

Cheshire Smile

The Quarterly Magazine of the Cheshire Homes
(founded by Group Captain L. Cheshire, V.C.)

Vol. 4, No. 4.

Winter, 1958-1959



“ Dispatching the Magazine ”

Special Feature—
Family Day Report



ONE SHILLING

The Cheshire Foundation Homes for the Sick

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(*Telephone:* GROsvenor 2665)

LIST OF HOMES

England

Le Court, Liss, Hants.
St. Teresa's, Long Rock, Penzance, Cornwall.
St. Cecilia's, Sundridge Avenue, Bromley, Kent.
St. Bridget's, The Street, East Preston, West Sussex.
Amphill Park House, near Bedford.
Staunton Harold, Ashby-de-la-Zouch, Leicestershire.
Alne Hall, Alne, York.
White Windows, Sowerby Bridge, Halifax, Yorkshire.
Hovenden House, Fleet, Spalding, Lincolnshire.
Miraflores, 154, Worple Road, Wimbledon, London, S.W.20.
(rehabilitation of ex-mental patients)
Seven Rivers, Great Bromley, Colchester, Essex.
Honresfeld, Blackstone Edge Road, Littleborough, Rochdale, Lancs.
Hawthorn Lodge, Hawthorn Road, Dorchester, Dorset.
(for mentally handicapped children)
Greathouse, Kington Langley, Chippenham, Wilts.

India

Bethlehem House, near Vinayalaya, Andheri, Bombay.
Shanti Rani House, 13, Upper Strand Road, Serampore, West Bengal.
Govind Bhawan, 16, Pritam Road, Dehra Dun, U.P.
Vrishanti House, Katpadi Township, near Vellore, South India.
Rustomji P. Patel Cheshire Home, Sundernagar, Jamshedpur.
Banarsidas Chandiwala Swasthya Sadan, Kalkaji, New Delhi.

Malaya

Tana Merah, Nicoll Drive, Changi, Singapore.
Office: 10b, Chulia Street, Singapore.

THE CHESHIRE SMILE

Vol. 4., No. 4.

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"G.C."

THE GROUP CAPTAIN

Contributions to *The Cheshire Smile* are invited from all readers, and should reach the Editor by the first of the month preceding that of publication. Opinions put forward in individual articles do not necessarily represent the official view of the Cheshire Foundation Trust, but it is our aim to encourage free expression of ideas.

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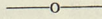
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FAMILY DAY

A Most Satisfactory Exchange of Ideas

St. Cecilia's, Bromley, had the honour this year of being the Home selected for the annual gathering of the Cheshire Family. In all, approximately 110 guests sat down to luncheon in the large marquee, and for once the weather was on its very best behaviour. Only three of the fifteen homes in this country were not represented. We had many visitors from overseas, including India, the Lebanon and Nigeria, all of whom were in some way connected with existing Homes or Homes in the process of being established.

Unfortunately Lord Denning, Chairman of the Cheshire Foundation Homes, was unable to attend, though Lady Denning was present. From Headquarters came a number of the Trustees, and, of course, the Group Captain. One of the guests, about whom many of you will already have heard or read, was Miss Sue Ryder, who has for so long worked among ex-concentration camp victims and who has been a frequent visitor to our Homes. The Group Captain in his talk which opened the formal part of the programme, referred to the need for expanding the work of the Homes, and in particular of international expansion. The urgent need for the work in Europe was graphically described by Miss Sue Ryder in her talk which followed.

After lunch there was a discussion between Dr. Stafford-Clark, the well-known psychiatrist and television broadcaster, and Dr. Farrell, who has recently joined the Cheshire organisation as adviser, and who is himself a chronic invalid. The discussion was arranged in order to help and guide members from the various Homes in the best way of caring for the chronic disabled and very great benefit was derived from this most interesting discussion.

The latter half of the afternoon of Family Day was devoted to discussions in sub-committee on matters of welfare, finance, appeals, etc. and we were very fortunate in having with us a senior Welfare Officer from the London County Council and a senior Officer from the Treasurer's Department of the Kent County Council to advise us.

G.C.'s Speech

Group Captain Cheshire, in his opening speech at Family Day, first spoke of his friendship with Mr. Worthington (Chairman of the Management Committee, St. Cecilia's). He related how "Bob" wanted to start a Home, how he found a house and formed a Committee "whilst I was still in a sick bed at Midhurst," and so started St. Cecilia's. "In fact, this was a turning-point in my work. I found I could start a Home merely by saying 'All right'."

Now, on this the fourth Family Day, the day of the year when representatives from all the Homes meet together, we find a world-wide organisation. "Every Home is represented here, except Singapore—and their absence is not by intent." He noticed a very strong contin-

gent from Bombay, which led him to recall the story of the Bombay Home and especially the much talked-about pantomimes. "All that is only a symbol of what goes on in each and every one of the Homes."

He went on to talk about objectives. "Whenever we get a request for help—a genuine request—we must not turn away from it. That is the principle on which we have tried to work. Yet, of course, it has been impossible to put it into practice to the full. We still turn away one application a day. In England, there is always somewhere else for these to go—even if it is only an institution. But in other countries they have literally nowhere to go."

"We are learning that it is not enough to give people shelter; we must give them an opportunity to live their own lives. This is so with everyone, but with the disabled the problem is complicated." He mentioned some of these complications and referred to speeches that were to come later from Dr. Stafford-Clark and Dr. Farrell on how to help the disabled through them.

Next came a review of the year. We have started two homes for the rehabilitation of the mentally handicapped and one for mentally handicapped children. These were pilot schemes that would be followed by others elsewhere. Then there was the international expansion. There might soon be a Home in the Lebanon, probably two in Nigeria, and perhaps another in Syria. Dr. Zakaria, who has been actively concerned with building up a modern hospital in Syria, came to this country, in fact to St. Cecilia's, and now he wants to start a Syrian Cheshire Home run in conjunction with his own hospital.

Then G.C. came nearer home, to Europe, and especially to Poland. It was Mrs. Stevinson, the wife of the Warden at Le Court, who had said to him a year ago, "You must start a Home in Poland." Investigations were made and much thought was given as to how this could be done and who should do it. "We decided to ask Sue Ryder, who had been working with displaced persons mainly in Germany since the war. She agreed, and in May drove over to Poland. She disappeared for two and a half weeks, and emerged, having engineered a meeting with the Polish Ministry of Health, who had welcomed the idea.

G.C. spoke of his own visit to Poland, when on 3rd September, accompanying Sue Ryder, the whole project was discussed with officials of the Ministry of Health in Warsaw. "We are in great need in Poland," they said. An agreement was signed for two Homes to be opened, the land being given by the Polish Ministry. One would be for crippled children and the other for the chronic sick. The Homes would be managed by a Committee mainly appointed by the Polish authorities, but with two members appointed by the Ryder-Cheshire organisation.

So he came to the first public announcement of the new Foundation—the Ryder-Cheshire Homes—for the disabled and distressed people on both sides of the "Iron Curtain". He thanked Sue Ryder for her devoted labours. "Those who know Sue can't help being infected by the way she goes about her work. In joining with her we have gained a new inspiration and a new drive."

It was hoped to open the first of these Polish Homes in November. Prefabricated huts were being sent out, and these had to be equipped. "We need every thing, from pots and pans to beds and medical supplies." He appealed to everyone for help.

G.C. ended his speech by speaking about the fundamental solidarity of disabled people the world over. And as a means of linking such people together in many countries he foresaw great possibilities in the scheme recently started at St. Teresa's in Cornwall of developing a Cheshire radio link, with a station for transmitting as well as receiving in each Home.

Miss Sue Ryder

Sue Ryder, having briefly declared what a great privilege and a pleasure it was to be present at Family Day, launched into an account of her work with refugees, which fascinated her audience. We don't realise even now the size of the problem, she said. There is a great temptation to shut our eyes to the war and its aftermath, to what went on in concentration camps. "Take one camp alone, Auschwitz. Human beings, ordinary people like you and I, were ruthlessly destroyed at the rate of thousands per day." These things must not happen again.

She sketched the story of the refugee problem in Europe since the war and how it had been dealt with, the early faults and mistakes, the arrival of Commissions and their later withdrawal leaving a "hard core" of displaced persons who remain "the unwanted people of the world." These people, our forgotten allies, are "sitting in the waiting room," as one of them said, waiting for something to come along.

Some people ask why we don't leave the whole problem to governments and the United Nations. They say "This is not a job for individuals and groups. Government help is much more effective." Yet government action does not answer all problems. We know that very well in England with the Welfare State. It has always been through individuals, she declared, that real good has been achieved, and she illustrated by mentioning the names of Nansen, in the first World War, and of Count Bernadotte, in the last war.

"Where there is human suffering and need, nothing should stop us going in to help. There are no frontiers to suffering. We have greater opportunities now than ever before and perhaps more understanding."

Dr. D. Stafford-Clark

Miss C. E. Morris introduced the two doctors who would speak on the problems of disabled people. "I feel," she said, "that rehabilitation is such a new subject that we must do a lot of hard thinking about it; there will have to be much trial and error. We need a great deal more knowledge lightened by imagination." She could not imagine anyone better qualified to speak than the two medical men she was introducing whom many of us knew already through the TV programme on which they appeared.

Dr. Stafford-Clark started by talking about the TV programme and about what it had meant to him to co-operate with "Ginger" Farrell. "We wanted, perhaps more than anything else, to convey that to be disabled is a tragedy often not so much because of what you can't do but because of what people won't let you do and won't help you to do." The greatest suffering comes not from actual pain and physical handicap but from not being allowed to give what you have to offer. The way to help people is to find out what they have to give and help them give it. Even a patient's gratitude is something given not earned.

