children separated from their parents and families, and as they have not yet learnt to speak English well, they are often, in spite of the kindness of their hosts, very lonely and unhappy.

Surely we should do our utmost to hold out a hand to them and to help them to settle down and feel at home during their stay in our midst.

Some of the girls may have been Guides in their own countries—but even if not, they would welcome kindness and fellowship from girls of their own age.

There are various methods of helping refugees. To begin with, there are several funds doing excellent work which are grateful for any contributions we can give—but there are other things more important than money. One of the best ways in which Guides or Rangers can help is by befriending one or two refugee girls in their own localities. The local Committee for refugees can probably supply the name of a girl who would be happy to be invited to company meetings or to private homes—not to mention the pleasure of an invitation to camp in the holidays.

A little human kindness is needed, combined with tact and consideration.

The first step for anyone who is interested is to get into touch with the local Refugee Committee. If this is found difficult, I shall be pleased to pass on letters and enquiries to one of the central committees which have been formed for helping refugees.

Here is a chance to show what the Fourth Law means to us.

ROSE KERR,
International Commissioner.

17, Buckingham Palace Road, S.W.1.

How is all this to be brought into one short weekly meeting one may well ask? The answer is a loose organisation and de-centralisation. If the company elects to be formed into patrols, do not let them become too rigid and have a frequent change of Leaders. For work, divide into groups, according to the stage of the Cadets, rather than stick to patrols. Get as many outsiders as possible to come and help, so that the groups may be small, and that they may experience varied ways of teaching, and profit by the criticism of others. Camps, both week-end and longer ones, are a necessity if real progress is to be made.

It is very much hoped that Commissioners will keep in as close touch as possible with their Cadet companies, in order to help the Guiders all they can with the very difficult, although also intensely interesting and worthwhile work which they have taken on.

V. M. SYNGE.

FOUR were discussing Foxlease. "What about a Woodcraft Week?" asked Alpha brightly.

"Goo, no!" This from Beta, who, it must be confessed, sometimes forgets herself. "Getting up at crack of dawn to hear the Bird Chorus? Not likely!"

"Anyway, Woodcraft is no good to me," objected Gamma. "I do Brownies."

Delta thought the Woodcraft Week a good idea. She was rather bright at Nature, and had visions of herself, a cross between Kephart and the goddess Diana, leading her Guides forth to pioneer in the Great Open Spaces.

So by dint of much persuading Beta and Gamma were won over, and much buying of overalls and borrowing of rucksacks went on. At last the great day came, and seven o'clock on a perfect spring evening found them rattling up the Foxlease drive in the village taxi, somewhat shiny of nose, and feeling a good deal less confident than they had that afternoon at Waterloo.

"Why did we come?" moaned Gamma. "Everyone else will be bristling with efficiency, and we shall feel perfect fools."

"Never mind," comforted Alpha. "There may be others there who don't know anything either"—then, as the taxi rounded the bend, "Oh, look! There's the Staff waiting to welcome us!"

By the time the week-end was over the Four were fairly bursting with newly-acquired knowledge. They had conjured the most fascinating billies and frying-pans from an assortment of Woolworth-ware and empty Bourn-vita tins; they had been entertained by a mannequin parade of Hike uniform, and they had copied numerous exciting hike recipes into their new green notebooks.



A cross between Kephart and the goddess Diana, leading her Guides forth...

AT FOXLEASE

by A WESTMINSTER GUIDER

On Monday the Week threw its dignity to the winds, and spent a joyous day playing wild, wide Scouting games. True, the Four, whose legs were by this time burned a delicate pink, suffered some discomfort when forced to crawl through large tracks of gorse and bramble—but who cared, when the honour of the Outlaws and the fate of the Nugget of Gold were at stake?

The next morning seventeen enthusiastic Guiders set out in two parties for a lunch hike. They spent a most exciting day, during which one contingent lost itself for several hours, and the other struggled, with varying degrees of success, to cook "planked fish" with a young gale blowing.

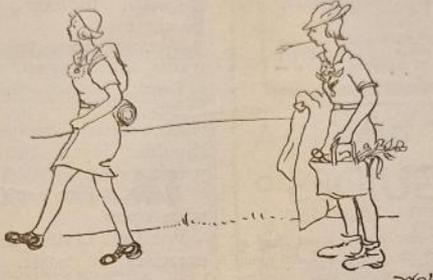
Supper at home fortified everyone, and later, after Camp-fire in the open, they played exciting games in the dark. The friendly forest seemed very different then, with torches flashing like pixies' lanterns here and there through the darkness, and the strange quiet everywhere, broken only by the hoot of an Owl, or the night-wind in the branches.

Wednesday morning was spent in making rafts, one from empty oil-drums lashed to wooden struts, and another from bundles of straw wrapped in ground-sheets and secured in the same way to poles. Two brave souls volunteered to navigate them, and an exciting Boat-Race,

Oxford v. Cambridge, took place in the swimming-bath. After lunch the party went by bus to Beaulieu, and saw the ruins of the Abbey.

By this time the green notebooks were being rapidly filled. Games a plenty they contained—sense-training games of all kinds, games for Rangers, Guides and Brownies, observation games, quiet games and noisy ones. Songs, too, gleaned from Camp-Fire, were copied in, and were practised at all hours, though chiefly in Montgomery while washing-up.

The afternoon of the last



A mannequin parade of Hike uniform



Cooking 'planked fish' with a young gale blowing.

[March, 1939

THE GUIDER

day was spent in a tour of the house and grounds. An evening hike had been planned, but drizzling rain rendered a long expedition impossible. Undaunted to the end, the Week elected to light fires and cook in the shelter behind the barn, and a delicious

supper of sausages and "sommores" (liberally sprinkled, it must be confessed, with sand) was eaten amid much hilarity. Then the last Camp-Fire, and lingering talk and laughter, and later—much later!—bed. . . . The clock over the Annexe was striking midnight when Alpha spoke sleepily from the corner bed in S.E. Lancs. . . . "I say!" she said. "There's a Woodcraft Week-end in September. Could we. . . ?" And three voices answered "Let's!"

They played wild, wide
scouting games...



Susie, who stutters, and Lucy, who lisps, simply can't bear to be left out. Girls should never be taught facial expression. Mime is essentially an individual art, and must stimulate imagination or it is useless. Let them study expression in front

of a mirror, by all means, but it must be original. One or two rules must be emphasised. No speaking movement must be made by the lips. All gestures must be definite and broad; niggling movements should be avoided like the plague. A good rule to remember is to do all arm movements at shoulder level.

Here are some simple gestures:—
I—Me. Indicate yourself with the tips of your fingers on chest.

You. Indicate person with broad gesture, palm upwards, thumb apart, and fingers straight.
Come. Beckon with first finger; extend arm fully to do so.

Go. Bend arm, palm downwards, and elbow up to shoulder level, then extend fully with palm downwards.

Hark! First finger raised to side, head up and eyes wide open.

For Girl Guides it is best to start a class of mime with exercises to music. These should be very simple, but have definite meaning.

EXERCISES IN IMAGINATION.

For hands. Bring imaginary articles from a cupboard or find a wonderful cave and each discover some new treasure in it.

Fingers. Counting. One, two, three, four, five—extend fingers one by one.

Heads. Stand in two lines, facing each other, and have an "argument."

Facial expression. Fairy tree growing up and out of the earth.

Feeling. Let them listen to a piece of music and then express, one by one, what the music conveys to them.

Characterisation. Set them a fairy story with plenty of incident. Let them be Kings and Queens.

Originality and teamwork. Let them make up a little play and perform it (without any preliminary word of explanation on their part).

Guiders with a little imagination could arrange simple mimes to all the nursery rhymes: these will be very popular with Brownies, and make a good concert item.

Here are a few examples:—

Baa, baa, black sheep. Hands capped to mouth, as though saying "Baa";

A NEW-OLD ART FOR GIRL GUIDES

This article on mime from a contributor who has had a great deal of experience in teaching elementary dramatic work to girls will be found particularly useful both to Brown Owls taking the new Pack Badge, where miming is suggested, and to Guiders who believe in dramatics as a valuable part of Guide training. K. S.

