

# DAWIN

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## Our Cover

Matron Hiscocks (right) went to Cootamundra Girls Training Home on three-months duty in 1945, but her visit lasted 22 years. With her is Coral Edwards, whom Matron has treated as her own daughter for the past 15 years. This picture was taken late in March, on Matron's retirement after 50 years in the N.S.W. Public Service, when they left their long-time home (see story page 1).

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## HER 3-MONTHS VISIT LASTED 22 YEARS

Matron E. A. C. Hiscocks, M.B.E., went to Cootamundra Girls Training Home on three-months duty in 1945, and late last March on her retirement duty 22 years later she was still there. She completed 50 years' service as a teacher/matron and Matron mainly with Aboriginal children in many parts of New South Wales.

Matron is an outstanding woman held in high regard by the people of Cootamundra for her work with the Aboriginal girls of the Welfare Board's training home.

*Matron was close to tears while several of "her" girls presented her with bouquets of flowers. In her 22 years at the Home she has been mother to about 250 girls. Many of them, now with families of their own, have returned to see her again, and last birthday she received more than 30 cards from her "old-girls".*

A surprise party at the Home on her retirement was attended by church and shire representatives, principals of primary and high schools, and other prominent people of Cootamundra. Also present were Mr J. R. Henderson, secretary of the Aborigines Welfare Board, and Mr J. A. Pettitt, Federal M.P. for Hume, who, like the others, greatly praised Matron for her outstanding service.

She was embarrassed by the just praise, and close to tears as some of "her" girls presented her with bouquets of flowers.

### Overcame Difficulties

Matron Hiscocks spoke to *Cootamundra Herald* reporter Darryl Fazzio and said that she had a difficult time when she first came to Cootamundra in getting children from the Home accepted into schools.

She had to teach them herself, but in 1950 she was told by the headmaster of the public school to send all her children to the school.

Now, 16 girls go to the high school and four to the primary; ten girls work in the district and have given good service to their employers.

She paid tribute to the many organizations which had helped the Home. "I only had to mention something I wanted for the girls and the Home, and one or more organizations would help," Matron said.

In her 22 years at the Home, Matron has been mother to about 250 girls. Many of them, now with families of their own, have returned to see her again, and last birthday she received more than 30 cards from her "old-girls".

### Career

Matron Hiscocks began her career as a school-teacher at Burren Junction, and went to Coonamble in 1918. Her next appointment was as teacher/matron of Aboriginal children at Pilliga school in 1922.

She moved to Lismore in 1923, and was appointed teacher/matron of the Aboriginal school at Dunoon.

From there she moved to Walhallow (matron, 1925), and Cumeroogunga (matron, 1926) near Moama, on the Murray River.

In 1930 she went back to Lismore as teacher/matron, and in 1935 was transferred to Yass. Twelve months later she was transferred to Coraki, on the north coast, where she served for nine years before her Cootamundra appointment in 1945.

### **M.B.E.**

Matron Hiscocks was awarded the Member of the British Empire medal for her long and devoted work among Aboriginal children.

During her long stay in Cootamundra, she has become a keen bowler, and a member of many local organizations, including the Hospital Auxiliary, Business and Professional Womens Association, Country Womens Association, and the Church of England Womens Guild.

Last year she was made a life member of the primary school Parents' and Citizens' Association, and is a member of the high school P. and C.

*(Right)*

*Matron Hiscocks and Coral Edwards at the entrance to Cootamundra Girls Training Home. They left their long-time home late in March, when Matron retired, and have since moved into their new house in Temora Road.*

*(Below)*

*A surprise party for Matron Hiscocks was attended by church and shire representatives, principals of primary and high schools and other prominent people of Cootamundra. Mr J. R. Henderson, secretary of the Aborigines Welfare Board, Mr J. A. Pettit, Federal M.P. for Hume, and others spoke with great praise of Matron Hiscocks' 50 years service.*



### **Retirement**

Matron Hiscocks has bought a new house in Temora Road, but in her retirement will continue active in the many associations of which she is a member. And she will have with her probably the greatest joy in her life—Coral Edwards, the girl Matron has treated as her own daughter for the past 15 years.

Coral was brought to the Girls Training Home as a ward of the Welfare Board when she was only 5 months old. Now she is a beautiful 16-years-old, and deserves the love which Matron has for her.

Coral is an accomplished pianist, and her drawings and clothes designs show considerable talent. She works as a shop assistant in Cootamundra and has begun a Technical College course in ticket writing.

Matron Hiscocks, in her work with Aboriginal children throughout the State, left a trail of kindness that leads to her new house in Cootamundra. Those who have met her have cause to be glad that their paths crossed hers.



## ONE LANGUAGE URGED BY MAORI EXPERT



A visiting New Zealand expert on Maori educational matters thinks Australian Aborigines could possibly develop a greater pride in their race if they could be persuaded to settle on one language instead of a number of dialects, each known by only scattered sections of the overall population.

“It could give them, perhaps, a greater sense of unity—certainly it would lessen the contact gap that undoubtedly exists among the remnants of the various tribes”.

The expert is Mr L. Grey, head of the Child Development Section of the N.Z. Maori Education Foundation.

His work involves the co-ordination of Government Departments and voluntary organizations in developing pre-school education methods in the N.Z. Maori community.