"No man is an island," he quoted, and the greatest tragedy for anyone is to be isolated in spirit from one's fellows and to feel unwanted. There is no one who hasn't something to offer; no one who can't do something for others. In fact, the vital question we can ask of anyone is—"Does he want to do something for others?"

G.C., when he started these Homes, knew very well that what people need is to be needed. He saw that it is not what one is taking but what one is giving that makes life worth living. People do want to give and not always to be helped. You must accept not only their need for you, but also their need to do something. The "don't bother, dearie—leave it to us" attitude may seem the easiest course. But in that way we often crush those whom we seek to help.

He then spoke of life in the Homes and of the things that disabled people find most difficult, and offered some suggestions as to how to rise above their difficulties and disabilities. It should be noted that patients in such communities were particularly sensitive to disharmonies amongst the staff. It was like children being cast into fear and depression when father and mother quarrel; the latter have something to learn from the children.

Dr. R. H. Farrell

He spoke of his friendship with John Handscomb, the treasurer of the Cheshire Foundation Trust, a friendship, which later, whilst convalescing at Penzance, led him to visit St. Teresa's.

"Everyone who visits a Cheshire Home and sees the patients is impressed. There is such a wonderful atmosphere. It always moves me to compassion and to a compulsive feeling that I've got to help." He ranged over the different sorts and conditions of patients in the various Homes. The young, with the rest of their lives to look forward to, are comparatively resilient. But the elderly were more complicated. They were affected in three ways; they suffered from a disease, they were beset by all the disabilities that the elderly are heir to, and they were lonely with, in the main, nowhere else to go. "Indeed, many had been dragged out of a back-room somewhere." He stressed the importance of allowing these people to lead their own lives. "And you must not think that those who sit around all day are necessarily mental."

Addressing himself to staff and administrations in the Homes, he said, "Your job is to provide for the patients as natural a life as possible

compatible with their disabilities." The staff must be dependable because the patients depend on them so much. They must learn how to adapt themselves to the needs and peculiarities of each patient. "You know that your own everyday routine is a very personal thing: each of us does things in our own individual way. Just so, you must always ask the patient how he wants something done. A standardisation of nursing operations on the "moving belt" principle is disastrous, soul-destroying. Yet there must be routine to some extent; we all desire it. And none more so than the disabled. Living in such a community they come to depend on the right thing happening at the right time. If it doesn't, they get frightened—"Am I forgotten?" "Is everything all right?"

He detailed the sort of jobs that patients could do. "In a normal family everyone, from the youngest to the oldest, has a responsible job to do. It is terribly important that you should follow the same principle in these Cheshire families. You must show patients that you depend on them.

"The staff should really be aware of how necessary it is that the atmosphere in the Home is a happy one. One can take for granted that all the staff are well-meaning, but that is not enough. There has to be some knowledge and experience and adaptability. The staff of the Cheshire Homes—the volunteers, the untrained attendants and the fully-trained nurses—have not always formed a harmonious working team. Sometimes there are upsets and difficulties, and of course the patients instantly reflect these upsets. They may be quiet about such disharmonies for fear of getting out of favour. But they are fully conscious of the tensions—and it certainly doesn't add to their happiness."

Dr. Farrell next turned to the function of the patients' committees in the Homes. In his opinion, they are a necessary part of the life of each community. They are the means by which the views of all the patients can be channelled through to the administration. The complaints and suggestions of any one of the residents can be put forward, and presented, by the patients' committee to the management, presented perhaps anonymously so that the particular person concerned shall have no fear of being victimised. These autonomous committees can and do arrange all kinds of entertainments, outings, crafts and hobbies. There is no reason at all why these welfare schemes for the patients should not be laid on by themselves. Of course, adequate behind-the-scenes cover should be provided by the administration, who must be kept informed of what is going on.

Finally, he touched on physiotherapy and occupational therapy, both of which, he said, were essential when the Homes were properly established. Physiotherapy was provided not of course to cure, but to give the patients—at least, as many as would respond—a modicum more control over limbs, etc. In the Cheshire Homes we have seen many examples of remarkable progress in this direction, of patients being able to do things they haven't done for years. It means great

satisfaction to the patient and does help to relieve the staff. He finished by contrasting the type of occupational therapy we are accustomed to in hospitals, which is tied up with the physical rehabilitation of patients, with the O.T. we need in our Homes, in which the emphasis is much less on physical rehabilitation than on the development of the whole person.

A MEMORABLE DAY FOR ME

by Miss A. D'Souza, from the Cheshire Homes, India

The day couldn't have been called by any better name I think, and how I came to be included in the "Cheshire" Family, I am still trying to discover. However, it was with no little trepidation that I wended my way to St. Cecilia's on Friday, the 26th. I felt an intruder, and the route was unfamiliar, but as soon as the train got into Elmstead Woods Station, I somehow got involved in the family. I found myself with three other ladies all bound for the same destination, and we were soon ushered into a taxi labelled St. Cecilia's, and before we knew where we were we had arrived. As we entered, I involuntarily fell into the rear, as each of the other ladies was expected as coming from one or other of the Cheshire Homes. Dare I enter? Would I be in the way? But soon, I was being told that there was a badge for me, and from then on I became, as it were, one of the family. If, being an ardent admirer of the work being done in these Homes, a sincere well-wisher of their progress and success, and being prepared to help in whatever little way I can when called upon, counts for anything, then I may say I was justified in being mistaken for part of that huge family. To Miss Mason and Group Captain Cheshire I owe my invitation to this lovely reunion, and I would like, through this paper, to tell them how honoured and privileged I consider myself to be.

That day will always stand out in my memory—the warm, sunny, bright atmosphere which surrounded everything and everyone, actually and metaphorically. I can't express my feelings very well, but as Dr. Stafford-Clark stated so very well in his speech, everybody there—the organisers, the speakers, the participants, the patients—had something to give, and I am sure that each one who was there received what he got with humble gratitude. As a visitor from far-away India, I shall take back with me very happy memories of that day.

LE COURTIERS VISIT ST. CECILIA'S

Derrick Feltell of Le Court reports:—

"Brian Line and I were chosen by our fellow residents to represent Le Courtiers at the Family Day gathering.

Bromley is about two hours away by car, so our Warden picked us up early in order to get there in good time. To reach St. Cecilia's we had to drive right into the town, which was the first difference to strike us, as compared with Le Court.

There were masses of people about when we arrived, all of them eager to help us out of the car and into the house. Once inside, we were introduced to so many people that individually they became a blur. Fortunately name tags were issued to be worn in the lapels.

From the hall we followed the stream of visitors into the sitting-room, which extends the full width of the house. We were then led through large french windows on to the lawn at the rear. A large marquee took up most of the view and a good deal of the lawn. In one half of it V.I.P.s were assembling; the other half was reserved for lunches. From the lawn where we lazed a while we had a very good view of the new wing, which I personally admired very much. I was struck especially by the gaily coloured window-boxes.

Upon deciding to explore the new wing we found it built very much on the lines we are familiar with at Le Court, in so far as there are rooms for one, two or four beds. The colour scheme is also much as we know here, with perhaps even more emphasis on glass and light. A great improvement we noticed were the sliding doors to the lavatories, which moved with the slightest touch and allow easy access for wheelchairs.

After lunch, which we found excellent, we wandered around talking to as many of the residents as we could. One of the live wires is someone already introduced to *The Cheshire Smile* readers, having been profiled last year. This is Andy Banks, who runs the shop, assisted by the W.V.S.—a shop consisting of a sideboard in an alcove at which Andy sits all day, serving customers, answering the phone, even, we believe, eating his meals there. Dave, an ex-cabinet maker, directed us to the O.T. Dept., which he is striving to build up. They hope to expand it into a workshop when tools are found.

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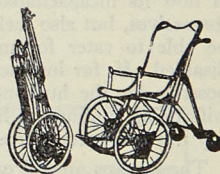
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NEWS IN BRIEF

Congratulations to the G.C. who attained his 41st birthday on 7th September.

The response to our appeal in the last issue concerning the organising of the Cheshire International Leprosy Fund has been most disappointing. The Group Captain has started the Fund to help the thousands of burnt-out lepers in many parts of the world who have nowhere to go—despite all that is being done for leprosy in its acute forms today. The need is urgent. Please write to us if you can help in any way at all.

Many readers, who are also ITV viewers, will have seen G.C. and Mgr. Vernon Johnson on Sunday, 28th September, in a special feature programme on St. Theresa of Lisieux.

In South Wales a Committee is just about to be formed and will be preparing for the first Cheshire Home in the principality. A house is being sought—in the Swansea area at present. The B.B.C. tele-recording of Le Court life is now being taken round South Wales—Cardiff, Swansea, Porthcawl, etc. Another cheque for just over £470 came in from Cardiff University in October, making nearly £2,000 in all.

The London *Evening News* had a news-item recently about what it called the Group Captain's "second ten-year-plan." Amongst the projected schemes mentioned was G.C.'s hoped-for establishment of village-communities for the disabled, possibly grouped around some of the existing Homes. "These villages could be almost self-supporting," G.C. told the reporter, "and perhaps we can show the world the miracle of how its incapacitated from various causes can not only fend for themselves, but also feel as happy as possible." These villages would be able to cater for married couples with one partner chronically disabled. If, for instance, the wife were the sick partner it would be possible for the husband to continue going out to work without his wife being confined to hospital. She could be looked after during the day until he came home in the evening.

These plans are, of course, unformed as yet.