IN recent years there has been a great revival of the old art of mime, or the art which links together dancing and drama. It has been enthusiastically taken up by girls' clubs, women's institutes and kindred organisations and should prove very attractive to Girl Guides, as girls are especially fond of acting and dressing up.

Mime inculcates many things. It stimulates the imagination and powers of expression as well as improving gesture. In every art there must be thought and feeling, but to an artist whose medium of expression is his or her body every muscle must be perfectly under control so that it can correspond instantly to the slightest message from the brain; physical fitness is a *sine qua non*. Children, therefore, have a great advantage over adults in learning mime, as they have an enormous power of imagination, lack of self-consciousness, wonderful susceptibility to music, and a perfectly natural physique to work upon.

A great advantage mime has over spoken drama is that varieties of accents are not noticed, and it is very easy to perform in the open air. There are no untrained girlish voices to be carried away by the passing breeze, and a large cast can be utilised—an important item when

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[March, 1939

THE GUIDER

And the dish ran away with the spoon. Feet together, knees straight, pick up dish with left hand, and spoon with right hand, and run away.

CAMP FIRE SONG BOOKS, THE KENT BOOK.
The *Camp Fire Song Books*, *The Kent Book*, and any book of folksongs provide happy hunting grounds for material of mime, besides the collection in the Play List (published by Headquarters). A good plan for a more ambitious effort is to mime a fairy story.

The narrator can sit at the side of the stage and tell or read the tale, pausing to allow the characters to perform the actions. Scenes from *Alice in Wonderland*, too, are great favourites.

One of the most amusing turns at a recent concert was given by a diminutive Girl Guide, who mimed a man sewing a button on his trousers. It was excellently done with intense concentration and facial expression, the little Guide being quite unperturbed by the laughter of the audience or the delighted staccato giggles of her fellow Guides, to whom it was evidently a familiar and well-loved turn.

Have you any wood? Hands held out sideways, expression of enquiry;
Yes, sir, yes, sir. Nod emphatically twice.
Three. Indicate with three fingers raised.
Bees. Hands cupped, palms facing, indicate large bag.
Flies. Right hand as high as possible, left hand as low as possible.
One for my master. Indicate *one* with index finger of right hand, step to right and bow;
One for my dame. Indicate *One* with left index finger, step to left and curtsey;

But none for the little boy who cries down the lane. Shake head, take little steps forward, gradually getting down to knees fully bent, and end by hands to eyes as though crying.
N.B.—Words of last line have been altered to give more action to the little mime.

THREE BLIND MICE.
Three blind mice. Right toe pointed, eyes shut, three pawing steps, and hands clawing the air.

Three blind mice. Repeat with left foot.
See how they run. Step to right on right foot, looking to right, hands to eyes which are wide open.

See how they run. Repeat to left.

They all run after the farmer's wife. Hands on hips, then round in place making two complete circles.

Who cut off their tails, etc. Make broad gesture of cutting.

Did you ever see such a thing in your life? Hands up, eyes staring, shake head from side to side.

As three blind mice. Shut eyes, nod head, and make clawing movement with hands.

HEY DIDDLE DIDDLE.

Hey diddle diddle. Stand on right foot, left foot forward and jump on right foot twice. Make motion of fiddling with arms.

The cat and the fiddle. Change feet and repeat.
The cat jumped over the moon. Place backs of hands to side of head to indicate horns, and give big jump.

The little dog laughed, etc. Hands on hips, legs apart and roll body round as though overcome with laughter.



[Audrey Pearson.

Neglect no portion of your body.

TEN HEALTH COMMANDMENTS FROM NEW YORK

1. Keep your mouth closed when breathing, also when angry.
2. Drink cool water with your meals, also between them.
3. Bathe daily—a shower if possible.
4. Eat slowly; this leads to eating sparingly. Make your meal a ceremonial pleasure.
5. Exercise daily and breathe deeply so doing; but avoid over-exertion and never eat when tired.
6. Never read or transact any business while eating.
7. Work eight hours, sleep eight and use the balance for recreation and meals. Always rest on Sunday.
8. Always keep a contented mind. Equanimity (calmness) means longevity.
9. Moderation in all things.
10. Neglect no portion of the body. Employ a physician to examine you at regular intervals, and so watch for the beginning of the disease. Then pay some attention to his opinion and direction.



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KEEP FIT. By F. Clark. (National Council of Recreative Physical Training. 18.) (Stocked at Headquarters).

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LEGEND.

The White Stag. Written and illustrated by Kate Sereby. (Harrap & Co. 6s.)

Everyone going to the Pax Ting in Hungary next summer should be sure to get and read this beautiful book.

It is the legend of the coming of the Hungarians into Europe. The story opens with the death of the great Nimrod, the mighty hunter before the Lord, in the far mountains of the East, while the White Stag leads his twin sons, Hunor and Magyar, westward, ever westward, towards their land of promise.

The more reckless and adventurous of the tribesmen looked for guidance to Hunor, who had no pity for the weak, while the gentler and more serious followed the milder brother Magyar.

"They called themselves Huns and Magyars now, and so they left the happy fertile valley where they had halted—still brother tribes united by one purpose, but ready to separate at the will of their leaders. . . . They were seeking a permanent home, and for them there could be no rest; they had to go on or perish."

Hunor's son, Bendeguz, the White Eagle, called down a terrific curse from Heaven at the moment when his son was born, and this son, born under a fiery comet, became Attila, the Scourge of God.

The White Stag guided the hordes of Attila through a secret pass in the Carpathian mountains, till they came out into "a land like an immense green bowl, surrounded by mountains, warmed by the sun, sheltered from the cold, between two great rivers, which was to be their home."

The story is most dramatic and beautifully told; the pictures are magnificent. It is altogether a remarkable book, and one well worth possessing.

R. K.

NATURE.

I Know an Island. By R. M. Lockley. (Harrap, 10s. 6d.)

Mr. Lockley not only knows one island, he knows more than twelve islands, and after reading his book I was seized with a great desire to visit them all. Anyone who saw Mr. Lockley's marvellous film of the Grassholm gametry will welcome this really lovely book. Mr. Lockley has a vast knowledge of birds, particularly sea birds, and

one can feel in his book his deep love of nature and the outdoor world, and appreciate the joy that he must have found in his island home of Skokholm.

His book takes us far afield, from the Pembrokeshire coast to the Hebrides, to Orkney and Shetland and the Faeroes, and right up to Iceland, and finally back to Wales again. And all through the book is the clean sweet breath of the sea breezes, and the thunder of wave on rock.

It is a really charming book, beautifully printed and illustrated with some fifty lovely photographs. A most marvellous book for a Sea Ranger or Sea Guide, and will be read with great pleasure by anyone who loves birds and the sea.

N. J.

TRAVEL.

To Persia for Flowers. By Alice Fullerton. (Oxford University Press. 10s. 6d.)

It might be asked what connection this book has with Guiding and why it should be reviewed in a Guide periodical. The answer is that here we have a perfect illustration of the sort of character which ought to be produced by Guiding.

Just as Monsieur Jourdain in the "Bourgeois Gentlehomme" found that he had been talking prose all his life without knowing it, we think Mrs. Fullerton and Miss Lindsay (whose adventures are related in this book) must have been Guides without knowing it.

This book gives a revelation of British character at its best. Without undue complacency, it may be wondered whether any other country produces quite this type of character: here we see two middle-aged, respectable ladies sallying forth into the wilds of an unknown country, for the sake of collecting flowers, without much knowledge, taking every difficulty and discomfort in their stride, as part of the day's work, and becoming the guardian angels of a whole Persian village. One does not know which to admire most, their adventurousness or their calm matter-of-factness.

Most people would have quailed before the diseases they undertook to doctor, but their cures seemed to turn out all right. Mrs. Fullerton was desperately ill herself, but this failed to daunt her spirit.

The reason of their success, and of the charming friendliness with which they met from the inhabitants of their village—men, women and children—was their fearlessness combined with gentleness, their real interest in the people, their freedom from the prejudices and conventions which create barriers between nations and classes.

We feel proud to claim these two intrepid ladies as country-women; we wish they could be sent as peace emissaries to all countries, for even more than Mr. Chamberlain's umbrella, Mrs. Fullerton's trowel would, we feel sure, be a symbol of appeasement. All Guiders and Rangers should read this charming book, not the least attractive part of which is its delicious sense of humour.