Mr Grey early in March lectured at a conference at Evans Head organized by the Adult Education Section of the University of Sydney. His expenses

from New Zealand were paid by the Aborigines Welfare Board. The five-days conference dealt with leadership training of Aborigines, and was attended by nearly 50 north coast Aborigines.

The conference wholeheartedly agreed that it was time Aborigines were encouraged to do things for themselves; and also expressed approval of the recent N.S.W. Governmental decision to approve the formation of self-governing committees on Aboriginal reserves.

Mr Grey, expressing approval of this latter move, said that Aborigines working through these committees should make every attempt to solve their own problems. A skilled advisor should be available for help if required, but the advisor should not attempt to solve the problems himself, or dictate remedies.

Mr Grey said that in New Zealand the problem of maintaining close contact with Maori communities was much simpler than ours with our Aboriginal communities purely because the distances between contacts in N.Z. were much shorter.

# THOSE THREE R'S! HOMEWORK CENTRE AT LA PEROUSE THRIVES

Established in 1965, the Homework Centre at La Perouse Aboriginal Reserve, despite teething problems, is making a definite contribution to community life.

The Centre was set up under the Consultative Committee on Aboriginal Education, and caters for children from 4 to 15 years of age. It has been handling up to 60 children, the majority of them in the primary school age bracket.

Held every Tuesday from 6.30 p.m. to 7.45 p.m., the Centre is staffed by a dedicated team of workers under the leadership of Mrs Kirsty Powell, of Cremorne, the Centre supervisor.

Until recently, the Centre had only the use of the Reserve Hall, resulting in accommodation problems because of the number of children and the wide age range. Now the Centre has obtained the additional use of the hostel by arrangement with the Aborigines Welfare Board, providing separate rooms for small groups of high school and primary children.

The number of teachers has increased from 1 to 20, with 8 teachers on duty each evening. The majority are trained teachers, but use is also made of adults with special skills.

The committee on the Reserve has fully supported the Centre, and has held joint meetings with the teaching staff. Two members of the committee are regular helpers at the Centre.

## **Varied Activities**

It is hoped that much more help can be given with homework now that accommodation has improved. Play activities of various kinds have now been organized in the hall for younger children, such as block building, drawing, cutting, pasting, art, and puppets.

Older children have done work in English, Arithmetic, Social Studies, and Art. The main aim has been to help children enjoy these subjects. Films have been shown on two occasions.

Many people, including a number of schools, have donated books and there is now quite a good children's library though more books are needed and the library is inadequately housed. There has been an increasing interest in borrowing books over the past year and the organization of the library has been much improved. The library was kept open during the Christmas holidays when the rest of the Centre was closed.

The workers at the Centre feel that despite problems and inadequacies something useful is being done and a real need being met.

*Footnote:* The Centre has an ardent supporter in Mr Cliff Cooke, secretary of the La Perouse Committee. Mr Cooke said his daughter Gail showed marked improvement after attending the Centre, and last year topped her class.





*Above: Tom Williams, president of the Reserve committee, takes an active interest in the Centre. Four of his grandchildren attend. Pictured with him are three of them—Lee Anne Mason, 5, (left) Mark Williams 3 (on Tom's knee) and Rodney Williams, 7*

*Right: Terrence Timbrey, 9, was one of the children who kept themselves busy at the homework centre*



*Below: The older children are in much quieter surroundings in separate rooms in the Hostel on the Reserve. Here they are helped with their school homework by the Centre supervisor, Mrs Kirsty Powell, of Cremorne*



*Left: Children at the centre range in age from 4 years to 15. The younger children (pictured) are in the Reserve Hall, and they kick up quite a bit of noise as they happily do their work*



*Top: Cliff Cooke, secretary of the La Perouse Reserve Committee, with his daughter Gail, 6. Cliff said that Gail had shown great improvement at school since the homework centre began two years ago. Last year she came first in her class*

*Above: Children make good use of the Centre's library. They are helped by Miss Lil. Foster (far left), Miss Swanton (centre) and Miss Humphreys*

# WHEN YOU CAN'T BE THERE "WITH BELLS"

Although the Government of Gambia is not opposed to bells or bicycles, it has passed a law making it illegal for anyone to ring a bell or park his bicycle near a polling station on election day.

Any person who is found guilty of breaking this law may be sent to prison for three months or be fined up to £25—or both.

This law is the result of the new system of voting which has been introduced in Gambia to try to prevent elections being "rigged".

An election official said: "We used to find tightly rolled wads of ballot papers—obviously put into the box by the same man—in ballot boxes."

To overcome this problem, the new voting method was introduced by the former Gambian Attorney-General.

The elector who is going to vote lines up at the polling station where first he has to establish his

identity and it is seen if his name is inscribed on the register.

If he satisfies the officials, he gets a small glass marble which he takes into the enclosed polling booth and votes in secret.

In the polling booth he finds a number of metal drums—one for each candidate. Each candidate's drum has his photograph and party's electoral symbol fixed to it. The voter drops the marble in a small hole in the drum of his choice.

As the marble rolls down a pipe it hits a bicycle bell which gives a single loud ring. When the election officials hear the sound of the bell, they know that the voting has been done. The bell helps the officials to know also that an elector has not thrust a fistful of marbles into the pipe.

