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# Dawn



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A MAGAZINE FOR THE ABORIGINAL PEOPLE OF N.S.W.

SEPTEMBER, 1960





## Our Cover . . .

The happy group of girls on this month's cover all are residents of the Cootamundra Girls' Home. Here we see them preparing to board the bus which takes them to and from the Cootamundra High School. In their youthful wisdom they realise that a good education will help them in the future, in finding their place in the world.



## "DAWN"

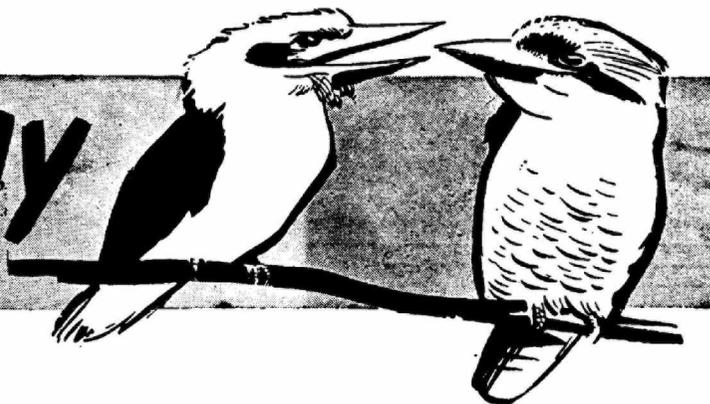
is a monthly magazine produced by the N.S.W. Aborigines' Welfare Board for the Aboriginal people of New South Wales.

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# THEY SAY



## BURNT BRIDGE NEWS

Friday 29th July was the night of the Gala Ambulance Ball, organized and run by Mrs. Ellen Davis, of Burnt Bridge, and the Macleay District Ambulance.

The Ball, held at the Agriculture Hall, Kempsey, was attended by over 300 people from Burnt Bridge, Green Hills, Bellbrook, Nambucca and many other centres on the Central North Coast, with friends also being present from Armidale. All had an excellent evening, dancing to the modern and old time music of the orchestra—as well as using to the full the tea and soft drink stall.

Mr. Crotty, Ambulance Superintendent, considers that the success of the whole evening was through the untiring effort, ability and good citizenship of Mrs. E. Davis, who worked herself unstintingly to organize and arrange the Ball and have it carried out to its satisfactory conclusion—whereby apart from the social success the sum of £38 5s. 8d. was donated to Macleay District Ambulance as net profit for the night's activities. Mrs. Davis advises that she wishes to thank all the residents who helped in the numerous jobs so necessary to carry out an evening of this nature and to the good people who so kindly donated articles and money to help curtail expenses.

\* \* \* \*

Station Manager and Matron, Mr. and Mrs. N. R. Luschwitz have been on annual leave during the month and spent a pleasant short trip to the North Coast visiting old friends—and of course many fishing trips to the local Macleay fishing grounds.

\* \* \* \*

The 5 stone 7 lbs. school footballers have also been very active over the past few weeks. On Saturday 30th July they won three out of four games in the Kempsey district knock-out competition and on Saturday 6th August visited Coff's Harbour, after rising at 4 a.m., to win three out of four games again. All residents are very proud of these boys who have done particularly well considering the fact that they are a very light average team for their grade.

## BURSARIES FOR BOYS

### *Intermediate Certificate Examination*

“Did you know the National Mutual Life Association of Australasia is awarding 4 (four) Bursaries to school boys in this State?”

“When I enquired if the Bursaries would be awarded to Aboriginal Students, Mr. Evans, the Manager for New South Wales replied . . .

“Selection is without regard to race or creed; any male student who is studying for his Intermediate Certificate and who has reached the required standard may apply for a bursary. Should an Aboriginal student apply, his application would be considered on the academic results obtained and his general attitude and all-round ability. Should his results warrant selection, we would have no hesitation in awarding him a bursary.”

“Should any Aboriginal boy be interested, he could either ask his Head Master to contact the Manager of the National Mutual Life Association of Australasia Ltd., or write direct himself.”



This tall young man is Lionel Blair, of Ben Lomond

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# DON'T PLAY WITH FIRE!

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**E**ACH year in New South Wales an average of 60 people die of burns accidentally received. Many of these are children under five years of age. The most vulnerable group is, therefore, young children and babies, who need special care. Many other persons suffered great pain and spent weeks or months in hospital, and some were disfigured for life.

Most (if not all) of these accidents are due to someone's carelessness.