Quite a number of readers have suggested that a special inset might well be inserted in the magazine by each Home for local sales. One of our friends writes that *The Cheshire Smile* is going from "resounding strength to resounding strength—pari passu with the Homes themselves," but because we have become so pan-Cheshire Foundation there is not nearly enough room for all the local chatty items of day-

to-day news, parochial family jokes, etc. Hence the need for a local inset by each Home.

Readers may be interested in a Charter for the Physically Disabled which has been put forward by The Physically Disabled People's League. A pamphlet of particulars can be obtained from the Secretary of the P.D.P.L., Miss Joyce Dean, 8 Albion Road, Hounslow, Middx.

A revolutionary development in the invalid tricycle world (gleaned from the pages of the ITA "*Magic Carpet*"), which will be of interest to many Cheshire Home residents, is the introduction of a new Harper machine with automatic transmission. There is just a throttle and a brake; no clutch or gear lever. Acceleration and deceleration are so smooth that it is almost uncanny, and it is difficult to tell when gear is being changed. This new process has been evolved by the Stanley Engineering Company. *The Magic Carpet* forecasts that its introduction will cause quite a ripple, even outside invalid tricycle circles.

ENDURANCE TEST

A report in the newspapers of a speech by the St. George's Hospital (London) Matron will have brought back many memories to some minds. She said the day for the patients in many hospitals had become a sort of test of endurance. "A study of the present pattern of the patients' day would in many cases show that, far from meeting the needs of the patients, it was designed to meet the needs of other people . . . One of the great dangers of the National Health Service today is that the professional interests of people employed in it may triumph over the interest of those they are created to serve." As president of the Association of Hospital Matrons she was speaking to a week-end school at Oxford.

AN IDEAL GIFT

What about a gift-token subscription to the magazine for your friends and relations, so that they too can have The Cheshire Smile for a year? Post a remittance for 6s., and we will send a gift-token for you to fill up and forward to whoever you wish to give the present.

TIGER, TIGER . . .

by Louis Battye

The first of a series of articles on the possibility of integrating the various organisations that exist to promote the welfare or protect the interests of disabled people.

I once read a sad little story by William Saroyan which bore the resounding title, *The Barber whose Uncle had his Head Bitten off by a Circus Tiger*. The barber's uncle earned his living in a circus by placing his head between the jaws of a tiger, which he had trained to open its mouth and keep it open until he had removed his head. The tiger and the barber's uncle were the best of friends, but one day something happened. The tiger closed its mouth, with the barber's uncle's head still inside. And that was that.

It has sometimes struck me that we handicapped people are rather in the same predicament. There are so many tigers about, and no section of society is in such danger from them as ourselves. Of course, they appear in various forms and guises. There is the tiger of our disability, the tiger of helplessness, the tiger of pain, the tiger of loneliness. Those are the big ferocious ones. But there are also several smaller but still dangerous beasts, like self-pity, bureaucracy (medical and otherwise), idleness, stupidity and ignorance, some of which are found in ourselves, some in other people.

A couple of examples of the last two tigers spring to my mind. One was the opposition of sixteen local residents to the proposal to found a home for spastic children at Bexhill-on-Sea, Sussex, earlier this year. The presence of the spastics, they said, would "lower the tone of the place." However, thanks to the representations of a number of well-known people, including Vera Lynn and Frank Woolley, they eventually relented. After all, we all have to make sacrifices, haven't we?

Less easy to laugh off was the rather horrible incident reported in *The Magic Carpet* about two years ago. A number of guests at a holiday camp protested at the arrival of a party of handicapped people and demanded that they shouldn't be allowed to stay. The leader of the protesters held that "these cripples" shouldn't mix with normal people: "they should be shut up in homes." (!) To his eternal credit, the camp manager refused, and the moronic malcontents walked out.

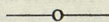
Disgusting as the latter example is, it is not typical, thank God, and at least we know where we are when faced with that kind of thing. To my mind it is the less obviously malevolent tigers that are, if anything, the more dangerous. They appear so friendly, so tame. They open their mouths obligingly and we place our heads inside. For a time all goes well. Then one day—snap! Of course they don't mean us any harm. The self-pity we may give way to is a comfort at first, but it ends by destroying our wills, if not our souls. The National Health Service wants to do its best for us, but all too often that best is to "solve" our problem by incarcerating us in a chronic ward. These

tigers are not to be blamed: like Annie Oakley, they're just doin' what comes naturallee.

The thing is, we must stop putting our heads in their mouths, or, if we must, take them out before the jaws snap shut. But to do this we need knowledge, strength and unity, among other things. True, there are plenty of organisations for promoting the welfare and protecting the interests of the disabled: the National Spastics' Society, the Infantile Paralysis Fellowship, and societies for those suffering from disseminated sclerosis, muscular dystrophy, and so on; the Invalid Tricycle Association; and the many regional societies and clubs in various parts of the country. The trouble is that all these bodies are separate, dealing as a rule with only their own particular disease or disability, section of the public, or local area. This is natural enough, yet we all have something in common, our needs and problems so often coincide.

If only we could get together more to discuss our mutual problems, exchange information and to a certain extent confront our tigers together instead of separately. Why not a National Federation of all these bodies, meeting in an Annual Congress? While not denying the work of the National Association for the Paralysed and the Central Council for the Care of Cripples in collecting, collating and issuing information, much more could be done. And I can't help feeling that because of its peculiarly independent position the Cheshire Movement could take a leading part in promoting this unity. At least I think it's well worth considering.

Let's go on safari together. Who knows what we might bag.



IDEAS AND POSSIBILITIES

by a resident at Le Court

A group at Le Court (consisting of disabled residents, staff and friends) is much concerned with, and has been discussing, the whole subject of rehabilitation of the severely disabled, embracing not only physical (where it is at all possible), but quite as much, psychological and spiritual rehabilitation. It has been our desire to relate this to our life here at Le Court. And in order to help us in our corporate effort to work out a detailed statement of the purposes and principles of the Cheshire Homes—which we think is urgently needed—we have been trying to make contact with experts in various relevant spheres. We would also like to get into touch with anyone else, inside as well as outside the Cheshire Homes who may have views on the subject to offer.

Apart from this process of "thinking things out", we have been developing in another direction. Many of us consider that we ought to be able to find more interesting and rewarding work to do than we have had up to now. So we have been writing to a number of organisations in a search for new crafts that are imaginative and satisfying, and

also some kind of factory outwork—all of which must be within our powers. Furthermore, we are wondering how much these powers can be increased with the aid of special tools and gadgets.

The Disabled Resettlement Officer in Portsmouth and the Secretary of the Portsmouth Chamber of Commerce are doing all they can to help us. Through them, a news-item appeared recently in *The Hampshire Telegraph and Post*, as follows :—

Light Work Wanted for Patients.

Eight patients at the Cheshire Foundation Home for the Sick at Le Court, near Petersfield, are seeking light work. The sort of thing they want is assembly or packing of goods, but it must not be too delicate.

The Home's Warden (Cdr. O. S. Stevinson) told a reporter that for about a year the group had been busy making up cardboard boxes and packing sweets for a Greatham firm. Now the firm had discontinued this line and the eight patients were anxious to obtain other employment.

Appealing to any firms in the area which might be interested, Cdr. Stevinson says that these patients because of their disabilities are unable to handle intricate or delicate jobs—"but they will be conscientious with any work that does come within their scope." More important still was the feeling of doing something useful and the independence they gained from being employed.

We have had no success yet with outwork but it is always difficult to persuade manufacturers that the disabled can turn out a good job providing the work is suitable. There is also the difficulty that Le Court unlike some of the other Cheshire Homes, is rather far away from any large industrial area.

We feel that the Cheshire Homes are possibly in a unique position to make a contribution to the general problem of helping very badly disabled people live full lives, and develop some of the potentialities that even the able-bodied seldom make use of. You know it has been said that people are like icebergs with only a fifth of their capacities above the surface. Surely, we have the ideal environment to develop such capacities.

IMITATION

G.C. after visiting Greathouse, near Chippenham, told a *Wiltshire News* reporter—"Please tell the public that the staff have done an outstanding job; it has all fallen on their shoulders."

Addressing G.C. the reporter commented—"I think they would say, Group Captain, that they are just modelling themselves on the Cheshire Homes' founder."

Invalids Create Extra Risks at Cinemas

Leslie S. D. Wells

*Reprinted by kind permission of the Editor of the "Municipal Journal"
and of Mrs. Wells*

Disabled persons attending public entertainments could, in an emergency, be a danger to others by hampering their rapid escape. Nevertheless, it would be unthinkable if the disabled were barred from the interest and recreation afforded by licensed entertainments.

For many years some authorities have considered granting conditional applications on behalf of invalids and disabled persons according to the degree of incapacity and the nature of the premises so far as potential risks to audiences were concerned. It was not until the formulation of the Cinematograph (Safety) Regulations 1955, however, that the subject was considered in relation to the cinema—the form of entertainment generally sought by invalids.

Modern cinemas are, perhaps, better adapted to the needs of disabled persons than some of the older cinemas but where buildings are unsuitable it might be dangerous to recommend permission for the few with risks to the many.

The clause in the regulations relating to disabled people specifies persons sitting in auditoriums in their invalid chairs; but the explanatory official handbook on safety recommendations interprets the regulation to include those who can leave their chairs and occupy ordinary seats.

The handbook recommends that able-bodied persons should always be nearby "who know where the chairs are." It would seem to imply that the onus is on the cinema staff to see "that the invalid is taken safely out of the auditorium in the event of an emergency," and, further, that "the staff should be specially instructed to this effect."