Some politicians tried to beat this method by hiring people to ring their bicycle bells near the polling stations to upset the voting. This is why the law forbidding bicycles near polling stations was passed. (*African Challenge.*)

# SOLDERING

Before you begin a soldering job, make sure that: (i) the soldering iron is properly tinned and heated to the right temperature; (ii) you have selected the right flux to use on a particular job; and (iii) the articles to be soldered have been thoroughly cleaned.

Tinning the iron means putting a thin coat of solder on its tip. It should be re-tinned frequently when in use. An iron—really a copper "bit"—that is not properly tinned won't "take" the solder and transfer it to the joint.

To tin the iron, heat it until the flame is bright green, and then clean it with a wire-brush until the copper shines. If the point is badly coated with oxide, use a coarse file to expose the bright metal.

Rub the tip on a block of sal ammoniac, or apply a little resin flux to it, then flow on solder until the whole tip is covered. Finally, wipe with a damp cloth with a twisting motion to spread the solder evenly.

Don't overheat the iron. This is a common fault and burns-off the tinning.

When the flame in which the iron is heated becomes bright green, it's hot enough. A gas flame is the best for heating the iron.

The flux to use on a job depends on the metal that is to be soldered. Killed spirits is a good all-purpose flux for soldering iron, steel, copper, brass, bronze, gun metal, and nickel.

Killed spirits is made by dissolving scraps of zinc in spirits of salts until it will take up no more. Do the dissolving in a glass or earthenware container.

For galvanized iron, use spirits of salts or partly killed spirits. For lead, use resin or tallow.

The various paste fluxes available are usually suitable for most ordinary soldering jobs with metals other than iron or steel. Resin-cored solder is also useful for light jobs.

Glasspaper, or emery cloth, steel wool, files, or a wire brush can be used to clean the work to be soldered. A final wipe with methylated spirits is always a good plan because it removes any oil or grime which would prevent the solder sticking.



*Boys of the 2B form at a school church service. They are wearing shirts and "ramis". Some of the children at Daru travelled 200 miles to get there. Some come 40 miles in dugout canoes—taking more than a week for the trip. Others walk for three or four days from their mountain villages, then hitch a ride in an aeroplane*

## Letter to the Aboriginal Children of N.S.W.

*Dear Editor,*

*Would you please kindly send us some "Dawn" magazines—ten copies if possible—in each month. We are learning about Aborigines at the present time.*

*So this time we would like to tell you about our school. In our school we have six dormitories, two messes, four classrooms, one manual art building and one home science and one science room. SPORTS Every Friday afternoon we play sports such as volleyball, basketball, and soccer. In the night we sometimes see films. There are 14 teachers. Forms are up to four.*

*We eat cassowaries, pigs, rice, yams, taro, bananas, and wheat.*

*We would like to ask your readers questions about themselves. How do they live and what do their shelters look like? What kind of food do they eat, and what is their main food? Do they grow crops? Do they stay in one particular place, or do they wander in the bush in search of food and water? Do they live at the same standard as the Australian? How old are Aboriginal children who go to school?*

*We will be very interested to see these extra magazines, and also we will be looking for some letters from Aboriginal children.*

*On behalf of Daru High School, Form 2B.  
Jega Pewamu, Soma Kiatolmai*

# We Said They Were Good!

## Purfleet Marching Girls Star at Moomba Festival

Aboriginal girls from the Purfleet Aboriginal Settlement at Taree (northern N.S.W.) have captured the hearts of sophisticated Sydney and Melbourne residents.

The only "all-Aboriginal" marching girls' team in Australia, backed by an "all-Aboriginal" committee, backed again by the Aborigines Welfare Board, the girls have made a tremendous impact wherever they have been.

*Dawn* told their story in February issue, after triumphant appearances in Newcastle, Blacktown, Merrylands, and Sydney—where they were presented to the Governor (Sir Roden Cutler), the Premier (Mr Askin), and the Lord Mayor (Ald. Armstrong).

In addition, the girls were shown over Parliament House by the Acting Chief Secretary, Mr Davis Hughes.

The girls are coached by Mr A. G. de Voogd, who cannot speak too highly of their discipline and skill.

*Aussies on the Manly ferry as it pulls out from Circular Quay. The girls saw a lot of Sydney (including the Harbour Bridge in the background) during their November and January trips. The 13-girl team includes Gail Russell (leader), Beverly Saunders, Patricia Russell, Francis Ping, Yvonne Ping, Marilyn Clarke, Isabel Bungie, Rita Morcome, Joy Ridgeway, Vicki Clarke, Wilma Morcome, Marcelli Mitchell and Beth Maher.*

From Mr de Voogd came this letter to *Dawn* telling of the girls' triumphant visit to Melbourne, where they took part in the Moomba Festival. The letter speaks for itself and we reprint it in full.

Mr Rex Small,  
Editor of *Dawn*,  
Sydney, N.S.W.

Dear Mr Small,

On behalf of the Purfleet Aboriginal Girls' Marching Team, I wish to congratulate you on your excellent article on the team, and I am enclosing your Honorary Patron's Certificate in appreciation.

The team has recently returned from an 11-day tour of Victoria, where they took part in Melbourne's famous Moomba Festival Parade. They stole the show by getting the greatest applause from the record crowd of 800,000 people who witnessed it.