R. K.

A FAIRY TALE.

Rudkin. By Yvonne Wingfield King. (Frederick Muller, Ltd. 5s.)

The moment one sets eyes on the cover of this book one knows it should be full of the joy of Fairyland, and on opening it one is not disappointed. This is altogether a happy book and one that most children will enjoy. The Fairyland to which that irresponsible and charming little Brownie Rudkin leads Jennifer Jane contains nothing and no one of a frightening nature, nor is it so far away from home that the reader may not be left in the hope of finding that enchanted lane that leads so surely to the place where, to quote the book "No one is allowed to cry—"

The illustrator, Miss Constance Holme, has captured perfectly the fairy charm of the book, and one can almost feel the scented breeze from Honeysuckle Lane blowing on one's face.

We need such books in these days when our children have so many warlike toys and games.

D. W.

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No. 3

SECRETARIAL AND CLERICAL

"When in doubt become a secretary" seems to be the modern proverb, just as if that were something simple and not very skilled. That is far from being the case. In the business world of today there is no room for the mediocre. Typists can be had two-a-penny. Half of them are never likely to rise above thirty shillings a week. Why? Because they are not sufficiently clever to advance themselves. Being a secretary means so much more than the boring grind of the junior. People often think a smattering of shorthand and the ability to type a letter or two is enough.

"One can hardly call secretarial work a career," they say. Why? Whether it is a job or a career depends upon yourself, and, to a certain extent, to the scope of the arm that employs you. The ability to "get on" lies with the individual, and I must say that it is perfectly possible to rise to the position of Secretarial Assistant in some big Industrial or Public Concern, or Company Secretary, or very confidential private secretary to some celebrity. So, you see, there is much more scope than there appears to be at the first glance. Clerical work, with which secretarial work is all too often confused, should be nothing more than a stepping stone to a better post. The ideal secretary needs tact, a pleasant manner, a tidy appearance, and very definite regard for the privacy of work entrusted to her. Never should she discuss business outside the office. Orderliness, precision and reliable memory are other valuable assets. In some jobs, the capacity for organisation and control of staff are necessary. Clerical work calls for speed and accuracy. Book-keeping and statistical tasks need a head for figures. Almost invariably knowledge of modern languages can be put to useful account.

The usual training concentrates on shorthand and typing, but naturally includes stencil cutting, duplicating, book-keeping and a degree of routine office practice. Also coaching in the use of the dictaphone and the way in which to answer the telephone. The time will be about six months to a year. Speeds of 120 words a minute shorthand and 45 typing must be passed. Fees range from the three guinea to eight pound courses at Technical Schools—under Local Educational Authorities—to the fifty guinea session of the private training colleges. Fees, however, vary to some extent and certain scholarships can be obtained.

Juniors start working between the ages of 16-18. Additional training can go on through the medium of evening classes. One requires a broad general education. The Chartered Inst. of Secretaries has certain useful examinations. There is a student's registration of £2 5s. "The Prelim" does not have to be passed if you already possess school certificate or its equivalent. The Intermediate costs one and a half guineas, the Final two. Then it is possible to become A.C.I.S. (Associate) over 21 and Fellow over 25. Full details and conditions direct from the Chartered Inst., 6, London Wall, E.C.2.

Should you desire to concentrate on the statistical line, you take a full-time junior course at the Department of Statistics at, say, University College. The School of Economics provides the definite degrees of B.Sc. (Econ.), and B.Com. Accountancy, on the other hand, entails six months of book-keeping (full-time) or longer through the medium of evening classes.

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Qualified statisticians start at £150 with a prospect of eventually attaining £500, apart from women heads of departments who naturally do better than that. The non-graduate who has taken a course of statistics remains on the 30s.-£5 scale. Secretarial assistants range differently in salary according to the firm, and to the locality in which they work. One may say that £3-£6 is a pretty likely average.

Assistant Secretaries may be quoted—with professional qualifications—at approximately £250 a year. Full fledged Company Secretaries gain an extra fifty pounds. Secretaries of Associations and Societies are on much the same footing. Independent practice, which means acting as secretary to several companies, gives a larger financial scope, with good business acumen.

So much depends on personal ability. There is no better start than thorough all-round office experience: preferably in different departments and even different offices. Private secretaries to professional men and women cannot do such work until they have had special experience. This branch is much more individual and presumably more interesting. One must point out that such posts do not offer quite the same security as a good office job and also the financial side varies enormously.

Secretarial work can be chosen with discrimination and some regard for individual taste. Be sure to make your work a matter of personal interest, and not a mere way of making money. Try to start in the type of business that appeals to you. The really first class secretary is a rare person. Do not aim at being just one of millions of typewriter thumpers but put personality into your job.

For training details consult local education authorities.

Useful pamphlets are:
Commercial Education and Privileges of Citizenship, both gratis from Education Officer, L.C.C. County Hall, S.E.1.



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the tooth paste which Dentists advise. KOLYNOS protects and preserves the teeth, keeps them free from harmful germs which cause decay. Your teeth stay cleaner—longer.

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HEADQUARTERS TRAINING CENTRES



FOXLEASE

Training weeks have been renamed as follows—
 Guide Weeks ... Guide Training.
 Ranger Weeks ... Ranger Training.
 Brownie Weeks ... Brownie Training.
 General Weeks ... Covering Ranger, Guide and Brownie Training.
 Elementary Weeks ... For Guiders of little experience.

Refreshers Weeks (for those who have already been to an ordinary training).
 To include such subjects as Knotting and Splicing; Brownies; Rangers; Woodcraft (i.e. Stalking and tracking, observation and use of signalling); wide games, involving the use of signal-ling; outdoor work for town and country Guides; practice in emergencies; First Class; and any other subject asked for beforehand.
 Guide and Ranger ... Covering Guide and Ranger Training.



WADDOW

WADDOW

Waddow Programme for 1939.
 DATES.

1939.

DATES.

March 3-10. Ranger Week.
 March 14-21. General Week.
 March 24-27. Week-end (entries closed).
 March 31—April 4. Commissioners' Week-end.
 April 6-11. Guide Week-end (Easter).
 April 14-21. Special Week for School Guiders and University Clubs.
 April 25—May 2. Brownie Week.
 May 5-12. Woodcraft Week.
 May 16-23. Extension Training.

May 26—June 2. General Week (Whitsun).
 June 6-13. Commissioners' Week.
 June 17-24. Guide Week (Saturday-Saturday).
 June 27—July 4. General Week.
 July 7-11. Guide Week-end.
 July 13-22. Ranger Holiday Week.
 July 25—August 1. Guide and Ranger Week.
 August 4-11. General Week (Bank Holiday).
 August 13-22. Refresher Week.
 August 25—September 1. Brownie Week.
 September 5-12. Woodcraft Week.
 September 15-22. General Week.
 September 26—October 3. Guide Week.
 October 5-10. County Camp Advisers' Conference.
 October 20-27. Guide and Ranger Week.
 October 30—November 4. District Commissioners (Mid Week).
 November 7-14. Guide Week.
 November 17-21. Brownie Week-end.
 November 24—December 1. Guide Week.
 December 5-12. General Week.
 Guiders who can only come for week-ends in the Spring are urged to apply, even if the training goes on for a week.

1939.
 March 3-7. Guide Week-end.
 March 10-14. Ranger Week-end.
 March 21-28. Brownie Week.
 March 31—April 4. Guide Week-end.
 April 6-13. General Week (Easter).
 April 20-27. Diploma'd Guiders' Week.
 May 2-9. Guide Week.
 May 12-16. Guide Week-end.
 May 19-23. District Commissioners' Week-end.
 May 26—June 2. Woodcraft Week for Guiders and Owls (Whitsun).
 June 9-16. Guide Week.
 June 20—July 4. Ranger Holiday.
 July 7-14. Guide Week.
 July 18-25. Ranger Guiders' Week.
 July 28—August 1. Guide Week-end.
 August 4-11. Guide and Brownie Week (Bank Holiday).
 August 15-22. Guide Week.
 August 25—September 1. Ranger Week.
 September 5-12. Guide Week.
 September 15-22. Guide Week.
 September 29—October 2. District Commissioners' Week-end.
 October 6-10. Commissioners' Week-end.
 October 13-17. Guide Week-end.
 October 20-27. Brownie Week.
 October 31—November 7. Prospective Diploma'd Guiders' Week.
 November 10-14. Ranger Week-end.
 November 17-21. Guide Week-end.
 November 24—December 1. General Week.