It is usual for the staff of a cinema—or other place of entertainment—to have specific duties in an emergency to ensure the rapid departure of the audience and the avoidance of congestion. It is possible that in getting the disabled to safety, the staff might be prevented from helping other members of the public.

For this reason it would be better if managements advised those in charge of disabled people that they are responsible for getting their invalids to safety in an emergency. Such a provision could be made a condition of admittance.

There are degrees of infirmity which could not, with safety, be considered in a general scheme of admission; for example, a person who would need to be carried into the auditorium. It would obviously be undesirable for such an invalid to occupy a seat in the auditorium. Applications for admission to a theatre or similar building might, however, be considered, the invalid being accommodated in a box

before admission of the public and being asked to remain until the audience has left.

In such a case a box with a direct exit to the street is to be preferred. It should be made clear to the applicant that in an emergency there could be no guarantee that a member of the staff would be able to assist in removing the invalid to safety.

It is undesirable to admit invalids at busy times, such as evening, Saturday, Sunday and Bank Holiday shows. The personal attendant should sit next to semi-ambulant invalids, and in the case of the non-ambulant, they should occupy a seat close to the wheel-chair which should be stationed as near to exits as possible. In no circumstances should they be permitted where they are likely to cause obstruction.

It is not regarded as safe to allow the wheel-chairs of the semi-ambulant to be placed in gangways or to allow the wheel-chairs of the non-ambulant to be stationed in gangways leading to exits. Nor is it safe to seat semi-ambulant persons far from exits. The objective to be aimed at is to have the disabled in such positions that, in emergency, they could promptly be taken to safety. For this reason it is not desirable to place them where steps have to be negotiated.

It is good practice for places of entertainment to be considered on their merits, so that a schedule can be prepared by the authority and issued to each licensee, showing the number of invalids in each category who can be admitted and giving a definite indication as to the arrangements made for them.

Where premises are unsuitable for admission of the disabled, licensees should be informed officially. It would be useful for local authorities to have lists of those premises where disabled persons can be entertained so that applicants refused admission to one building could be advised of another where they could be accommodated.

It should be made clear to licensees that these schedules do not prejudice their discretionary powers. The number of disabled admitted at any one time should be left to them entirely, the only directive being in the determination of suitable positions for the invalids and their wheel-chairs. There are few people in show business who are not sympathetic towards their less fortunate brethren, and it has been found that licensees and managements generally are most co-operative both in the admission of invalids and in complying with official requirements; and that they welcome the directives of licensing authorities as to when, how and where the invalids can be accommodated.

UISGE BÉATA

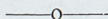
(which is Gaelic for "whisky")

"Dear Frank,

"Now that I have time to think again after my hectic six days in Lourdes, I must tell you of an amusing incident which happened when a party of Irish pilgrims were returning. One of the party—an elderly

lady—was being questioned at the Customs as regards her purchases. Several religious objects were produced and finally the harassed Custom's official asked "What's this?" indicating a bottle in the corner of her suitcase. "Oh, that's Lourdes water," she promptly replied, whereupon he removed the cork and took a long sniff. "H'm," said he, "Lourdes water is it? First time I've ever got it with that odour." And giving it to her to smell he declared firmly "It's whisky." She sniffed, and looking up to heaven she clasped the bottle in her hands and said, "Oh glory be to God—a miracle!"

Mary O'Leary



AT ALNE HALL



Patients on the new terrace

(By courtesy of The Yorkshire Evening Press)



ANNUAL OUTING

(The Le Court outing to Hayling Island in June.)

The rain was falling steadily when Matron asked at breakfast whether we should carry on with the plan to go to Hayling Island that day. A few hands went up, and then more, till there were twenty-three optimists voting in favour. And for once the British weather justified our optimism, because by the time we crossed the toll bridge from the mainland the sun was shining from a clear sky, and it was only as we were packing into the coaches to come home that clouds began to pile up again.

Packing was the right word too, or at any rate it was for the coach with wheel chairs arranged in two lines astern. On the outward journey there had been a good deal of manoeuvring to fit them all in, the two coach drivers—who were extremely helpful all day—and the staff lashing and unlashng, chocking and unchocking. Creamline Coaches of Bordon had very generously given us the use of the coaches for the day, as they did last year.

The journeys to and fro were a pleasure in themselves, the countryside heavy with summer, the colours predominantly green, lightened with cream of elder flowers and white of goutweed and the occasional brilliance of June gardens. We went by Stansted Forest, where we drew on to the grass verge for our picnic lunch, sandwiches and cakes and apples washed down with fizzy drinks, and came back on the Portsmouth road. Roadside advertisements get curiouser and curiouser; one in Hayling recommended "Nest Fresh Eggs from Happy Hens."

When we arrived we were met by kind helpers from the Red Cross and Toc H. Indeed the whole time we spent there was warmed and enriched by the kindness shown us by everyone, the staff and helpers

who came with us; the proprietors of the Grotto Restaurant, Mr. and Mrs. Dawkins, who provided a lavish tea in the garden; and the people in the fun fair, who let us have extra long rides on the dodgem cars and gave us prizes for *not* getting the right numbers at the side shows.

The fun fair was an even more compelling attraction than the beach, and has added a new chapter to the legends of Le Court. Harry shut his eyes tight when he started going up on the Big Wheel, but he found it wasn't as terrifying as he'd thought, and opened them in time to see the view from the top. Francis was so busy steering a dodgem car in figures of eight he collided violently with another car, and to Pat's astonishment disappeared from sight under the bonnet. One of our young men was discovered engrossed in the picture postcards of fat women and underdressed blondes, but Mrs. Timms said it was all right because the worst ones were on the top row and he couldn't see that high from his chair.

We returned home laden with plaster statuettes, sticks of rock, straw hats, jellied eels . . . (Edith brought some candy floss for Laurie, who was ill in bed, but alas, it shrank and congealed a little more with every mile). We were tired and happy and we'd had a wonderful time.

KAVANAGH

The Le Court house cat

A photograph of the white cat with black facings born of poor but dishonest parents who provided the inspiration for our cover emblem. We can assure his admirers that he could still get a meal where the average person—even the average cat—would starve.



You are a philosopher, Dr. Johnson. I have tried to be a philosopher; but I don't know how, cheerfulness was always breaking in.

O. Edwards.



A STAMP CLUB FOR THE CHESHIRE HOMES

by Edwin Hand

It has been suggested that we should form a Stamp Club for all the Cheshire Homes. This would have to be mainly by post of course. And the lines on which I am thinking are that we should exchange our

duplicates by the club sending out a parcel of stamps which it has accumulated, to each of its members four times a year.

This person would then take out what he requires and post on to the next member those stamps which are left, together with an equal number of "swops."

The set of three stamps illustrated at the top are from the central American state of Nicaragua. This 1945 issue commemorates the late President Roosevelt, himself an invalid and probably the world's most well-known stamp collector. This merely serves to show what an ideal hobby stamp collecting is for us disabled people, whereby one can see the world without leaving one's wheelchair.

The other set of stamps portrayed come for another central American country, the "banana republic" of Costa Rica. These stamps commemorate the Central American Football Championship of 1935. Needless to say, this was won by Costa Rica!

To revert to the Cheshire Stamp Club, it is proposed that we make the subscription 2s. a year to cover the postal expenses. Other activities which the club could organise eventually, are stamp competitions between the various Cheshire Homes and also philatelic display exhibitions. Will any Smilers who would like me to pursue the idea please get in touch with Edwin Hand, c/o Greathouse, Kington Langley, Chippenham, Wilts, and perhaps let me know of any other stamp activities they would like the club to run.

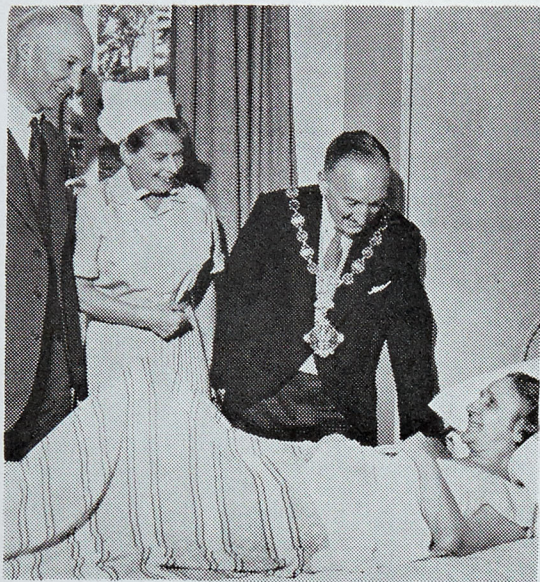


Now stir the fire, and close the shutters fast,
 Let fall the curtains, wheel the sofa round,
 And while the bubbling and loud-hissing urn
 Throws up a steady column, and the cups
 That cheer but not inebriate, wait on each,
 So let us welcome peaceful ev'ning in.

W. Cowper.



A view of the New Wing at St. Cecilia's (Reproduced by permission of St. Cecilia's and E. C. Waters and Son, Ltd., Chislehurst, Kent.



At St. Cecilia's, Lord Justice Denning, the Matron (Miss Leonard) and the Mayor of Bromley (Cllr. G. W. Brown), chat with Mrs. Shergold (60), on Opening Day.

(Reproduced by courtesy of *The West Kent Mercury*)

THANK YOU, SEVEN RIVERS !

The North East Essex Multiple Sclerosis Branch owes a deep debt of gratitude to the Seven Rivers Home at Great Bromley, Essex. One of our problems is to find a suitable home where our more mobile members can have a few weeks holiday. The staff at Seven Rivers have offered us this accommodation for three of our men.