We recently had a series of photographs taken for "People" magazine and when they come to hand I will forward some for your magazine.

The team has now been in training approximately nine months and I have had to overcome many obstacles in training and to present them to the public.



The girls have now been billeted in over 300 white marching girls' homes without one bad report—naturally enough something of which I am very proud, and which reflects great credit to the girls and their families.

I will send you cuttings from local papers regularly so that you may know what they are doing. I hope to be able to take the team to New Zealand during the Christmas school holidays.

When these girls go away on tour it is just not a trip for marching or for fun, but a very seriously planned tour. For example, while the girls were in Melbourne they were given various vocational tests at the many factories and offices we visited.

The team visited the head office of Ansett-ANA Airlines, where the girls were taught to use Telex machines, and were soon sending messages all over Australia. At the head office of B.H.P., the girls were instructed in modern comptometers and electronic equipment used in big business. They visited Coca Cola and Cottees' factories and were tested in jobs done by women, such as checking bottles under fluorescent light.

At the Red Tulip chocolate factory, the girls were taught to dip chocolates and wrap Easter eggs.

To get to Melbourne, the B.H.P. donated \$100 to pay the rail fares to Sydney from Taree, and Mr Reg Ansett, of Ansett-ANA, gave the team free travel by air from Sydney to Melbourne and back, while General Motors Holden supplied vehicles for transport while in Melbourne. What wonderful gestures!

The manager of the Royal George Hotel, Prahan, Victoria, entertained the team to a seven-course dinner after he saw them in the Moomba Parade, and invited the Mayor of Prahan, Cr. Martin Smith, and Mr Sam Loxton, M.L.A., Rev. Vivian Roberts, and Mr and Mrs Harold Blair to be privileged guests.

The Mayor was so impressed with the girls that he declared the City of Prahan open to the team the following day—and what a day to be remembered by the team.

The Chamber of Commerce gave each girl \$2 to go shopping in Prahan's main street; they bought presents for their mothers. After a visit to the Tulip Chocolate factory at Prahan they had lunch with the Mayor who took them for a swim in the city's modern swimming pool, after which they finally returned to the main street where they marched through the city in full uniform, receiving a tremendous ovation from the crowd.

They then visited Walton's store where Mr J. Murphy, the manager, gave each girl a further \$1 pocket money and let them loose in his store before entertaining them to a bumper afternoon tea.

Every day of the tour was packed with experiences for the girls that will live in their memory for the rest of their lives.

These little girls are not forced to go anywhere or do anything. They hold their own team meetings and decide themselves where they will go or what they will do. They hold these meetings before practice, generally once a week, so the team is doing what they want to do and are therefore very contented.

They are proud of their activities and are now at a stage where they are appreciating what has been done for them, and it is now that I feel that all the effort and work I have put into this team has been worthwhile.

Once again thanking you,

Yours faithfully,  
A. G. de Voogd

## Bush Hospitality

*A tiny speck moves on the plains—through rain haze.  
After four and getting late  
You go and peg the house yard gate.*

*Pen-up the milkers—feed the ducks and hens.  
Look towards that speck again—  
Now it's a waggon on the plain.*

*Homestead-bound bullocks—ploughing through mud  
they make.  
The teamster and his dog—  
That flounders through the greasy bog.*

*Go up to the kitchen—tell the wife some extra chow.  
An extra bed tonight—  
And get the kero light.*

*The team pulls up—near the old bush shack and  
windmill gear.  
You yell a "Hullo mate"  
Then unpeg the house yard gate.*

Laurie Wells

# FRIENDS HELPED LYNN SUCCEED

Eighteen-years-old Lynn Craigie (pictured) has worked hard to reach success in her career, but she is the first to recognize the considerable help of her friends.

Lynn believes that her story will encourage others to reach for the better future within their reach by accepting guidance of friends.

It is encouraging to listen to Lynn as she relates events of her life and to hear her say "So many people were anxious to help me". Lynn was orphaned when she was 4 years old, but for the next 12 years she was well cared for at the Church of England Home at Armidale.

She recalls the kindness of a special friend, Matron Leonie Bell who is in charge of the Home.



Lynn passed her Intermediate Certificate at Armidale High School, and the Aboriginal Womens Association arranged for her to study in Sydney. Her ambition was to work in an office, so she took a commercial course at East Sydney Technical College. The Association provided Lynn with pocket money and clothes, and she completed the shorthand-typing course with success.

Another womens association (which prefers anonymity) paid her accommodation for six months at a church hostel. Lynn still lives at the hostel, but now she can pay her own accommodation because she has a good job.

## Friends

At East Sydney Technical College Lynn again found herself among friends. Miss Lamont, teacher-in-charge of the School of Commerce, and Mr Favough, college principal, encouraged and helped her, and Lynn feels that she owes them a great deal.

Lynn is happily engaged in office work now, and speaks lovingly of her good friends Mr and Mrs Eaton, of Armidale. It is in their home that she spends many of her holidays. She is treated like one of the family and accompanies them on outings and interstate holidays.

## Sister

Lynn's sister set her a good example and is also a successful career girl. She was awarded a bursary by the Outward Bound movement, and now Lynn also has received such an award. Her friends know that Lynn will reflect credit on the Movement—as did her sister.