## To protect yourself and your family from Burns and Scalds

1. Keep matches beyond the reach of young children.
  2. Keep kettles and pans of hot liquids at the back of the stove.
  3. Keep petrol and kerosene out of easy reach. See that petrol in cans or bottles for household use is plainly labelled.
  4. Pouring kerosene on a fire is a dangerous practice. If petrol is used, by mistake, the result is likely to be disastrous.
  5. Clean clothes with petrol out of doors: never in a room with a naked flame (oil lamp, gas or fuel stove, open fire.)
  6. Keep open fires protected by wire screens.
  7. If oil or petrol lamps are used, place them where they cannot be pulled over by young children.
  8. Fill lamps and oil stoves in daylight.
  9. Teach young children the danger of playing with fire and with matches.
  10. Remember that celluloid articles are extremely inflammable.
2. Place the injured part in water. Cold water is best unless a large area is involved, in which case the water should be at body temperature. Care must be taken, however, to keep the water at body temperature. Baking soda may be added to the water (1 table spoonful to a gallon). A child, if extensively burned or scalded, may be placed in a warm bed until dressings have been prepared, or while awaiting the doctor's arrival.
  3. Dress the injured parts by applying strips of linen or calico soaked in—
    - (a) a solution of baking soda in water that has been boiled and allowed to cool (one dessertspoonful of soda to a pint of water); or in
    - (b) warm strong tea made by boiling a handful of tea in a kettle of water for a few minutes.The strips may be boiled in the water with the tea, lifted out and allowed to drip sufficiently cool, and then applied. They should then be covered with cotton wool.
  4. Keep the patient quiet and warm. Give warm drinks and wrap him up in blankets.
  5. Do not use carron oil, vaseline, butter, or any other oil or fat on a dressing for burns.
  6. Do not open blisters. (A doctor may do so later, however.)

### Treatment of Burns and Scalds

1. Carefully remove any clothing over the injured part unless firmly adherent to the skin.

Remember that a burn or scald, if extensive, is always to be regarded as serious and a doctor called at once.

# GOOD HEALTH IS VITAL

PLAY YOUR PART IN WAR AGAINST DISEASE

BOARD MEMBER ASKS FOR HELP

**T**IME and time again Dr. T. Lewis Dunn, a member of the Aborigines Welfare Board, has stressed the importance of good health and pointed out the many ways in which every one of us can play a part in the war against disease.

Filth and diseases go hand in hand and there can be no excuse for dirt or squalor or infection in any home.

In a health message to the aboriginal people, Dr. Dunn says "Will you help me to help you to help others?"

Can we refuse him. ?

One of the objectives of the Health Department is to seek the public's co-operation in any action against disease and infection. Only wholehearted community effort will produce the desired results.

"A chain is only as strong as its weakest link" and the chain that controls the spreaders of disease is only as strong as each citizen makes it.

Whether we be black or white we all belong to one big family, and the health of the whole, in a very large measure, depends upon the conduct of each of the individual units.

## THE FLY IS DEADLY!

What then, are the principal agencies that spread the germs which cause infectious disease?

First we have the common house fly which carries on the hairs on her legs and feet, and in her crop, the germs of gastro-enteritis, typhoid fever, dysentery and many others.

Then we have the mosquito, famed for preventing the building of the Panama Canal by De Lesseps, by spreading yellow fever among the workmen; and nearer home, she is the spreader from time to time of dengue fever.

Another variety of mosquito is also the spreader of malaria, of which it is estimated there are 300 million sufferers throughout the world.

Then we have the rat, perhaps the most loathsome of them all, which spreads (per medium of its fleas which carry the germ to man) Bubonic Plague (known as the Black Death); also even in Sydney the rat continues to spread typhus fever, food poisoning, ratbite fever, and on the North Coast and in Queensland, Weils disease.

These pests, down the ages, have been responsible for incalculable suffering and countless millions of deaths.

They have wiped out empires and devastated civilizations.

Today they are continuing their foul work of spreading disease and death wherever men will allow them to live and breed.

Flies live and feed on filth and carry filth and diseases wherever they go.

Mosquitoes breed in water (the variety which spreads yellow fever and dengue fever) in tanks and cisterns, tins, bottles and motor tyres, in and around our own homes.

Rats thrive in rubbish dumps, and feed on scraps and breed in and around our homes, fowl yards, etc.

We must help ourselves.

Therefore these pests can be controlled only by community effort. That means that you and I and all of us must help by seeing that dirt and rubbish does not accumulate, that scraps of food are not left about, that the garbage can and all food containers are properly covered; that we get rid of tins, bottles and other things that hold water.