Such holidays have been much appreciated and thoroughly enjoyed. Links of friendship have been forged, which is not surprising as the atmosphere there is a particularly happy one.

Winifred P. Barrett,
(Chairman, N.E. Essex M.S. Branch)

THE INVALID TRICYCLE ASSOCIATION
Annual Rally, held this year at Silverstone, in July



A general view of the Rally



During one of the heats in the potato-sticking race
(Photos reproduced by kind permission of *The Magic Carpet*)



Members of I.V.S. check draining maps on the site of the new Cheshire Home at Ferguson Common, Penn, Wolverhampton, where they have been preparing the site for the building.

(Reproduced by courtesy of *Express and Star*, Wolverhampton)

A WHEELCHAIR — WITH A DIFFERENCE!

Our attention has recently been drawn to a wheelchair which is proving a great boon to disabled users. The patentee is Councillor Potter, himself disabled and chair-bound. It is designed, not so much for a chronic invalid but rather for a disabled person who wishes to lead as normal a life as possible. The main feature of this chair is its over-all width which is only twenty inches. It can thus carry its user through the space required for the able-bodied to walk and opens up many places denied to the users of other wider chairs. In spite of its narrow dimensions, it offers eighteen inches of seating space sufficient for the biggest—and heaviest—user. Illustrated folder will be sent on request. English inquiries to STANLEY COX, LTD., 93-94 NEW CAVENDISH STREET, LONDON, W.1. Scotland: WILLIAM MILLIKIN, 92-94 HANOVER STREET, EDINBURGH, 2. Ireland: POTTER INVALID APPLIANCES LTD., COLLEGE CHAMBERS, DUN LAOGHAIRE, DUBLIN. If writing state "POTTER" chair.—(Advt.)

NEWS FROM THE HOMES

Official news and informal gossip sent in by the various administrations as well as by the resident patients themselves.



G.C. on a recent visit to White Windows speaking to Marjorie Lewis.

(Reproduced by courtesy of *The Halifax Courier and Guardian*)

ST. CECILIA'S, Sundridge Avenue, Bromley, Kent

Family Day—Friday, 26th September

A full report of the events and the speeches will be found on pp. 5-11

Opening Day—Saturday, 27th September

On the day following Family Day we invited all our friends to be present for the opening of the new extension to St. Cecilia's by the Rt. Hon. the Lord Denning, P.C. We were very glad that Lady Denning was able to accompany Lord Denning on this occasion. We had the pleasure of seeing some 500 of our supporters present, among whom were the Mayor and Mayoress of Bromley, the Mayors and Mayoresses of Beckenham and Dartford, the Mayor of Bexley, and the Chairmen and their wives of the Urban District Councils of Orpington and Crayford. It was very much regretted that the Chairman of the Urban District Council of Chislehurst and Sidcup could not be present due to illness. He was particularly missed as one whom we know at St. Cecilia's and who has visited us on many occasions.

Before formally accepting the key to the extension from the Architect, Mr. G. B. Drewitt, Lord Denning said: "This has all been made possible by voluntary service." He said: "The good example that you all show here in helping others can not only spread a touch of humanity throughout the Welfare State, but throughout the whole world. Here," he concluded, "the people of Kent are proving that the spirit of service which has been handed down to us through the generations still lives on."

Lord Denning was introduced by our Chairman, Mr. R. S. Worthington, who emphasised that the extension was the result of a combined effort involving literally thousands of people.

Our Founder, Group Captain Cheshire, in his speech thanking Lord Denning for opening the Home, referred to the common bond of sympathy for people in distress which was apparent throughout the different parts of the world in which he had travelled. He believed absolutely that by helping others, people were contributing something to the peace of the world. In conclusion Group Captain Cheshire said: "What you do here has its repercussions far beyond the boundary walls of this house. It can truthfully be said that repercussions are felt everywhere in the world."

We feel that two happy days could not have ended on a more appropriate or more sincere note.

Other St. Cecilia's News

Now that the extension is opened and Family Day is over, we shall be able to give considerably more attention to the welfare and entertainment of our patients, and when the occupational therapy room has been properly equipped we look forward to catering for every one of the more active ones.

We all enjoyed having Dr. Farrell back with us for a fortnight's stay,

and just before he was due to return to Staunton Harold he, together with Tommy Danino (one of our new permanent residents), made a two-day pilgrimage to Lourdes. This was Tommy's first trip in an aircraft and we fear he is no enthusiast. Dr. Farrell, an ex-fighter pilot would, no doubt, have preferred something less staid than an air liner.

Peter continues to persuade his chickens to produce the goods, and it would not be right to omit mention of David Floom (another of our more recent arrivals) who looks like being a super-salesman. Andy's shop, on the other hand, has the appearance of a well-established family business—which of course it is.

Sister Macdonald, who had been our Matron through a great part of the rebuilding and general upheaval, left us to get married on the 16th September, and we all wish her much happiness in the future. We are indeed grateful to her for all her hard work at St. Cecilia's.

We were most fortunate in securing the services of Miss G. G. Goodchild as our new Matron. Miss Goodchild has had a very distinguished nursing career and has sacrificed much to come to us after eleven years as Matron of The Christie Hospital and Holt Radium Institute, Manchester. She has been interested in the Cheshire Homes for some considerable time and she has visited many of them. We know Miss Goodchild is going to bring great happiness to St. Cecilia's.

To celebrate the completion of the new wing and to mark the official opening, we have produced a very attractive illustrated brochure. This booklet gives a full account of St. Cecilia's from the time that 32 Sundridge Avenue was acquired by the Group Captain in May, 1954 right up to the present day. Much as we should like to present a free copy to each one of our friends, we fear that the high cost of printing makes this impracticable. We do hope, however, that you will make a special point of either asking or sending for one. They are obtainable from the Secretary and the price is 1s. 6d.

A very simple plaque now hangs in the new wing showing the names of many firms and individuals who have helped by giving material or advice. Apart from the invaluable advice received, the material given towards the new wing well exceeds £3,000. This wonderful help has not only enabled us to reach a much higher standard of comfort than was originally thought possible, but it has helped us, despite the extras we decided to incorporate as the work progressed, to keep within the original budgetted cost of £21,000. None of this money have we had to obtain from the central Trust.

Our Friends will be interested to know that in the evening after the Opening Ceremony an offer was made of a gift of £5,000 to be used specifically either in further expansion of St. Cecilia's or towards the starting of a London Home. It was made by the donors in recognition of what had been achieved at St. Cecilia's by our many hundreds of supporters. We hope to give you further news of this magnificent gift and the use to which it is to be put in the next number.

LE COURT, Liss, Hants

The Le Court Film Unit has started to make a new film about life in (and out of) the Home, as the previous one is now out of date in many ways. We have obtained 2,000 ft. of colour film through the kind offices of a friend of Le Court, Mr. Rolph, who is raising the money by organising dances and whist drives in Liphook and Petersfield. Of course, colour adds enormously to the effectiveness of the film, and it was quite exciting running through the first two finished reels the other day. One of them was taken at the Farnborough Air Show. We are looking forward to seeing the third reel, when it is finished and processed, for the never-to-be-forgotten sight of Neville (director, producer and technical adviser) rocking and rolling at the September party.

That party—to celebrate the fourth anniversary of moving into the new building—was the best we have ever had. Our guests were members of the Management Committee and their families, and some of the innumerable “slaves” who do so much for us too. It’s difficult to say just what made it such a success, but the splendid food prepared by Matron and Mrs. Barnett and their helpers; the games organised by Michael O’Shea and his helpers; and the band (not to mention plenty of beer and cider cup) all played a big part. Two of the high spots of the evening were certainly Sir Ernest Gower’s amusing speech when he cut the outsize birthday cake, and the finish of the musical chairs between the Commander pushing Johnny “Ray” and Tom pushing Iris.

Flying by BEA Viscount to Jersey was a dream-come-true for Len Pepperell who, we suspect, knows more about aircraft than G.C. himself. He was taken for a fortnight’s holiday by Thorva James who has just left Le Court after spending two years working with us.

Eight of our residents—including Matron—have been to Lourdes this year—three by Cheshire Air Lift.

We are very fortunate in having acquired the services of Mr. F. Brakewell, a practised artist, for our art class. The class has been encouraged recently because four of their pictures were accepted in the Alton Art Exhibition.

WHITE WINDOWS, Sowerby Bridge, Halifax, Yorks.

October—and the leaves are turning golden, russet, amber, ochre and similar shades. Very pretty they look, too. In the garden the Michaelmas daisies are in full bloom and there are still a few brave roses in flower, too proud to lie down and die. Here at White Windows the central heating is on, the winter series of fortnightly film shows has begun, and in an amazingly short time tempus will have fugited and Christmas will be upon us like a ton of bricks.

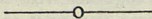
After a summer that almost never was, apart from a generally bright and gracious September, winter is decidedly in the offing. But we don't curl up and hibernate during the long, cold months. True, we can no longer sit outside much now—except for a few hardy characters—but there is lots to do indoors. Those of us who are able do some kind of work or occupational therapy. For instance, Florence Haken is making a tapestry firescreen; she also does dress-making and other needlework. George Craven paints pictures on glass. Frank Grady has an outbuilding fitted up as a carpentry workshop in which he makes light tables and that kind of thing. Grace Wright and Anne Clegg do embroidery. Marjorie Lewis makes delightful little pictures in gros-point, Tony Kellett brooches and other jewellery, George ("Flash") Speed, lampshades, Sammy Gardner, rugs, Jeffrey Kilding, stools and Harry Wildman, purses and other leathercraft. And Mary Whittaker renders valuable service in the kitchen.