Lynn is a keen hockey player and a member of the Y.W.C.A. People talking with Lynn realize that she is a well-adjusted and friendly girl, and become aware of the importance of her accomplishments as an encouragement to other young women of her race.

All of her friends say "Well done, Lynn. May your future hold for you further well-deserved success and happiness".

# YOUR CAREER— PHYSIOTHERAPY

This information about physiotherapy has been extracted from "Background to Careers", published by the Vocational Guidance Bureau of the Department of Labour and Industry.

Physiotherapy is the treatment of disease and injury by using sunshine, water, exercise, massage, mechanical forces and electricity. These are used to correct or prevent deformity, and to re-educate muscles to help restore lost movement.

## Personal qualifications and entry requirements

The physiotherapist should have a friendly, sympathetic but firm manner, and keen powers of observation. Good health is essential and a medical certificate must be produced before enrolling in the training course. Applicants should be qualified to matriculate, and be 17 years of age on or before 31 March in the year they begin their course. Previous study of science, biology, and mathematics is helpful.

## Training

The three-years full-time course is conducted by the Australian Physiotherapy Association and deals with theory and practice. Subjects studied include Medical and Orthopaedic Surgery, Chest Conditions, Neurology, Re-education, Anatomy, Physics, Chemistry, and Physical Education. Cost of the course is about \$836. Commonwealth Scholarships are available and the N.S.W. Public Service offers traineeships.

## Prospects

Employment prospects for trained physiotherapists are good. There are opportunities in hospitals, specialized units such as Spastic and Rehabilitation centres, and in private practice. Salaries begin at about \$46 a week in the State Public Service.

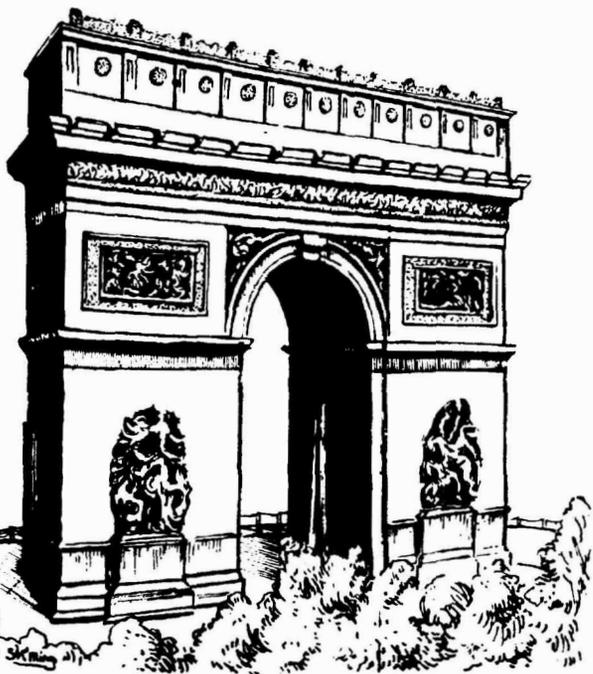
Further information may be obtained from the Secretary of the Australian Physiotherapy Association, Anchor House, George and Bridge Streets, Sydney, and from the Vocational Guidance Bureau's leaflet *Physiotherapy*. Applications for admission to the training course should be made not later than 25 January in any year.

## Have you heard of The Arc de Triomphe?

The Arc de Triomphe is in Paris, the capital of France. Arc de Triomphe means arch of triumph or victory. It was built to commemorate Napoleon's victories from 1805 to 1806 and the success of the French Revolutionary Army. In 1805 Napoleon captured an Austrian army at Ulm and was victorious over the combined Austrian and Russian armies at the Battle of Austerlitz.

The Arc de Triomphe was begun by Napoleon and completed by King Louis Philippe. It was designed by a man named Chalgrin. The arch is 162 feet high, 147 feet wide and 73 feet deep. It has many beautiful carvings, some of them showing scenes from the French Revolution. Visitors to Paris always go to see this wonderful arch, which is one of the most famous sights in the city.

(from *Dolphin Magazine*)



# NUTRITION FOR ADULTS

Adults are responsible for looking after children and old people, but they can do this only if they are healthy themselves. Adults should keep themselves healthy by eating enough of the right kinds of food.

In Australia most people get enough to eat, but this does not necessarily mean that they are all well-fed. To be well-fed means eating a well-balanced diet.

The Department of Public Health says that five groups of food should be included in the diet each day.

## Group 1

Milk and cheese.

These two foods are our main source of calcium. Calcium is required to maintain our bones and it also helps to keep our muscles in good condition.

Adults require about  $\frac{1}{2}$  to  $\frac{3}{4}$  pint of milk a day. If you are not very fond of milk remember that it can be used in various forms, in sauces or as milk puddings. On the other hand, you can substitute cheese for milk—1 oz cheese is equal to  $\frac{1}{2}$  pint milk. Apart from providing us with calcium, milk also supplies us with part of our daily protein requirement.

## Group 2

Meat and other protein-rich foods including eggs, poultry, or fish.

Adults require protein mainly for the maintenance and repair of the body, and some for growth of the hair and nails, for example. You should have at least one large serving of protein daily, but preferably some at each meal. This group of foods also provides us with some iron and the B vitamins.