FEES, Etc.

(Applicable to both Centres.)

Weekly.	£	s.	d.	Week-ends. (Per day.)	s.	d.
Single rooms	2	10	0	Single rooms	7	6
Double rooms	2	0	0	Double rooms	6	0
Shared rooms	1	10	0	Shared rooms	5	0

Guiders who have been before and again wish to attend a Training Week are urged to apply, as there are still vacancies.

Extra meals: Breakfast 1s. 6d., Lunch 2s., Tea 6d., Supper 1s. 6d.
 Cars can be garaged at a charge of 5s. per week or 1s. per night

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. All the sites have permanent shelter and sanitation, also drinking water laid on. The usual permission forms are necessary. No camps of over 50 may be held.

CAMP SITES.

Application for camp sites, giving dates and approximate numbers and with a booking fee of 2s. 6d., should be sent to the Secretary. Waddow has six camp sites with drinking water laid on. The North Riding, Canada, Cragg Wood, Horse Shoe and Wades Hill sites include a permanent shelter and sanitation. The usual permission forms are necessary.

Further information applicable to both Centres will be found on page 99.

THE GUIDER HEADQUARTERS TRAINING CENTRES

APPLICATIONS.

All training weeks printed *above the line* are open for bookings immediately, but no applications will yet be considered *below the line*, as these are still liable to alteration.

All applications for a training course should be made to the Secretary, Foxlease, Lyndhurst, Hants, or 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 be returned if withdrawal is made two full weeks before the date of the course.

It has been arranged that three vacancies should be reserved for Scotland for all training weeks until the 20th of the month, in which the dates are first published *above the line* in THE GUIDER.

GUIDERS PLEASE NOTE.

Will Guiders please note that free places are available at both Foxlease and Waddow between October and April. Application should be made through the County Secretary, to the Secretary.

GRANTS ON RAILWAY FARES.

(a) Where a Guider finds difficulty in attending a training course at Foxlease or Waddow on account of train fare, the following reductions may be obtained:—

For return fare exceeding £2, a grant of 5s. will be made.
For return fare exceeding £3, a grant of 10s. will be made.
For return fare exceeding £3, a grant of £1 will be made.

(b) In cases where a Guider, who wants to go to a particular type of training week, finds that no such week is available at a time possible for her at the training centre nearest to her home, but *is* available at the other training centre, the difference between the two fares may be refunded by Headquarters.

In either case the application for rebate should be made through the Guider's Commissioner direct to Foxlease or Waddow.

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 3½ guineas per week in summer, and 3 guineas per week from October to March.

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 in winter, or 2½ guineas per week in summer. These charges include light, coal and oil. Guiders cook and cater for themselves entirely, although, if necessary, a woman can be engaged to board them at the rate of 30s. per head per week, or merely to cook and clean at the rate of 9d. per hour, in addition to the above charges.

A charge of 5s. deposit fee is made for booking the cottages, and this is forfeited should the booking be cancelled. 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 cottages to wear uniform. Any enquiries should be sent to the Secretary, Foxlease.

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 (for one bathroom, sitting-room, kitchen, and two bedrooms). For three or more Guiders, £3 13s. 6d. a week, and for others £4 4s. a week. The week-end charges are £1 5s. for two people, and £2 2s. for three or four.

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.

PRESENTS.

Donation, Anonymous; Donation, Chaffinch Patrol, January 6th to 13th; Dressing Table Runners, 4th North Lewisham Rangers; Fire Guard for London Rcom, Miss Seaman; Donation, Fulham Week-End; Mirror for London Room, Miss Syngé; Book Token, Miss Jacobson; Garden Trug, Miss Mackenzie and Miss Slocombe.

PRESENTS.

Flower Vases, Mrs. Anderdon, Somerset; Plants, Miss Henniker Hughan, Kirkcudbrightshire; Model of Curlew, Mrs. Renton, Westmorland; Picture, Lanarkshire Commissioners for Scotland; Donation, Lanarkshire Commissioners.

BOOKS RECOMMENDED FOR NEW GUIDERS.

Title.	Author.	Price.	Notes.
Girl Guiding	LORD BADEN-POWELL	2s.	The Official Handbook.
Scouting for Boys	LORD BADEN-POWELL	2s. 6d.	The Official Handbook for Boy Scouts.
Policy, Organisation and Rules	—	10d.	Containing Syllabuses of Badge tests, etc.
The Patrol System for Girl Guides	ROLAND PHILIPPS	6d.	Explanations of the Patrol System.
Guiding for the Guider	—	6d.	Notes on Second Class work, etc. General Information on Company Organisation.
An A.B.C. of Guiding	A. M. MAYNARD	9d.	—
Practical Psychology in Character Development	VERA BARCLAY	4s. 6d.	—
Colour Ceremonial	—	3d.	Pamphlet on Drills with Colours.
Games for Guides and Guiders	H. B. DAVIDSON	6d.	—
Brown Magic	V. RHYS DAVIDS	2s.	For Brown and Tawny Owls.
Education through Recreation	L. P. JACKS	3s. 6d.	For Ranger Guiders.
Ourselves and the Community	REYNOLDS	3s. 6d.	Citizenship for Ranger Guiders.
The Guide Law	M. A. CAMPBELL	6d.	Short Readings and Prayers.



ARTICLES AND REPORTS, PHOTOGRAPHS AND DECISIONS FOR INSERTION IN THE GUIDER, together with other notices and notices for review, should be sent, if possible, to the Editor of the previous month to the Editor, Girl Guide Imperial Headquarters, 17-19, Buckingham Palace Road, London, S.W.1.

MISS, 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. Girl Guide Imperial Headquarters, 17-19, 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 11d. per month (which includes postage). Post free for a year 4/6. Foreign and Colonial, 4/6 post free.

MEETING OF THE ADVISORY BOARD

Held on February 14th, 1939.

Present —

The Hon. Mrs. Sydney Marsham, O.B.E. (Chair).
 H.R.H. Princess Alice, Countess of Athlone.
 Her Grace The Duchess of Abercorn, D.B.E.
 Mrs. Percy Birley, C.B.E.
 Evelyn Lady Blythwood.
 Miss Bray.
 Miss Britton.
 The Countess of Clarendon.
 Sir Percy Everett.
 Mrs. Houston Craufurd.
 Mrs. Janson Potts.
 Mrs. Mark Kerr, O.B.E.
 Miss Kerr.
 Miss Leathes.
 Mrs. Moody.
 Mrs. St. John Arkinson.
 The Viscountess Stropford.

By Invitation.
 Miss Hopkins.

Routine and Financial business was transacted.

Reports from the International Commissioner, Training and Camping Committee and the Commissioner for Kindred Societies were submitted and approved.

A Silver Fish was presented to Miss Bray by the Chairman, who congratulated her on her splendid record of service to the Guide Movement.

The Chairman reported that she had sent a letter of condolence to the Chief Commissioner of the American Girl Scouts on the death of Duchess Brady Macaulay.

The date of the next Meeting was provisionally fixed for the morning of April 18th.

The Committee of the Council met at 4 p.m. on Tuesday, February 14th, 1939.

The Resolutions passed by the Advisory Board at the meeting on February 14th were confirmed.

The date of the Annual Meeting was fixed for April 18th, probably in the afternoon. It was agreed that the Executive Meeting for April should be held on the morning of that day, instead of on April 4th.

The date of the next meeting, Tuesday, March 14th, at 2.30 p.m., was confirmed.

AWARDS.

Silver Fish (For Good Service).

Miss J. Allan, former Commissioner for Extensions.
 Miss M. Bray, Imperial Commissioner for Training.
 Mrs. Chadwick, Chief Commissioner for India.
 Mrs. Greenlees, County Commissioner for Midlothian.
 Miss A. Landau, M.B.E., Commissioner for Hebrew Guides in Jerusalem, Palestine.

Beaver Badge (For Good Service).