Apart from this rather impressive catalogue of creative indoor activity, many of us have hobbies and other recreations: Jeffery Kilding is an enthusiastic Senior Scout, Florence and Grace are members of the Halifax Co-operative Choir, Keith Scott is a great expert on radio, "Flash" plays the mouth-organ, Eric Thomas is straining every nerve (including ours) to master the guitar, and Stanley Ackroyd continues the great work to which his life is dedicated—personal research into the licensed houses of Great Britain.

So there is plenty doing at White Windows.

Before ending this report, I must mention two recent events. One was the coach trip to Blackpool Illuminations on 2nd October. It was a beautiful evening apart from two sharp showers on the outskirts of Blackpool, which didn't wet us anyway. We drove along the promenade in both directions so that everybody could get a good view of the lights. It was just five minutes past twelve when we arrived home. Verdict: a successful and enjoyable trip.

The second event was the visit of Group Captain Cheshire who stayed with us from the 6th to the 8th of October. To those of us who had never previously met him, the visit was a particular pleasure. We had heard so much about his modesty, kindness and charm. Needless to say, we were not disappointed, and it was with real sadness that we said goodbye to him. It is with keen anticipation that we look forward to his next visit. We only hope that he considered White Windows not unworthy of his ideals.



HOVENDEN HOUSE, Fleet, Spalding, Lincs.

A Successful First Year

At the annual meeting of the management committee a successful first year's working was reported by the Chairman, Mrs. A. H. Clark, who had been unanimously elected in June to succeed her late husband.

A tribute was paid to Capt. A. H. Clark whose passing was greatly deplored.

The chairman said that through the kind support of many individuals and organisations the major alterations and installations had been carried out. Spalding Rotary Club, and others, raised £2,100 for the lift. Special thanks were accorded to Mr. L. H. Bates for advice and help in connection with structural alterations and the installation of the lift. Towards the improvement of the sanitation a generous gift of £750 had been received from a local trust, all floors and stairs had been covered with special hygienic covering, and the papering and painting of many of the rooms had been done by volunteers.

The number of patients at the end of October was twenty-four, and this would be increased to twenty-seven when the room on the top floor was ready. Priority was still being given, where possible, to Lincolnshire patients.

The first Matron, Mrs. Hampshire, had left in August. She had had a difficult task in starting the home from scratch, and their thanks were due to her, and to her husband who was a patient in the home. Also to Sister A. Harrison, who had acted as Sister-in-Charge for two months after Mrs. Hampshire's departure.

Miss K. Walker has been appointed Matron and took up her duties in October, together with an additional qualified nurse. Thanks were due to all the staff who had endured much inconvenience during the alterations. They should also be grateful to the garden staff of two for the care they had given to the lovely outdoor surroundings.

The amount raised by the Fête in the summer was £500, and next year's Fête had been fixed for Saturday, 4th July.

The treasurer's report, presented by Col. G. A. Grounds, showed an excess of receipts over expenses of £1,235. Donations and other gifts amounted to £4,162, and patients' fees to £2,021. Col. Grounds hoped that everyone would continue their support, and pointed out that if each village in Lincolnshire raised £5 a year they would be in a sound position.

Thanks were accorded to a party of boys from the Borstal Home at Freiston, who had levelled the terrace to make it better for the use of patients.

Further items

Group Captain Cheshire, together with Miss Mason and Miss Ward from London, paid us a three day visit in October. During his stay "G.C." met a large number of local people and supporters. A very successful sherry party was held in the home. One of the patients, Joan Hutchins, presented "G.C." with a leather wallet made at Hovenden.

Lord and Lady St. Levan visited us on 8th October on behalf of the Trustees of the Foundation.

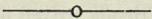
The British Legion Room is now completely finished and the five beds are occupied. This room was officially dedicated and handed over on Sunday, 21st September. The service was conducted by the Revd. C. Leslie Evans.

Isobella Roys paid a visit to Lourdes at the end of September, and returned with many enthusiastic stories of her experiences.

The Bowls Tournament mentioned in the Summer "C.S." had a very successful day, and a cheque for £36 has been received. Two perpetual silver cups have been given by local people to the Hovenden House Bowls Tournament Committee.

Through the Holland County Council, a home teacher now visits the home once a week to instruct and assist the patients with occupational therapy. We hope to develop this department in the future.

Many gifts have been received in recent months, for which we would like to say a big "Thank you."



SPOFFORTH HALL, near Harrogate, Yorkshire

A steering committee has been formed consisting of ten members, with the following officers: Chairman, Mr. R. H. Blackburn; Vice-Chairman, Mr. F. Darnbrough; Secretary, Mrs. W. C. Pike; and Treasurer, Mr. J. H. H. Whyte.

Progress continues with our "view days" on Sunday afternoons from 2 to 6 p.m. being well attended and great interest shown by all who take advantage of a pleasant few hours in the Hall and looking around the gardens. A Leeds coach firm is now bringing coach parties each Sunday.

Work has commenced to get all the kitchen arrangements in order so that when patients arrive there will be no difficulties in this important sphere.

We would quote the following from the *Hull Daily Mail* of 3rd September:—

Hull cripple ended his misery

"To me it seems incredible that in these days of the Welfare State and social services this crippled invalid should be allowed to live alone in such circumstances that he committed suicide to end the misery of his existence" commented the Hull City Coroner.

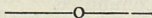
This poor man could only get about the house by hanging on to furniture and with the aid of two sticks. He was entirely dependent on the kindness of neighbours for any help. Cheshire Homes exist for just such people and it is up to us to see that they get help and are not driven to suicide. Our files already contain more applications than this Home can take, applications from West Riding people who are suffering and need help.

ALNE HALL, Alne, York

On the 6th September, our Open Day was held with Patients' Stalls selling Handicrafts, Sweets and varied Produce. It was well attended with a Band, Sideshows, Tea and Biscuits in evidence.

Boys from Ampleforth College have come to work in the House and Garden, and we give them our thanks for valuable service.

Group Captain Cheshire visited us for several days in mid-October, and we are sure our progress must have pleased him.



STAUNTON HAROLD HALL, Ashby-de-la-Zouch, Leics.

September 6th saw our big day of the year, Fête Day, and once more it was a great success. A net profit of £2,400 was made, £200 more than last year.

The morning dawned rather cloudy and there were many anxious glances upwards as all the Friends arrived to set up their stalls and do the 1001 things which must be done before a Fête as big as ours can even be opened. However, we needn't have worried, for once more the "Staunton Luck" held, and by 11.30 it was as obvious as it could possibly be in this climate of ours that we were in for a 'scorcher.'

When "G.C." opened the Fête at 2 o'clock, there were already several thousands of people there, and they continued to flow in all the afternoon. I have since heard the attendance figure given as 6,000, but if that was so, then it was the biggest 6,000 I have ever seen!!! A rather nice gesture at the opening ceremony, was presenting of a bouquet to the chairman of the Fête Committee, Mrs. Andrew Kerr, by 82-year-old Mr. F. C. Cooper, our oldest patient. Amongst the attractions of the afternoon were the band of the 3rd U.S.A.A.F., a mannequin parade, a display of vintage cars, the roasting of a whole ox—and a bar which was open from 1 p.m. until 10.30!!!

The following day, too, was one which the patients will remember, for we were privileged to spend "G.C.'s" birthday with him, and there was a very memorable ceremony in the afternoon, when all the staff and patients gathered in the dining-room to share with the Group-Captain a birthday cake specially made for him by Corah's, of Leicester, those great friends of Staunton, who make a point of sending a specially-made cake to all the patients on their birthdays, and who, on hearing that "G.C." was to spend his with us, decided that he, too, ought to be treated like the rest of the family. Speeches were again made by Mr. Cooper, on behalf of the patients, and the Group-Captain, who thanked everyone for the gift-token which had been presented to him by the staff and patients earlier in the day. A very pleasant half-hour ended with the patients trying in a small way to show their appreciation of all that "G.C." means to us by singing "For he's a Jolly Good Fellow."

T.M.G.

SEVEN RIVERS, Great Bromley, Colchester, Essex

We thank the many people in the East Anglian area for the help they have given us in the recent past. Especially to the Great Yarmouth group for running a gigantic raffle raising £650. To the Ipswich & Saxmundham Round Table groups for the balls they have organised. Colchester and Clacton group held a balloon race for our benefit, the winning balloon landing in West Germany. Arrangements for the installation of the lift have been made and we are hoping to see it erected by next spring. At the time of writing we are rather anxious to meet the new Matron, but we are very sorry that Miss Thomas is leaving us.

Len Hobden

CHESHIRE HOMES, INDIA

The Managing Trustee, Mr. L. J. Donnelly paid a visit to Delhi recently. Whilst there he went to see the Delhi Cheshire Home and discussed future plans with the local committee. He also met another Trustee, Brigadier Virendra Singh and talked over the latter's scheme for raising money on an over-all India basis.

Madras. Another new Home. The house at Covelong known as "De Monte's Bungalow" has been formally handed over to the Foundation by His Grace, the Archbishop of Madras. We hope it will not be long before the first patients are admitted.

Bombay. Soon, Bethlehem House will not be so alone in the middle of the jungle. A congregation of German Fathers are planning to build an Asharam near by.

There was a record breaking monsoon this year and the well which was completely dry is now full, plus the large tank which adjoins the buildings.

Jamshedpur. The new Matron, Mrs. Sharman, arrived in September.

Serampore. Congratulations to the Matron, Miss Theresa Lightwood, on her recent engagement.

Katpadi. A grant to the Home of 2,700 rupees has been sanctioned by the Government of Madras following an inspection by their Director of Medical Services. In addition, a grant of 3,000 rupees has been issued by the Central Social Welfare Board.