These are things that the Health authorities cannot do for us. We must do them ourselves and unless and until we do them, we will have preventable infectious diseases in our midst.

However, the greatest criminal of all has been left until last. He it is who spreads tuberculosis, diphtheria, influenza, whooping cough, polio, meningitis, measles and mumps, and last but not least the common cold. The criminal who spreads the germs which cause these diseases is to be found everywhere. We meet him on the train, in the streets, in the tram, in the bus.

He is at the theatre and the concert, and even in church.

In offices and workshops and even in schools and shops he abounds. Indeed, he is everywhere.

Who is this criminal?

His scientific name is homo sapiens. He is the common man or woman, or child, who does not use a handkerchief to cover his mouth and nose when sneezing and coughing. Such a person may emit three million germs in the droplet of moisture expelled in the act of coughing or sneezing. Almost all of these can be effectively trapped by carefully covering the nose and mouth with a handkerchief BEFORE not AFTER sneezing or coughing. The careless spitter is another menace.

Is it too much to ask in the interests of the health and well-being of little children and of grown ups, too, that we pledge ourselves henceforth to be good citizens that we will not be spreaders of disease ourselves or allow pests to flourish unchecked in and around our houses?



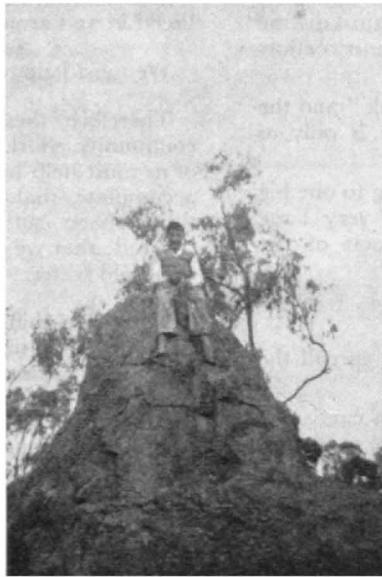
## OUR ROVING CAMERAMAN

THE aboriginal people in this State are scattered over a wide area, so far apart that many of them may never meet, but the magic camera can bring to us intimate glimpses of these people and enable us to become better acquainted with each other.

If you have photos at home, similar to those you see published in *Dawn*, send them along and thus add to, and maintain, the interest in your fellow men and women.



Pretty Mavis Lang, of Cootamundra



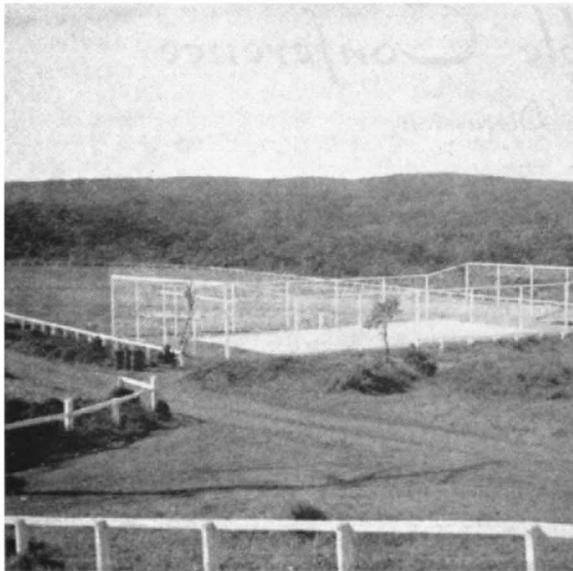
Dick Blair, of Ben Lomond is high up in the world