Miss G. W. Barton, Captain 8th Jerusalem Company, Palestine.
 Lady Cochran Patrick, Assistant County Commissioner, Ayrshire.
 Mrs. Elliot, County Secretary for Buckinghamshire.
 Miss G. Nassar, Captain 1st Acre Company, Palestine.
 Miss K. Sherlock, late Division Commissioner, York City North.

Medal of Merit (For Good Service).
 Mrs. J. T. Davies, Division Commissioner, Swansea.
 Miss McVicar, Assistant County Secretary, Renfrewshire.

Certificate of Merit (For Good Service).
 Miss D. E. Brading, Captain 1st Ventnor Company, Isle of Wight.
 Miss M. H. Collier, District Secretary, Trowbridge, Wilts.
 Mrs. Fellows, Division Commissioner, Great Yarmouth, Norfolk.
 Miss V. Scott, Captain 1st Rode Hill Company, Wilts.

Badge of Fortitude.
 Brownie Daphne Dyne, 3rd Llanelly Brownie Pack, Carmarthen-shire.

Blue Cord Diploma.
 Miss Getsie Samuel, of Madras Presidency.

Brownie Instructor.
 Miss Christine Stevenson, of Edinburgh.

Gold Cords.
 Company Leader Jean Baynes, 1st Stapleford Company, Cambridge-shire.

Company Leader Denise Phillips, 2nd Kingsbury Company, Middx.
 Company Leader Doris Smith, 1st Sawston Company, Cambridge.
 Company Leader Mary Timmins, 14th Smethwick Company, Staffordshire.

Patrol Leader Margaret Brown, 8th Carlisle Company, Cumberland.

Patrol Leader Anne Elmer, 13th Nairobi Company, Kenya.
 Patrol Leader Peggy Gifford, 1st Stapleford Company, Cambridge-shire.

Patrol Leader Frances Heron, 3rd Pinner Company, Middx.
 Patrol Leader Joan McNaughton, 138th City of Edinburgh Company, pany.

Patrol Leader Dorothy Woodhouse, 1st Stapleford Company, Cambridgeshire.
 Ranger Winifred Bradford, 14th Smethwick Company, Staffordshire.

Ranger Margaret Dix, 3rd Wallasey Company, Cheshire.
 Ranger Margaret Pickles, 63rd Belfast Company, Ulster.
 Ranger Millicent Webster, 14th Smethwick Company, Staffordshire.

HEADQUARTERS NOTICES

BLACKLANDS FARM CAMP SITE, NEAR EAST GRINSTEAD, SUSSEX.

This permanent camp site has been placed at the disposal of Imperial Headquarters through the generosity of the Eton Manor Charitable Trust, and will be available for camping this summer to all members of the Girl Guides.

The site consists of 127 acres about a third of which is woodland. Water is laid on and permanent shelter is provided at most of the sites. The railway station is West Hoathly which can be reached across the fields in about 20 minutes. East Grinstead is about 3½ miles.

Pending the appointment of a resident warden further particulars may be obtained from Miss Leathes, 217, Rodney House, Dolphin Square, S.W.1, who will also take any bookings.

A small charge will be made for the use of the site and it is hoped that equipment will be available for hire.

The usual camping rules will be in force, and there will be room for about 15 to 20 camps at a time at present.

IMPORTANT CORRECTION.

NEW ZEALAND CENTENNIAL CAMP—JANUARY, 1940.

The New Zealand branch of the Girl Guides Association invite two British representatives to attend this camp, which will be held from January 16th to 26th, 1940, at Featherstone, Waipapa (43 miles from Wellington City).

Applicants should be 16 years of age or over, and must be good campers. Applications, with details of qualifications and written recommendation from the Commissioner, should be sent through the County Camp Adviser to the applicant's own Commissioner for Camping, from whom further details can be obtained. Will Guiders please note that the age is 16 and over, not as stated in February GUIDER 11 and over.

FOXLEASE IN MAY. AN OPPORTUNITY.

Once more the Extension Branch has been lucky, and we are to have a Training Week at Foxlease from May 16th-23rd, not as stated in February GUIDER 19th-23rd. This is the time of year when everything is probably at its loveliest.

Book the dates now, and apply soon—and remember that there will not be another Extension Week at Foxlease till 1941!

There will be special sessions for Extension Secretaries, and Commissioners who have Extension companies in their areas, as well as for Guiders in each Section of the Branch. We should also cordially welcome Guiders of Auxiliary companies whose work in many cases is so closely allied to that of Extension Guiders.

This year's training week will be particularly interesting for in conjunction with it a week-end camp for those interested in camping with Extension Guiders will be held at Foxlease from May 19th-23rd. Discussions will be held and the following are especially asked to come:—

- (a) Camp Advisers in whose areas Extension camps are held.
- (b) Commandants and helpers at Extension camps.
- (c) Guiders of Extension companies.

CHALLENGE TO ACHIEVEMENT.

Patrols who have taken up the Challenge to Achievement should take note of the fact that all tests must have been passed by Whitsun.

That is to say:—The Challenge Secretary, Shepherd Standing, Pinkneys Green, Berks, must have in her possession on or before May 26th, 1939, the signed certificate saying that the patrol has passed the Final Beaver test.

RANGER ADVISERS.

Mrs. Janson Potts is County Sea Ranger Coxswain for North Surrey, not East as stated in February GUIDER.

Gloucestershire. County Ranger Adviser:—Miss V. Barlow, Whitminster House, Gloucester.

Kent. County Ranger Adviser:—Miss Howard, Elmfield, Bickley.

Sussex. County Sea Ranger Coxswain:—Miss A. Hopkins, 23, Milton Road, Eastbourne.

GENERAL NOTICES

WOODLARKS.

Summer camping at Woodlarks is getting planned out already. The usual "WOODLARKS CAMP" for Post Guides and Rangers who are not camping in their own counties will take place in June.

The "PIONEERS CAMP" which is chiefly for London cripples, though others will be welcome too, will take place from 1st-10th July. Will any Guiders who could come and help as Nurse, Quartermaster or just active arms and legs please write and offer themselves as soon as possible.

Will Post Guiders who wish to send their Guides to either the Woodlarks or the Pioneer camps please write before Whitsun, that is, before the end of May.

There are still some free dates to Guiders wishing to arrange their own camps.

Woodlarks now owns tents, beds, invalid chairs, palliasses, blankets and cooking equipment, which can be hired at very reasonable terms.

For all particulars please write to: E. D. Strover, Woodlarks, Farnham, Surrey.

GUIDING AND ESPERANTO.

Thinking Day ceremonies make us realise the world-wide influence of Guiding, and many of us would like to take part in Camps with Guides abroad but cannot surmount the language barrier. Guides who study Esperanto find this barrier disappears as, after mastering a

few simple rules and a reasonable vocabulary, they are sure of being understood.

Last August members of the Scouts Esperanto League representing 11 countries met in London, taking part in excursions, meetings and sing-songs without any language problems. A company of Post Guides in Holland, although greatly handicapped, learnt Esperanto in order to correspond with Post Guides abroad. A Topika (Kantaa) Guide writes that her Girl Scouts are being taught Esperanto by a blind lady. A Latvian Guide gets patrol ideas from her Esperantist correspondents. By means of a neutral language we find many opportunities of rendering service to Guides abroad.

M. C. G.

20, Hampton Road, Ilford, Essex.

CALLED TO HIGHER SERVICE.

GOULD: MISS MONICA MARGARET.—Red Cord Diplom'd Guider and Division Commissioner for Avon Valley, on February 19th, in Jersey.

ORDERS FOR PROFICIENCY BADGES.

Headquarters understands that many Badge Secretaries are under the impression that Proficiency Badges cannot be ordered in quantities of less than one dozen at a time. This is not the case. Headquarters is always pleased to supply Proficiency Badges, as they may be required, in any quantity from a single badge upwards. Will Badge Secretaries please note this?

LONDON GUIDERS' CONFERENCE.

LOST.

Purse.—Guider's, containing about 5s. Owner: Miss Furze, The Gables, Wantage Road, Lee, S.E.12.

FOUND.

Fountain Pen.—Waterman Junior—Blue.
Soft Brown Gammett Gloves—no identification mark.

THIS MONTH'S COVER.