## Group 3 Vegetables and fruits

These are important in our diet, and they are the only rich sources of vitamin C. Citrus, tropical and berry fruits, particularly oranges, papaw, rockmelon, tomatoes, and strawberries are excellent sources of vitamin C.

The dark green leafy and yellow vegetables are also good sources of vitamin C and A. You need four servings of vegetables and/or fruit each day.

It is advisable to have some of the vegetables as salad, because vitamin C is easily destroyed by heat.

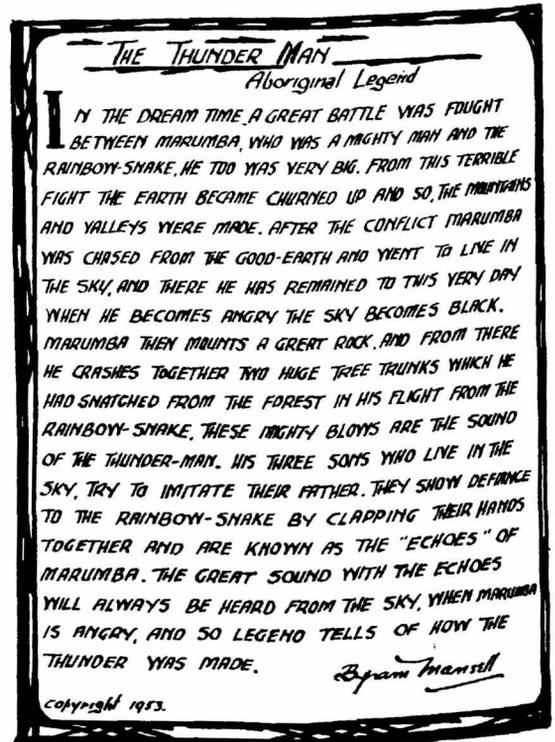
## Group 4 Bread and cereals

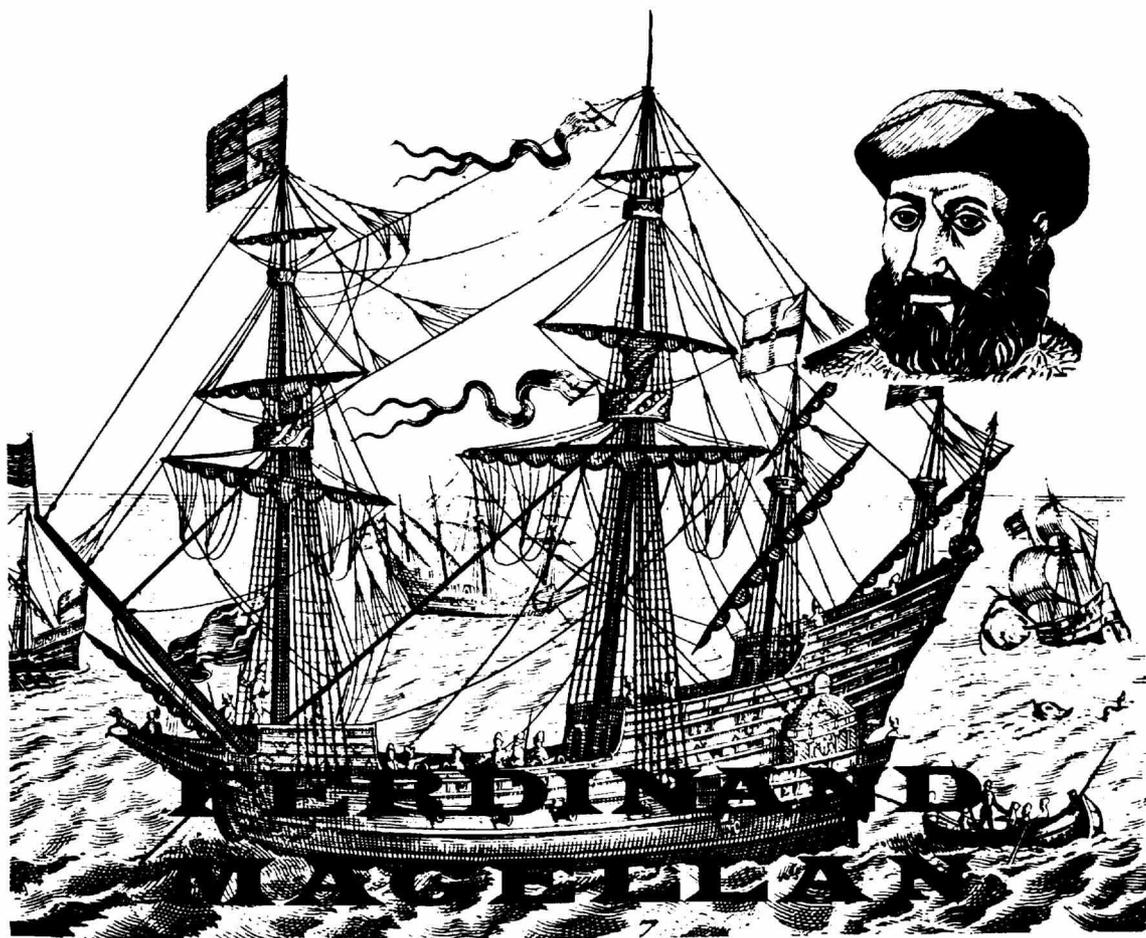
Wholemeal cereal or bread is better because it has more vitamin B<sub>1</sub>. This group provides us with our chief source of fuel or energy. If we are employed in heavy, physical work and therefore use up more energy, we need more of this group. If we do not use up much energy, we do not need as much.