These tough little characters are Colin and Athol Blair, of Byron Bay

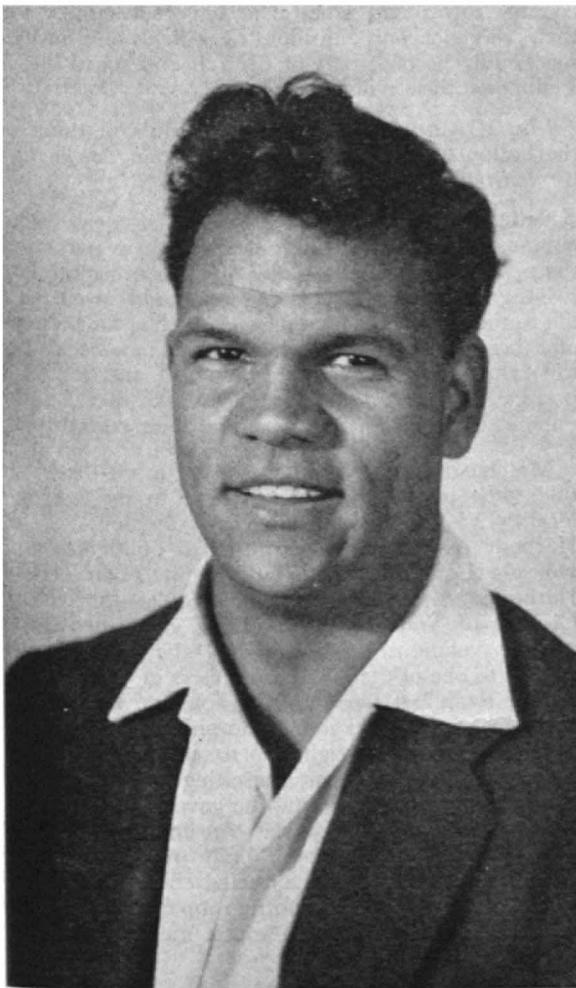


Three snaps of happy Cootamundra girls on the beach at Kiama



**The new tennis court at Wreck Bay**

**Handsome Jeff Doolan, of far-out Bourke**



**Pretty little Heather Leigh Ferguson, of Byron Bay, had fun posing for the cameraman**



**Another member of the Ferguson family from Byron Bay. This time Myfanny and her dog**



# A Round Table Conference

## An Interesting Discussion



ONE day recently a very interesting round table conference took place in the office of Mr. A. G. Kingsmill, Chairman of the Aborigines' Welfare Board, when he and the Vice-Chairman, Professor Elkin, and the Editor of *Dawn*, Mr. Colin Davis, met to discuss various problems confronting our aboriginal people.

Had you been present, this is what you would have heard:—

**MR. DAVIS:** To begin with—at the moment, what do you consider the greatest need of aborigines in New South Wales?

**PROFESSOR ELKIN:** One aspect of the answer would be to get the aborigines themselves to understand, not the policy of assimilation so much, as the responsibility of citizenship. They have their ideas that the Government ought to do something for them, but they don't quite realise that this means accepting their share of the responsibility and the problem on the stations is a symptom of this very matter. They feel that if we put houses on a reserve or station for them we should not charge rent. The difficulty is to get them to realise this idea of responsibility and obligations of citizenship.

**MR. KINGSMILL:** Yes, but do you not feel that citizenship obligations, including the payment of rent, would be more readily acceptable if aborigines could be located or blended into the structure of the general community amongst white people who were already accepting these obligations?

**PROFESSOR ELKIN:** Yes, but as long as we have separate reserves and stations we are promoting this whole attitude of expecting the Government to keep the aborigines. That attitude will be hard to get rid of and will remain until aborigines can be housed within the white community.

**MR. DAVIS:** Is it your considered opinion that more and more aborigines should be housed in normal townships?

**PROFESSOR ELKIN:** That was the idea when the Aborigines Welfare Board was formed. The policy of assimilation was to get them off the reserves and housed in towns, but not in groups. However, that does not entirely coincide with what the aborigines want as a whole. They want to remain in some sense as a corporate body whether they are on the reserves or not. They do not wish to be absorbed.

**MR. DAVIS:** From your own particular knowledge, it is obvious that the aborigines, for hundreds of years, have accepted the idea of tribal get-together as an instinctive method of protection, and now there is this fear that if they break away from their group—if they break away and move into the town—it may be that

they are going to be isolated from other people, and it is this fear which is lessening their enthusiasm for becoming responsible citizens. We also agree that if the aborigines could prove, by example of their conduct and manner of living and their acceptance of the requirements and obligations, their acceptance by the white community would be very much assured and therefore their fears would be groundless.

**PROFESSOR ELKIN:** There are aborigines in some country towns and cities who have successfully made their way not only in their own field but have also successfully become part of Church and social life, and I suppose others will follow suit.

**MR. KINGSMILL:** Professor, what do you think is at the bottom of this backwardness of many in facing up to their obligations?

**PROFESSOR ELKIN:** It all arises out of their historical circumstances. They catch it from their parents and their grandparents. So many of them are quite happy so long as they can get along reasonably well. Their life to them is one of hunting and fending for themselves and these people are doing just this. They feel that over the years they have had a raw deal and are in this position because of circumstances and therefore have some justification for not accepting their responsibilities.