OUR Cover Photograph is entitled *The Long Pull*, and was taken by Miss Audrey Pearson, of Bristol.

Alterations and Additions to C.A. List, 1939

EAST AREA.

HUNTINGDONSHIRE.—Entry should read: "County Camp Recorder.—Miss D. Ellaby, Oakfield, Hemingford Grey, Huntingdon."

SOUTH-EAST AREA.

KENT.

MID-KENT DIVISION.—This should read: "Mid-Kent Division Camp Recorder.—Miss Howat, Rocklands, Pine Grove, Maidstone. Mid-Kent Division Assistant Camp Recorder.—Miss Wright, The Rectory, Nettlestead, near Maidstone." (All correspondence to Miss Howat, please.)

UNATTACHED.—Miss Barnes, The Court Lodge, East Malling, Kent; Miss Escombe, Weald Height, Sevenoaks; Miss P. G. Latter, Weald Place, Sevenoaks; Miss Page-May, 9, William Street House, London, S.W.1; Miss Spicer, 20, Orchard Road, Bromley; Miss Tower, Memories, Ash, near Canterbury.

LONDON.

POPLAR DIVISION.—Miss Winnett, 47, Kendall Avenue South, Sanderstead, Surrey.

WEST DIVISION.—Miss Thurner, Noris, Gerrards Cross, Bucks.

CENTRAL KENSINGTON, SOUTH KENSINGTON, EARLS COURT DISTRICTS.—Miss Laing, 18, Holland Park, W.11.

NORTH KENSINGTON and NOTTING HILL DISTRICTS.—Miss Daldy, 30, Cheniston Gardens, W.8.

EAST and WEST PADDINGTON DISTRICTS.—Miss Knight, 24, Redfield Lane, S.W.5.

NORTH PADDINGTON DISTRICT.—Miss O'Brien, 25, Matlock Court, W.11.

QUEEN'S PARK DISTRICT.—Miss Thurner, Noris, Gerrards Cross, Bucks.

NORTH-EAST AREA.

DURHAM.

Miss Redpath, Telford . . . should read: "Miss Redpath Telford, . . ."

SOUTH-EAST AREA.

BERKSHIRE.

READING.—Miss M. Edwards, 51, Alexander Road, Reading, should read: "READING.—Miss M. Edwards, 51, Alexandra Road, Reading."

MIDDLESEX.

NORTH-WEST MIDDLESEX.—Miss Sampson, Hamburton Grange, Nightingale Road, Rickmansworth, Herts, should read: "NORTH-WEST MIDDLESEX.—Miss Sampson, Hamburton Grange, Nightingale Road, Rickmansworth, Herts."

THE GUIDER

Appointments and Resignations
Approved by the Executive Committee, February, 1939.

ENGLAND.
BERKSHIRE.
 COUNTY SECRETARY.—Miss C. M. Spence, Kings Road, Filtwick.
 COUNTY JUDGE SECRETARY.—Miss D. Quire, London.
 BUCKINGHAM (Beds North Division).—Dist. C., Mrs. Brumkill, The Rectory, Bobsditch.

RESIGNATIONS.
 COUNTY SECRETARY.—Miss Harkin.
 ASSISTANT COUNTY SECRETARY.—Miss M. P. E. Burnaby.

BERKSHIRE.
 BERKS EAST.—Div. C., Miss K. D. Green-Wilkinson, Lovel Hill, Windsor Forest.
 BERKS SOUTH.—Div. C., Miss M. Holder, Moonraces, Tydeham, Newbury.
 NEWBURY.—Dist. C., Miss N. Fair, Elmoro, Spoon, Newbury.
 READING SOUTH (READING DIVISION).—Dist. C., Mrs. E. P. F. Sutton, Erleigh Park, nr. Reading.
 Please note that Shinfield District is now known as EARLEY.—Dist. C., Miss C. Cooper, The Eyoat House, Sonning-on-Thames.

RESIGNATIONS.
 BERKS EAST.—Div. C., Miss P. Vansittart Neale.
 BERKS SOUTH.—Div. C., Mrs. W. Medlicott.
 NEWBURY.—Dist. C., Miss M. Holder.

BIRMINGHAM.
 COUNTY OLD GUIDE RECORDER.—Miss M. K. Bulmer, 37, Middleton Hall Road, Kings Norton, Birmingham.

RESIGNATION.
 ST. PAUL'S.—Dist. C., Miss B. A. Birnie.

BRISTOL.
 RESIGNATION.
 BRISTOL WEST, No. 6.—Dist. C., Miss G. M. Richards.

CHESHIRE.
 BERKINGTON.—Dist. C., Miss M. Wilson, Fieldside, Croft Avenue, Bromborough.
 WALLASEY WEST.—Dist. C., Mrs. Gayford, Lodore, Coronation Road, Hoyleke.

RESIGNATIONS.
 TARPORLEY.—Dist. C., Miss H. U. Gamon.
 WALLASEY WEST.—Dist. C., Mrs. Stavert.

CORNWALL.
 LISKEARD.—Dist. C., Mrs. Clarke, Penbryn, Barras Cross, Liskeard.
 SALTASH.—Dist. C., Mrs. Campbell, Pentamar, Coombe, Saltash.

RESIGNATION.
 SALTASH.—Dist. C., Mrs. Heugh Symons.

DERBYSHIRE.
 SOUTH-EAST DERBY.—Dist. C., Miss A. H. Knight, 10, Gisborne Crescent, Allestree, Derby.
 WEST DERBY.—Dist. C., Miss E. O. Dawes, Thurlaston Grange, Elvaston, near Derby.
 SOUTH-EAST DERBY.—Dist. C., Miss E. O. Dawes.

DEVON.
 RESIGNATION.
 BRIGHAM.—Dist. C., Miss M. Glynn.

DORSET.
 RESIGNATION.
 EXTENSION SECRETARY.—Miss W. Beausire.

DURHAM.
 RESIGNATION.
 SPENSYMOOR.—Div. C., Mrs. Roberts.

GLOUCESTERSHIRE.
 WOTTON-UNDER-EDGE.—Dist. C., Mrs. Barwick Browne, Bournstream, Wotton-under-Edge.

HAMPSHIRE.
 BEAULIEU.—Dist. C., Miss D. K. Millington, Dale Farm, Dibden.
 RESIGNATION.
 BEAULIEU.—Dist. C., Miss E. W. Newton.

HERTFORDSHIRE.
 WEST HERTS.—Div. C., Mrs. Bromley-Martin, Pancake, Leverstock Green.
 BERKHAMSTED.—Dist. C., Miss M. Smallwood, Goldthorn Hall Park, Berkhamsted.
 HERTFORD.—Dist. C., Mrs. G. Williams, Queens Road, Hertford.

KENT.
 MID-KENT.—Div. C., Miss Hawthorne Barnes, Court Lodge, East Malling.
 MALLING.—Dist. C., Miss C. R. Nevill, Birling House, West Malling.
 SEVENOAKS, 2 (NEW DISTRICT).—Dist. C., Miss R. Willis, Fawke House, Fawke Common, Sevenoaks.

RESIGNATIONS.
 AYLESFORD.—Div. C., Mrs. MacLennan.
 AYLESFORD.—Dist. C., Mrs. B. Hill.
 MIDWAY VALLEY WEST.—Dist. C., Miss C. R. Nevill.

LANCASHIRE—NORTH-WEST.
 BIRKENHEAD.—Dist. C., Miss H. Michael, Wynote, Lytham Road, Blackpool.
 BIRKENHEAD WEST.—Dist. C., Miss V. M. Kent, Belvedere, Victoria Road, Fulwood.
 FROTHAM.—Dist. C., Mrs. Hargreaves.

RESIGNATION.
 BLACKPOOL WEST.—Dist. C., Mrs. Hargreaves.

LANCASHIRE—SOUTH-EAST.
 BLACKPOOL WEST.—Dist. C., Mrs. White, 110, Monton Road, Eccles.
 ECCLES.—Dist. C., Mrs. K. D. A. Smyth, 5, Mary's Vicarage, Moss Lane.
 PATRICKSON.—Dist. C., Mrs. K. D. A. Smyth, 29, Victoria Road, Salford, 6.
 Ashton-on-Mersey.—Dist. C., Miss M. W. Milner, 29, Victoria Road, Salford, 6.
 SEAFIELD.—Dist. C., Miss M. W. Milner, 29, Victoria Road, Salford, 6.
 Please note that ALDRINCHAM and BRADSHIRE Districts have amalgamated.
 DIST. C., Mrs. Milner, Fairholme, Whitech Road, Bowdon.