CHESHIRE HOUSE, Singapore

The London *Evening News* had a note recently about the Home at Changi, Seletar. Three R.A.F. personnel (including one Aircraftwoman) have given up ten days' leave for heavy work in a temperature of 90 degrees to work on an extension of the Home. The Singapore Home was built by R.A.F. and civilian volunteers, and has housed twelve patients, mostly Straits Chinese, for just a year. The matron is Mrs. Buck, wife of Corporal M. G. Buck, dispenser in the R.A.F. medical inspection room at Changi.

BACK TO LIFE

Reproduced by courtesy of *Time* magazine

"I got this far, honey. I'll get home yet," muttered Roy Campanella to his wife after his car overturned three months ago and landed him in a Long Island hospital with an injured spinal cord. The great Dodger catcher still has a long way to go. He is paralysed in all four limbs. Whether he will walk again, with or without braces and crutches, is still in doubt. But last week his doctors announced that they will soon move him to one of the few places in the world where anything can be done for him: the Institute of Physical Medicine and Rehabilitation at Manhattan's New York University—Bellevue Medical Centre.

Only ten years ago such patients as thirty-six-year-old Campanella had no hope of recovery. Today they can be saved by wonder drugs from the infections that once doomed them. And they can be brought back to productive lives. Reason: rehabilitation, which has grown spectacularly into an entire new "third phase" of medicine—after diagnosis and treatment. More than 2,230,000 disabled Americans, recovering from disease or accidents, sorely need its help in getting back to life. Most in need: paraplegics (both legs disabled), quadriplegics (both arms and legs) and hemiplegics (one side of the body). For them "rehab" is a stirring technique of hope, sweat and moral grit—and for the majority, it has worked.

What happens to quadriplegic Campanella at the Rehabilitation Institute is mostly up to him. First rule: "Paralysis is a way of life." To teach it—if he has the will to learn—the patient can count on a skilled team of therapists, psychiatrists, vocational counsellors, social workers, bracemakers and rehab's own special physicians, the physiatrists. They begin with a precise analysis of how much physical capability remains, seek out the spine level at which muscles are no longer connected with the brain. Where possible, points of spinal-cord compression have been relieved by neurosurgery; uncontrollable muscle spasms are lessened by various nerve-cutting operations. Once he knows his capacity, the patient is ready to develop it "from bed to job."

The challenge is grim. A person with no sensation in his legs or arms cannot even feel in those limbs the burn of an oven-hot radiator, the pain of a hard fall, the bed-sores that breed serious infection—all bad risks he must be alert to avoid. To stimulate circulation, avoid kidney stones and prevent his joints from locking and his bones from decalcifying, he must somehow rise to a standing position for at least an hour a day, a dizzy feat that is aided at first with a special tilt-table. The patient is also faced with the distressing fact that he cannot control his bladder and bowels. Though he is taught automatic control, the adult must put up with what embarrasses the child—he is going to wet his bed.

Copyright, Time Inc., 1958

The results are far from grim. Lying in bed or sitting in his wheelchair, the patient slowly gains strength with constant use of dumbbells and pushups. For those who can eventually stand in their braces, the secrets of confident balance are patiently learned with the aid of low parallel bars, usually under the eye of paraplegic teachers who have already learned. Laboriously, in a never-ending process sparked by the slogan "Keep Moving" they learn anew 137 separate daily activities, from tying shoelaces to driving a car and developing an employable skill. Their indomitable spirit awes their teachers. Says one therapist: "No All-American's 80 yard run can be compared with a quadriplegic's efforts to push a button through a buttonhole."

Rehab's huge post-war success is due to one man: Dr. Howard Rusk, 57, founder of the Institute, and the rehab apostle whose techniques are now duplicated in thirty-eight countries, from France to Korea. Until he was forty, Missouri-born Dr. Rusk was content with his quiet career as a St. Louis internist and instructor at Washington University School of Medicine. World War Two changed everything. At Missouri's Jefferson Barrack's Hospital, Army Air Corps, Major Rusk was appalled by a total lack of convalescent conditioning. When still shaky patients returned to active duty, they quickly slid back to hospital. Rusk soon got his convalescents into shape so successfully that the Air Corps put him in charge of a programme that spread to 253 hospitals and twelve rehab centres, was also adopted by the Army and Navy. With a Distinguished Service Medal for his work at the war's end, Colonel Rusk was "on fire" to do the same work for twenty million handicapped civilians.

Financier Bernard Baruch contributed money and encouragement. Publisher Arthur Hays Sulzberger of the New York Times caught fire too, gave Rusk a platform as an associate editor. The Doctor's bylined reports on the lack of civilian rehab facilities, plus a new medical professorship from New York University, ignited such philanthropists as the Bernard Gimbel's and the late Louis Horowitz, builder of Manhattan's Woolworth building. In 1951 the \$2,500,000 Institute opened its doors, has now trained more than 260 U.S. physicians and 3,000 therapists, plus teams from twenty-eight other countries. Still expanding, it will have beds for one hundred adults and 36 children by July, supervises 379 beds in nearby hospitals.

The surface of rehabilitation has really only been scratched. The U.S. now has only about 300 rehabilitation trained doctors, needs at least 9,300 more. Since the aged are especially vulnerable to disablement, rehab's job will grow as science stretches longevity. Most disabled people, who now cost the public some \$537 million annually, can be readily rehabilitated. Nearly 85% of rehabilitants return to work. In about three years, their income taxes alone match the public funds spent on them during disability.

Roy Campanella will have plenty of inspiring examples of a rehab axiom: if the patient wills it, nothing is too tough. Rusk's team techniques, 80% usable by individual doctors as well, have returned even

quadriplegics to busy lives. A Bolivian boy, born without legs or arms, now paints, plays, walks and attends school with artificial limbs. A leading Southern cotton broker, made quadriplegic in an auto accident, is back running his business twelve hours a day, even goes deer-hunting. In San Diego last week, a group of seven such people emplaned for a precedent-setting tour of Europe, their itinerary mapped by a new organisation called "Wings for the Disabled." A similar group of twenty will fly from New York to Europe next week. Says ebullient John W. Sharp, thirty, a San Diego polio victim who got the idea after wheelchairsing across Europe last summer: "Next year I'd like to see an African safari for the handicapped. I honestly think we could do it."

DR. RUSK HELPS NEW HORIZONS

The New Horizons group of disabled people in Connecticut, U.S.A., who, as *Cheshire Smile* readers will remember, aim to achieve a Community-Home "where severely disabled people can not only live dynamically, but can do some type of gainful work," have recently sought the help of Dr. Howard Rusk, the American specialist in rehabilitation theory.

He advised them against trying at first to build a sheltered home or estate from the ground up. The amount of capital needed for such a project is larger than they would be able to raise. He thought it would be of little use approaching the large charitable Foundations, e.g., Ford or Rockefeller. "I have tried unsuccessfully myself, and have even approached them with a pet project of my own, having concrete and detailed plans with me." He urged New Horizons to start more modestly, very much on the lines that the Cheshire Homes have been started in England and elsewhere.

So Joan Herman, the editor of *New Horizons*, the group magazine, writes:—

"Because of the success the Cheshire Foundation in England has had in renovating and using old estates for housing the handicapped; because of my conversations with Dr. Rusk; and because of my discussions with several of the Sponsors since (one of whom, having had a lot of experience in this direction, said she would help us to raise large funds), I now believe that we should take the road which leads to buying an estate, the road that Dr. Rusk has suggested we take."

There is a great deal of difference between the eager man who wants to read a book, and the tired man who wants a book to read.

—G. K. Chesterton.

I have found some of the best reasons I ever had for remaining at the bottom simply by looking at the men at the top.—F. M. Colby.

Reminiscences of Fleet Street

by Donald Campbell

(Our irrepresible correspondent at *Le Court* tells some more stories)

Fleet Street is actually a thoroughfare in London running between Aldwych at one end and Ludgate Circus at the other. But the "Street" is not merely a place; it is almost a condition. Some years ago, Sir Philip Gibbs, then on the staff of the *Daily Tribune* (now defunct), wrote an excellent novel about newspaper life, which he entitled "The Street of Adventure." It is worth reading even today.

In the side streets off the thoroughfare you will find the main offices of most of the national dailies, although one, *The Daily Telegraph*, is housed in Mestrovic's wonderful white stone building on the "Street" itself. Abutting on the street are the London offices of newspapers from all over the world.

Fleet Street and its environs on Saturday and Sunday nights, is full of out-of-town visitors besides its usual habitués who do not necessarily write for newspapers. Years ago, I used to know a very jolly old fellow with a thundering bass voice and, much to my surprise, he turned out to be a well-known professor of mathematics. In a well-known hostelry, I have drunk with a very popular duke, with a famous C.I.D. man, and a good many other varied characters.

You will only meet a small percentage of reporters and sub-editors. But you will rub shoulders with the advertising men, circulation men, copy boys and messenger boys galore, quite a number of bookmakers, a bevy of "sob sisters" (girl reporters who play on public sentiment) who are really hard-bitten girls, and any number of Public Relations Officers whom we used to call "press agents." There used to be more loyalty and good companionship among newspapermen in the old days before the first world-war, but I suppose the same applies everywhere.

Have you heard about the little girl who had been learning about the facts of life? With the terrible directness of childhood she asked her mother "Who is that dark man who comes and stays every weekend?" Her mother replied "That dear, is your father." He was a sub-editor. Some sub-editors, you know, toil from eventide late into the morning, and, as for reporters, well, no woman in her right senses should marry a reporter unless she is reconciled to his weird hours of work. But things today are much better than they used to be, when you always kept a bag packed, and sometimes were not given time to fetch it.