## Group 5 Butter

Butter is also a good source of energy. It also provides us with vitamins A and D. Each day we need  $\frac{1}{2}$  to 1 oz.

In addition to all the foods above, extras such as sugar, flavourings, cooking fats, and condiments may be used to add interest and variety to the diet. However, excessive amounts of sweet and starchy foods are not desirable because they make a diet unbalanced.





In 1519 Ferdinand Magellan, a Portuguese explorer, set sail from Spain with five ships, to find another way to the Spice Islands.

The ships sailed southwards along the coast of Africa and then turned to the west and crossed the Atlantic Ocean. They then sailed south again, along the coast of America. Here one ship was lost in a storm.

The ships eventually reached a narrow strip of water, leading to the west again, which is now known as the Straits of Magellan. Here the sea was very rough. One ship turned back. Magellan with the other three ships sailed on and reached the Pacific.

When they were crossing the Atlantic there had been strong winds and storms. But here the weather was calm. So Magellan named the ocean the Pacific, which means peaceful.

Magellan's ships were sailing ships which could only sail if there were winds. When they reached the doldrums the ships hardly seemed to move at all. The food was nearly finished. Water became scarce. After great hardship they reached the

Philippines. Here Magellan was killed in a fight with the natives. Two of his ships sailed on. They stopped in Borneo where another ship was left behind.

Sebastian del Cano was now the captain of the last of the five ships—the *Victoria*. He sailed westwards round the Cape of Good Hope and returned home to Spain. This voyage proved that the world was round and the *Victoria* was the first ship to sail round the world.

### Links with Magellan

Divers in recent years searched for one of Magellan's ships, the *Concepcion*, which was wrecked in 1521 near an island in the Philippines. The divers found two anchors and a belt lying on the sea-floor. They thought that these things had come from the *Concepcion*, which was the ship that carried Magellan westwards across the Pacific.

One diver said that the hull, or bottom part of the boat, and two anchors were lying partly buried in the sand at the bottom of the sea.

(from *Dolphin Magazine*)

# GASTRO- ENTERITIS KILLER-DISEASE OF CHILDREN



There is no immunization available against gastro-enteritis, and each year this disease kills young children in New South Wales. It often occurs in epidemic form, when it is widely feared as a potential killer of small children.

The Department of Public Health warns parents of young children not to take risks where this infection is concerned.

## **Easily spread**

Gastro-enteritis, also known as infantile diarrhoea (excessive looseness of bowels) when it attacks the very young, is spread by food which has been contaminated by dirty hands or flies.

The diarrhoea is sometimes accompanied by severe abdominal pains and rapid loss of body fluids.

Although there is no immunization available against this infection, parents can prevent its spread by observing a few simple rules.

## **Safety Rules**

Mothers should carefully sterilize all bottles, teats, and dummies before use.

All food, particularly milk, should be kept where it will not spoil—in a refrigerator or ice chest, or away from flies.

Soiled nappies should be stored in a closed container and washed as soon as possible. They should never be left lying around in laundries. Place wet nappies in a bucket of water. Scrape and rinse dirty nappies before putting them in the water bucket.

Keep flies out of the house and kill them if they get inside. They are very active in spreading many types of bowel infections.

## **Personal Cleanliness**

Mothers should carefully wash their hands after using the toilet, changing the baby, and before they prepare or handle any food for the family.

These precautions are very important especially if there have been several cases of the disease reported in your area.

Parents should seek their doctor's advice at the first sign of illness in their children.

# SINKS NEED CARE

Modern kitchen sinks with their combined draining boards are very strong and long-wearing, but you should take certain precautions to stop excessive wear or damage.

Stainless steel sinks are easy to clean, and a wash with soap and water or detergent leaves them fresh and sparkling—if their surface is intact and not scarred.

Sink surface will be damaged by dragging heavy saucepans about, and by using the drainer as a chopping board for vegetables and other things.

Good quality porcelain enamel is very tough, but it can be chipped if cutlery or other objects are dropped into the sink basin or on to the draining board.

Keep the surface undamaged, because once it becomes scratched dirt is easily trapped in the tiny cut marks, and the sink becomes increasingly difficult to keep clean.

## Repairs

Chipped parts of porcelain sinks can be repaired neatly by using patching pastes made especially for the purpose. You can use the white base with colour tints to match the sink. Hardware stores sell these things.

Even the finest steel wool or abrasive powder should never be used to clean porcelain enamel surfaces. Keep acids and alkalis away from the sink because they might scar the surface.

Don't forget that enamel, like stone, will gradually be worn away if taps are allowed to drip constantly.

## Terrazzo

Terrazzo (used as draining boards for sinks with enamel basins) is a type of fine concrete made from marble chips, fine sand and cement. It will be damaged if you wash up with soaps containing caustic soda, or leave juice from fruits and vegetables lying on the surface.

These fruit and vegetables, though mild, are strong enough to eat away the cement, and the hard marble chips become exposed and the entire surface rough and pitted.