RESIGNATIONS.
 BOSTON CENTRAL.—Dist. C., Miss M. Moore.
 BOSTON SOUTH CENTRAL.—Dist. C., Miss L. Demain.
 ROYTON.—Dist. C., Mrs. Holden.
 WESTHOUGHTON.—Dist. C., Miss E. Taylor.

LANCASHIRE—SOUTH-WEST.
 RESIGNATION.
 LIVERPOOL, NORTH-WEST.—Div. C., Miss J. Forrester.
 SOUTHFOOT, HURDALE AND FORMBY.—Asst. Div. C., Miss E. da Fonseca.

LEICESTERSHIRE.
 SOUTHFOOT, HURDALE AND FORMBY.—Asst. Div. C., Miss E. da Fonseca.
 LOUGHBOROUGH.—Div. C., Mrs. Capron, 22, Dovedale Road, Leicester.
 COALVILLE (MARKET BOSWORTH DIVISION).—Dist. C., Mrs. Capron, 22, Dovedale Road, Leicester.
 LONDON SOUTH.—Dist. C., Mrs. Hallam.
 LEICESTER.—Div. C., Mrs. S. H. Hallam.
 LEICESTER.—Div. C., The Hon. Mrs. R. E. Martin.
 LEICESTER.—Div. C., The Miss J. Collier.
 LEICESTER SOUTH.—Dist. C., Miss J. Collier.

LINCOLNSHIRE.
 CRANWELL R.A.F. STATION.—Dist. C., Mrs. Jagoe, Bristol Wood, Cranwell.

LONDON.
 ISLINGTON.—Div. C., Miss L. Cridland, 9, Northampton Park, Islington, N.1.
 SOUTHWARK.—Div. C., Miss D. Stopford-Sackville, 46, Brunswick Gardens, W.8.
 EAST WANDSWORTH.—Asst. Div. C., Mrs. Boulton, 73, Church Road, Wimbledon, S.W.19.
 CATFORD.—Dist. C., Miss D. S. Wood, 33, Reddons Road, Beckenham, Kent.
 CITY OF LONDON.—Dist. C., Miss J. Mortimer, 28, Cadogan Square, S.W.
 CLAPHAM.—Dist. C., Mrs. S. Askey, 2, Balham Park Road, S.W.12.
 CLAPHAM PARK (EAST WANDSWORTH DIVISION).—Dist. C., Miss C. N. Peach.
 FOREST HILL.—Dist. C., Miss R. P. Taylor, 55, Stondon Park, S.E.23.
 KENSINGTON CENTRAL.—Dist. C., Miss M. Laing, 18, Holland Park, W.11.
 NORTH SOUTHWARK.—Dist. C., Miss C. Monk, 6, Layer Gardens, Acton Hill, W.3.

RESIGNATIONS.
 ASSISTANT COUNTY COMMISSIONER.—Mrs. Wellesley Paget.
 ISLINGTON.—Div. C., Mrs. Rowson.
 SOUTHWARK.—Div. C., Miss K. M. Halpin.
 CATFORD.—Dist. C., Miss K. J. Baldwin.
 CLAPHAM.—Dist. C., Miss C. N. Peach.
 FOREST HILL.—Dist. C., Miss A. M. Campbell.
 KENSINGTON CENTRAL.—Dist. C., Miss F. G. Davenport, M.B.E.
 NORTH SOUTHWARK.—Dist. C., Miss D. Stopford-Sackville.
 ROTHERHITHE.—Dist. C., Miss F. E. T. Wendt.
 WALTHAMSTOW NORTH.—Dist. C., Miss D. M. Hawkey.

MIDDLESEX.
 EDMONTON.—Dist. C., Miss G. Boswell, 21, Fir Tree Walk, Enfield.
 Please note that Miss Braithwaite, District Commissioner for Enfield West, has married and is now :—Mrs. G. C. Toynbee, 3, Old Park Grove, Enfield.

RESIGNATION.
 GREENFORD.—Dist. C., Miss P. L. Baron.

NORFOLK.
 EXTENSION SECRETARY.—Miss K. M. Bottomley, Hindringham, Lakenham.
 GREAT YARMOUTH.—Div. C., Mrs. F. E. Walter, Hopton House, Great Yarmouth.
 FREEBRIDGE LYNN.—Dist. C., Miss J. Birkbeck, Westacre High House, Westacre, Kings Lynn.

RESIGNATIONS.
 EXTENSION SECRETARY.—Mrs. C. Turner.
 GREAT YARMOUTH.—Div. C., Mrs. Fellows.
 FREEBRIDGE LYNN.—Dist. C., Miss H. Elwes.
 LAKENHAM.—Dist. C., Mrs. Ardlerley.

NORTHUMBERLAND.
 WHITLEY BAY.—Dist. C., Miss L. Sampson, 43, Grosvenor Drive, Whitley Bay.
 WHITLEY BAY.—Dist. C., Lady Gregg.

NOTTINGHAMSHIRE.
 RESIGNATIONS.
 NOTTINGHAM (PLAINS).—Div. C., Lady Dowson.
 NOTTS, SOUTH-WEST.—Div. C., Mrs. Salmund.
 DALE.—Dist. C., Miss B. E. Tutin.
 EPPERSTONE.—Dist. C., Miss S. Dowson.

OXFORDSHIRE.
 COUNTY SECRETARY.—Mrs. Ryman-Hall, The Hermitage, Hook Norton, Banbury.
 COUNTY OLD GUIDE RECORDER.—Mrs. Sanderson, Radcot House, Clanfield, Oxford.

RESIGNATION.
 COUNTY SECRETARY.—Miss V. M. Barnes.

SOMERSET.
 PORTISHEAD.—Dist. C., Miss P. Reynolds, Darley Dell, Down Road, Portishead.
 KEYNSHAM.—Dist. C., Mrs. Hebert.

STAFFORDSHIRE.
 BLOXWICH.—Dist. C., Miss C. M. Beebe, Fernhurst, Belvedere Road, Walsall.
 FORSBROOK.—Dist. C., Miss A. Philips, The Heath House, Tean, Stoke-on-Trent.
 STAFFORD.—Div. C., The Hon. Mrs. Fitzherbert.

SUFFOLK.
COUNTY OLD GUIDE RECORDER.—Mrs. G. Abbott, 61, Euston Square, London, S.W.1.
BURY ST. EDMUNDS.—Dist. C., Mrs. W. H. Byss, Ribby Cottage, Ribby, Bury St. Edmunds.

RESIGNATIONS.
BURY ST. EDMUNDS.—Dist. C., Mrs. Hon. Helen Townley-O'Hagan.
YOXFORD.—Dist. C., Lady Hainthine.

SURREY.
LOTH HILL.—Div. C., Miss M. Hindley, Dutch House, Holmwood.
KAY.—Dist. C., Mrs. Houghton.

RESIGNATIONS.
COUNTY OLD GUIDE RECORDER.—The Lady Rachel Egerton, Trecomans, Horsted Keynes.
WEST ST. LEONARDS.—Dist. C., Miss I. Fairman, 55, Alexandra Road, St. Leonards-on-Sea.

RESIGNATIONS.
DOWN.—Dist. C., Mrs. Booth.
EAST HASTINGS.—Dist. C., Miss I. Fairman.
WEST HASTINGS.—Dist. C., Miss B. S. Healey.
WEST ST. LEONARDS.—Dist. C., Miss E. Garnett.

RESIGNATIONS.
NAVINGTON, No. 1.—Dist. C., Miss I. M. Thomas, 219, Gadsby Street, Aitlieborough, Navigation.
AMBLESIDE.—Dist. C., Mrs. T. T. Macan, Gillbank, Hawkshead, Ambleside.

RESIGNATIONS.
AMBLESIDE.—Dist. C., Mrs. Renton.
WILTSHIRE.
MARKLBOROUGH.—Dist. C., Miss P. M. Clark, Overton, Marlborough.
MELKSHAM.—Dist. C., Miss I. Usher, Snod.