Fleet Street is a place of ghosts, mostly happy ghosts like the late G. K. Chesterton and his clever but lesser known brother, Cecil, Hilaire Belloc who in his later days resembled a typical John Bull despite his French blood, and great war correspondents like Bennett Birleigh and Melton Prior. There are also the shades of Dr. Johnson, and of Lord Northcliffe.

The effect of the latter on British newspapers has been enormous.

He promoted "stunts", abolished security of tenure, encouraged and financed newspaper combines, and practically did away with the long established "penny-a-liner" who sold his news-wares to all the papers at the flat rate of a penny a line. He certainly did away with the deadly dullness of our so-called respectable papers. He did much to bring the photographer into the "Street", and changed *The Daily Mirror* from a Woman's sheet into an up-to-date newspaper, which only went offensively into politics at the beginning of the second world war.

The agencies profited by the new state of affairs and rivalry between them was very keen. Reuter led the way with foreign affairs, but the Exchange Telegraph covered everything from Stock Exchange reports to Rugby Football. The Press Association was developing its wide and accurate coverage of Great Britain, while the Central News and London News Agency were very close on the heels of their opponents. Reuter's had an agreement with the Agence Harvas of France and the Associated Press of America, whereas the agency I was connected with, had an agreement with the Agence Fournier of France and the United Press of America. Some of my greatest friends were on the "opposition", but once we were on duty we forgot all about friendship and would do anything to get ahead of our professional rivals.

The funniest instance I know of fierce rivalry between friends was when a Scots reporter found his telephone put out of order by his greatest friend, an Irishman. Nursing his wrath, the Scot bided his time until the next big story they covered together. Then he sidled up to a plain-clothes detective in the crowd and whispered that he had just seen a man who greatly resembled a well-known pickpocket, gesturing towards the Irishman. The detective promptly "knocked off" the Irishman for questioning. Later, the Scot bailed him out. I heard what the Irishman said to the Scot when he was released. It could not be reproduced in print, except by a row of asterisks, even in a journal of advanced tendencies like *The Cheshire Smile*.

During my life-time a new accuracy has sprung up in the British press. Everything has to be confirmed. Do you know Humbert Wolfe's famous tilt at the work of the news-gatherer, which begins :—

" You cannot hope to bribe and twist
(God help us all) the British journalist. . . ."

Although I remember a good friend of mine, Bill Titterton, once wrote that the tragedy of British journalism was that a man did not sell his soul to the devil, he just gave it away.

Lord Northcliffe undoubtedly did a great deal to improve the conditions of work and even the social status of newspapermen. He paid his own well, even generously, and set his face against the excessive drinking which was a hall-mark of the old Fleet Street. Of course, newspapermen still like their liquor; some still drink quite a lot. I made it a rule never to drink when working and never to let drink get the upperhand of me. Believe me, it often tries to, and in a very insidious manner. Whilst on the subject of drink, I can't forbear to say how

sorry we all are at the disappearance of Anderton's Hotel, one of the landmarks of "The Street."

Well, Fleet Street is the home of good stories, even though the Stock Exchange vaunts its claim to the title. So let me end by telling you one. It's about a good friend of mine who was in his day a well-known columnist. One evening, in a famous hostelry, he imbibed too well, and going out, bemused, he sought a taxi. He chose the best car in sight and was informed, more in sorrow than in anger, by the uniformed chauffeur, "Can't you see sir, this is a private car. It belongs to Mr. —, the American millionaire." My friend, who did not believe in millionaires, muttered a few uncomplimentary remarks, and chartered the next car in the line. He told the very affable driver where to go and when he arrived home he handed the man half-a-crown, with strict instructions not to spend it on drink. Next day, my friend, his normal sober self, returned to the hostelry. To his astonishment, he came face to face with his driver of the night before, who approached, offered him a coin, and with a cheerful grin, said "Your half-crown, I believe." My friend had not recognised the previous evening that his chauffeur was none other than Seamark, the author, whom my friend had originally discovered.

FIRST INTERNATIONAL HOLIDAY CAMP AND RALLY FOR THE DISABLED IN GREAT BRITAIN

by Frederic Morena, O.B.E.

(*Founder of the Infantile Paralysis Fellowship*)

For years past our disabled friends all over the Continent had been urging us to organise a holiday camp for the physically handicapped in Great Britain, but not until this year did we succeed in its realisation. We formed a small working committee in October of last year, and much thought and hard work was needed to achieve our object.

And so, on 5th August, 1958, we welcomed nearly sixty disabled friends and their able-bodied escorts from seven different countries: France, Belgium, Switzerland, Holland, Norway, Tunisia and, of course from our own country. We were fortunate in finding an ideal camp for our purpose, namely Grange Farm Centre, a camping and recreational site comprising 107 acres at Chigwell, Essex, with two swimming pools and dormitory accommodation. A separate dining-cum-assembly hall was allotted to us, and the camp authorities did everything in their power to make the stay of our visitors agreeable. If only the Clerk of the Weather had also co-operated everything would have been perfect.

On Wednesday, 6th August, we had the official opening and civic reception with our President, Sir Donald Allen, O.B.E., M.C., in the chair and the Chairman of the Urban District Council, Cllr. Halford, bidding our campers welcome. There was a representative gathering of people interested in social welfare and a number of distinguished guests, such as the Bishop of Barking and the Military Attaché of the Belgian Embassy.

The London County Council gave us a Reception and Tea at County Hall, when the Chairman and Vice-Chairman of the Council received us. We had a sightseeing tour of London and two other coach excursions; one to Canterbury, when we took tea in the Cloisters and had a French-speaking guide to take us over the wonderful Cathedral, and another to Windsor, where our coaches were permitted to go right up into the Castle and where our campers were shown not only the State Apartments, but also a number of other apartments not usually open to visitors.

Nearly every day and every evening we had a different entertainment for our visitors; we had a camp fire and a torchlight procession of Scottish pipers and dancers and a Scottish dancing display; there was a gymkhana by the children of the Essex Pony Club; a concert by a Welsh male choir; a jazz session by the Smoke City Jazzmen; a square dancing exhibition and an orchestral concert by a Mandoline, Guitar and Banjo Band,—never a dull moment for the whole of the ten days!

Our campers voted this International Camp the best holiday they had ever experienced, and although a large proportion of our guests were very severely disabled and chairborne, they went everywhere with us and saw everything, proving, if proof were needed, that handicapped people can take their full share in life in all its facets and that disablement need be no bar to enjoyment.

In July, 1959, there will be an International Holiday Camp in Switzerland, when, in all probability, a British contingent will be organised.

SUE RYDER'S RELIEF WORK

"But Some There Be" by A. J. Forrest (Robert Hale, 18/-)

This book is the story of one young English-woman's phenomenal achievements, performed largely single-handed and in the face of continuous obstructions, official and otherwise, to give aid to the deprived, destitute and victimised peoples of Europe. During the last fourteen years she has worked tirelessly for these people—rarely less than twenty hours a day. Many, thus aided, have survived tortures and torments unparalleled in man's history. Some of their almost unbelievable experiences are recorded in this book. But shining over all is the story of Sue Ryder's devotion to their cause—a devotion equal to, and now happily linked with, that of Leonard Cheshire, with the inauguration of the Ryder-Cheshire Homes.

THE ORIGIN OF THE HOMES

In May 1948 Group-Captain Cheshire came across an old man dying of cancer whom no one wanted and who was about to be discharged from hospital. After trying very hard to find somewhere else for him to go, but without success, he took him into his own house and nursed him until he died. In the course of doing this he discovered others who were in much the same situation, and took them in too, turning the house into a home for the incurably sick.

This was the beginning of a mission for the relief of suffering which, thanks to the help and support of a great many people the world over, has expanded ever since, so that there are now fourteen Cheshire Homes in England and six recently established in India, as well as one in Singapore.

BASIC PRINCIPLES

1. The Homes have developed and expanded, not according to a pre-conceived plan, but as opportunity or need has presented itself, and normally in some premises for which no one else could find a use.
2. They care for the incurable and homeless sick—those for whom the hospitals can do nothing further and who have nowhere else to go.
3. They are run as homes rather than hospitals, for their function is not to administer curative or surgical treatment. Thus they offer the affection and freedom of family life, the patients being encouraged to take whatever part they can in the day-to-day running of the house.
4. They are undenominational. Patients are admitted according to need, irrespective of race, creed or social status, all being asked to live together as one family.

ORGANISATION

The management of each home is vested in a committee, chosen to be as representative as possible of the local community. Thus the homes fit naturally into the framework of their surroundings and the patients have a sense of belonging to the area.

There is a central Trust known as THE CHESHIRE FOUNDATION HOMES FOR THE SICK TRUST. This Trust, which is a registered charity, presides over the homes, owns all the property and acts as a guarantor to the public that the individual homes are being properly managed and in conformity with the general aims of the Cheshire Homes. The Trustees, who are specialists within their own subjects, are for the most part public figures—and all, of course, unpaid. A similar Trust has been established to control the homes in India.

FINANCE

The Homes are privately, not State, owned and run, having no capital behind them and being largely dependent on voluntary help and subscriptions. Although precautions are taken to see that those patients who are in a position to contribute towards their maintenance do so, no one is turned away because of inability to pay. Thanks to the co-operation of local health authorities, Benevolent Funds, etc., grants are forthcoming for the majority of the patients, leaving a substantial amount of the daily maintenance costs to be found by the individual Homes, which, once established, are expected to be self-supporting.