To prevent these things happening, wipe the terrazzo surface dry immediately after use, and rub on a little wax polish occasionally.



**TIP FOR THE MONTH** Don't throw away that leaking hose. Plug up one end, make more small holes, then use the length of hose to irrigate garden beds.

► When she was 15 years old Rosalie Ngarla Kunoth, of the Arunta Tribe, played the title role in the 1954 film "Jedda". Last month, 13 years later, she was photographed at Melbourne Town Hall attending the seminar Expo-Aborigine not as a film star but as Sister Rosalie of the Church of England's Community of the Holy Name. Sister Rosalie trained for four years before becoming the first Aborigine in her Church of England Community. At the seminar, she said: "I saw *Jedda* on television the other night. The little girl in the title role was so dizzy they should have used a blonde."

► The stone age sound of a didgeridoo was heard against the hum of a 20th century oil refinery in Perth not long ago. A group of 30 Aborigines from Bathurst Island and Arnhem Land left their isolated communities and travelled more than 2,000 miles down the west coast of Australia for the Annual Festival of Perth. They performed ancient dances, legends of thunder and moon, and the miming of birds and animals. The Aborigines were taken on a visit to British Petroleum's Kwinana Refinery in between their Festival performances.

## IT'S A FACT



Skiing has developed since World War II into a global and year-round sport. Once strictly a winter-months sport confined to the northern United States, Canada and Europe, it now extends to Japan, India and the Middle East. When winter leaves the Northern Hemisphere the skiing enthusiast can follow the season south of the Equator to modern facilities in Australia, New Zealand, South America and Africa.



Quicksand is a real menace found throughout the world. Its greatest danger is its harmless appearance. Contrary to legends which say it is a special variety of sand which "sucks" its victims to their death, experts describe it as ordinary loose sand that is saturated with water. To escape its grip, they advise victims to lie flat and roll slowly toward solid ground.



Designed originally for U. S. astronauts to use in traveling about on the surface of the moon, this eight-legged vehicle—called Moonwalker—has found another use. It is being used experimentally by severely disabled children. This boy, whose arms and legs are crippled, strolls happily along a sandy beach. It can be operated by one hand and performs where a wheelchair will not—such as climbing stairs.



So many uses have been found for whale oil and other whale products that it is believed that one day we may breed whales as "cattle of the sea." As a single example: a United States chemical firm has discovered that a thin film of whale oil, spread on the ground, reduces water evaporation by 60 percent. The harmless film could help solve the water shortage in the world's desert regions.



Since 1900 the world's average temperature has increased about a third of a degree. Authorities believe the rise is due to the increased amount of carbon dioxide added to the earth's atmosphere from industrial plants and fuel-burning machines. A three-degree rise would melt most of earth's ice fields, flooding about every coastal city in the world.



Shown above are the major deserts that cover almost two-fifths of the globe. Deserts generally appear in areas swept by winds (large arrows) that have already dropped most of their moisture. They exist deep within continental areas or along coasts whose cold ocean currents (small arrows) cool winds while they are still over the sea.

# Pete's Page

Hello Kids,

Last month I received a letter from some school-children at Daru High School, in the Western District of Papua and New Guinea. You will find the letter reprinted in this issue of *Dawn*.

The children asked their teacher if they could write the letter and he thought it a good idea. The kids from Papua and New Guinea would like to get lots of letters from children in New South Wales, so how about it kids? Write them a letter from your home, or ask your schoolteacher what he thinks should go in the letter.

The teacher from Daru High School, Mr David Wetherell, also wrote to me, and what he said would make you glad that you are going to school in New South Wales.

Some of the children he teaches at the school come from towns as far away as 200 miles. Some come in dugout canoe for 40 miles—taking more than a week for the trip.

Other children walk for three or four days from their mountain villages, then hitch a ride in an aeroplane.

The 280 children at Daru High School are keen readers of *Dawn* (as are many other children in schools throughout the world), and would really like to write to Aboriginal boys and girls in Australia.

So don't forget kids. Write to Daru High School, Western District, Papua, and New Guinea. They would be really pleased to get your letters.

'Bye for now kids,  
See you next month.

*Pete*

## BACK COVER

"The Thunder Man", an Aboriginal legend interpreted by Australian artist Byram Mansell, F.R.S.A. (Lond.), A.R.A.S. (see story of the legend, page 12).

## ANSWERS TO APRIL PUZZLES

### Seven Sports

Cricket, football, swimming, tennis, hockey, golf, rowing . . .

### National Emblems

1 China; 2 Spain; 3 New Zealand; 4 U.S.A.; 5 India; 6 South Africa; 7 Canada; 8 Russia; 9 Australia; 10 France.

## MAY CROSSWORD

### Across

- 1 Used for weaving
- 3 Take it easy
- 5 I am, she is, we . . .
- 7 You eat it each day
- 8 Au go . .
- 9 Unhappy
- 10 In the direction of
- 13 Food cooked in hot oil is . . . . .
- 16 Not any
- 17 Hit a tin with a stick and you leave a . . . .

### Down

- 1 Not shorter
- 2 A planet
- 3 You do this with a book
- 4 Explains the principles of a thing
- 6 It's real
- 11 Frequently
- 12 To love very much
- 14 Preposition
- 15 Another preposition