RESIGNATIONS.
MARKLBOROUGH.—Dist. C., Miss M. E. Giffard.
MELKSHAM.—Dist. C., Mrs. Bennett.
WORCESTERSHIRE.
HALESOWEN.—Dist. C., Mrs. Mather.
MARTLEY.—Dist. C., Mrs. Sporekley.

RESIGNATIONS.
YORKSHIRE—EAST RIDING.
HULL NORTH.—Dist. C., Miss G. M. Daunton, 123, Etherington Road, Beverley High Road, Hull.
HULL—SOUTH-WEST.—Dist. C., Miss G. I. Bridges, 126, Victoria Avenue, Hull.

RESIGNATIONS.
HULL NORTH.—Dist. C., Miss M. Groves.
YORKSHIRE—NORTH RIDING.
MASHAM.—Dist. C., Miss Curzon-Howe, Clifton Castle, Ripon.

RESIGNATIONS.
MASHAM & TANFIELD.—Dist. C., Mrs. Arton.
YORKSHIRE—WEST RIDING NORTH.
 Please note that Bradford Division has been divided as follows:—

EAST.—Div. C., Mrs. Shipley, St. Chad's Vicarage, Toller Lane, Bradford. Containing the Districts of Bradford East, Bradford East Central, and Bradford South. Commissioners as before.
BRADFORD WEST.—Div. C., Mrs. G. Priestman, 546, Toller Lane, Bradford, containing the Districts of:—
BRADFORD CENTRAL, HEATON and HORTON (formerly Bradford West).—Commissioners as before.

RESIGNATIONS.
ASSISTANT COUNTY SECRETARY (FINANCE).—Miss D. Elliston.
BRADFORD.—Div. C., Miss E. M. Brigg.
BRADFORD.—Asst. Div. C., Mrs. G. Priestman.

RESIGNATIONS.
YORKSHIRE—WEST RIDING SOUTH.
HUDDERSFIELD, EAST CENTRAL.—Dist. C., Mrs. W. E. Thompson, The Crescent, Paddock, Huddersfield.
HUDDERSFIELD—NORTH-WEST.—Dist. C., Mrs. R. Woodcock, Atholl, Birkby Road, Huddersfield.
WAKEFIELD WEST.—Dist. C., Mrs. Murray, Ashleigh, Horbury, nr. Wakefield.

RESIGNATIONS.
GOOLE.—Dist. C., Miss E. Lumley.
HUDDERSFIELD—NORTH-WEST.—Dist. C., Miss J. R. Crowther.
WAKEFIELD WEST.—Dist. C., Miss H. Ramsay.

WALES.
CARDIGANSHIRE.
NORTH.—Div. C., Mrs. Guthkelch.
CARNARVONSHIRE.
RESIGNATIONS.
ABER.—Dist. C., Mrs. Lloyd.
BLAENAU FESTINIOG.—Dist. C., Miss J. E. Lloyd-Jones.

RESIGNATIONS.
MONMOUTHSHIRE.
CALDICOT.—Dist. C., Miss M. Vaughan-Hughes.

RESIGNATIONS.
SCOTLAND.
ARGYLL.
OBAN.—Dist. C., Miss C. H. E. MacDougall of MacDougall, Duhollie, Oban.

RESIGNATIONS.
OBAN.—Dist. C., Mrs. MacArthur.
BERWICKSHIRE.
EAST.—Div. C., Mrs. Mitchell Innes, Whitehall, Chirside.

RESIGNATIONS.
EAST.—Div. C., The Lady Muriel Barclay-Harvey.
CLACKMANNANSHIRE.
RESIGNATIONS.
COUNTY COMMISSIONER.—The Countess of Mar and Kellie.

RESIGNATIONS.
DUMFRIESSHIRE.
COUNTY COMMISSIONER.—Mrs. Maxwell Macdonald, Carlesgill Lodge, Langholm.

RESIGNATIONS.
COUNTY COMMISSIONER.—Lady Milne Home.
TORTHORWALD and DISTRICT.—Div. C., Mrs. Reid.

DUNBARTONSHIRE.
EAST.—Div. C., Mrs. Byss, Tergart, Bho High, Milngavie by Glasgow.
KIRKINTILLOCH.—Dist. C., Miss E. Ogilvie, Blythton, Kirkintilloch.
VALE OF LEVEN.—Dist. C., Mrs. B. Robertson, Bothinney, Leask, by Glasgow.

RESIGNATIONS.
KIRKINTILLOCH.—Dist. C., Mrs. J. Cadogan.
LEWIS.—Dist. C., Miss M. St. Rose.
VALE OF LEVEN.—Dist. C., Miss J. Christie.

CITY OF EDINBURGH.
HOLYROOD.—Dist. C., Miss A. M. B. Carr, 5, Edinon Street, Edinburgh.
KING'S PARK.—Dist. C., Miss D. Bradford, 9, Dalrymple Street, Edinburgh.
NEITHER BOW.—Dist. C., Miss B. A. Birnie, 14, Heriot Row, Edinburgh.

RESIGNATIONS.
HOLYROOD.—Dist. C., Miss M. A. Mathew.
KING'S PARK.—Dist. C., Miss A. M. B. Carr.
NEITHER BOW.—Dist. C., Miss D. Bradford.

CITY OF GLASGOW.
RESIGNATIONS.
NO. 8 (NORTH DIVISION).—Dist. C., Miss G. Ewing.
LANARKSHIRE.
WIBRAW.—Div. C., Mrs. J. C. Stewart, Mordostoun Castle, Newmains.

RESIGNATIONS.
WIBRAW.—Div. C., Miss Livingstone.
NAIRNSHIRE.
COUNTY SECRETARY.—Mrs. C. H. Wallace, Edinglass, Nairn.

RESIGNATIONS.
STIRLINGSHIRE.
NORTHERN.—Asst. Div. C., Mrs. Barber-Fleming, Jecerra, Stirling.
STIRLING BURGH, EAST.—Dist. C., Mrs. K. M. Young, 24, Victoria Place, Stirling.

ULSTER.
CO. DOWN.
DOWN SOUTH.—Dist. C., Miss M. O'Brien Charlot, Marathon, Killeel.

RESIGNATIONS.
CHANNEL ISLANDS.
GUERNSEY.
ISLAND BADGE SECRETARY.—Miss M. G. D. Ross, "Grand-Port," St. Sampsons, Guernsey.

RESIGNATIONS.
ISLAND BADGE SECRETARY.—Mrs. R. Scott.
ISLE OF MAN.
 Please note that Eastern No. 1 and 2 Districts have amalgamated, and will in future be known as EASTERN.

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NORTHERN RHODESIA.
COLONY SECRETARY.—Mrs. Forester, P.O. Box 32, Lusaka.

RESIGNATIONS.
COLONY SECRETARY.—Mrs. A. L. Bagshawe.
SUDAN.
SECRETARY.—Mrs. Robbie, P.O. Box 169, Khartoum.

RESIGNATIONS.
SECRETARY.—Mrs. Atkinson.
TANGANYIKA.
RESIGNATIONS.
DAR-ES-SALAAM.—Dist. C., Mrs. Sayers.

RESIGNATIONS.
UGANDA.
PROTECTORATE COMMISSIONER.—Mrs. A. O. Jenkins, c/o Deputy Resident, Kampala.

RESIGNATIONS.
PROTECTORATE COMMISSIONER.—Mrs. Place.
BERMUDA.
 Please note that Hamilton and Devonshire District is now known as EASTERN. — Dist. C., Miss M. E. Tucker, as before.
 Paget District is now known as CENTRAL. — Dist. C., Mrs. W. C. Denny, as before.

BRITISH WEST INDIES.
TRINIDAD.
NORTH-WEST PORT-OF-SPAIN.—Dist. C., Mrs. Gonsalves, 3, Pomme-Rose Avenue, Cascade, Port-of-Spain.

RESIGNATIONS.
SOUTH.—Div. C., Miss M. C. Pemberton.
NORTH-WEST PORT-OF-SPAIN.—Dist. C., Mrs. Dow.

RESIGNATIONS.
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