**MR. KINGSMILL:** May I just bring in on the brighter side some information which came to me only quite recently? The Board financially assisted the Coff's Harbour Assimilation Committee to build a home on Housing Commission standards in the town of Coff's Harbour. A group of young people—the Christian Council of Youth—went up and gave their services entirely voluntarily and supplied the labour. I was talking to one of the young organisers of this group here in this room last week and he told me that since the aboriginal family had gone into residence there had been a constant stream of neighbours to see the children. The white people have been interesting themselves in the family and helping them and he gave to me a picture of assimilation actually at work. An important factor was that this cottage had been built, not simply by the Government, but by the concerted effort of the Government, local people and a youth group from the Churches, and it was consequently a much more vital and real

effort in local eyes than if the Government had built a house in the town. We would much rather be spending our money placing people in the towns as we have done in a number of cases but we have still got to build on reserves and stations because of the big problem of shanty and fringe settlements where people are living under very bad conditions outside the jurisdiction of the Board. We wish to improve these conditions as quickly as we can with the money we have but the cost of land in towns is quite a big factor, so we still have to build places on reserves and stations.

PROFESSOR ELKIN: I think that the greater part of those living on the reserves would rather stay where they are. They are not really keen to move into the towns.

MR. KINGSMILL: Last July several members of the Board went to Wilcannia where we saw the aboriginal settlement of fourteen houses on a small reserve at Wilcannia. Afterwards we went out into an area off the reserve and there saw people living in shacks with dirt floors and it was remarkable to see the standard of cleanliness. One wondered if white people could have done any better in similar circumstances. Many of those living there said they would not in any circumstances go to live on a reserve.

PROFESSOR ELKIN: These places are just a step or two away from the old wurlies of their grandmothers and they are happy in these sort of places living right down next to nature. They are not terribly interested in getting away from it either for health reasons or social reasons.

MR. DAVIS: Isn't there a revolution going on at the moment amongst the younger generation of aborigines? I notice each year that there are progressively more and more young people coming into the towns. When these kiddies go to school and they learn the benefits of hygiene and so forth and then go back to the shanty and humpy, don't they experience some kind of resentment?

PROFESSOR ELKIN: They won't go back to this if there are opportunities in their economic life and they are made socially welcome and acceptable and if they see some future in marriage. It all depends when they have had their education whether they have a chance to practise it.

MR. KINGSMILL: We believe that assimilation depends on (a) what the white people should do and (b) what the aborigines should do. I think that brings us to a review of attitudes. I think the aborigines themselves have got to realise there are certain obligations on their part—they should remember these obligations and at least try to accept the duties of citizenship and keep and maintain as high a standard of cleanliness and hygiene as they can.

MR. DAVIS: I think the key word is "acceptance"—acceptance of the aborigines by the whites and acceptance of their obligations by the aborigines.

MR. KINGSMILL: Yes, I think groups who work for the advantage of aborigines are perhaps inclined to forget the aspect of obligation on the part of aborigines.

PROFESSOR ELKIN: That is right—and I would say that the least important factor in this respect is the Aborigines Welfare Board itself. The Board helps a great deal but all these problems have to be solved out in the field. It is a local job to get the aboriginal and white communities to work together.

MR. KINGSMILL: Can we take any comfort from what has been done so far, Professor?

PROFESSOR ELKIN: I think so—a tremendous lot has been done. I know we do not seem to have achieved very much, but looking over the past thirty years a tremendous lot has been done. There has been a revolution for good from the point of view of prejudice. I know it is not perfect yet but another thirty years is not so long and by then we should have made great advances in the process of assimilation.

MR. KINGSMILL: And so whatever else may be done, we must maintain a good deal of patience with the realisation that the path of assimilation is a long one which we must follow pretty slowly.

PROFESSOR ELKIN: All changes in human relationships are pretty slow. We speak in generations but a lot happens in two or three generations.

MR. DAVIS: Surely the greatest factor is education.

PROFESSOR ELKIN: Education is very important for the aboriginal children and also from the point of view of the attitude of the white community. Talking of education, I had hoped that some children of aboriginal descent would go through the secondary schools and do the leaving certificate. If we can get two or three of them to go through the University successfully and then see that they get into something equally successful, a great advance will be made. Incidentally, this is not a matter of money. But we must first get them through the leaving certificate—and at such a standard that they will be able to cope with University courses. I am sure we will get them into a hostel or university college and so ensure them every help.

MR. DAVIS: You say, Professor, that the financial aspect is already taken care of?

PROFESSOR ELKIN: Yes. I already have money for that purpose and apart from that the students have been collecting for years an Aboriginal Scholarship Fund.

MR. DAVIS: We have had several who have reached the Teachers' College standard.



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# HAPPY HOMES CHILDREN MAKE GOOD PROGRESS

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**T**HE Aborigines Protection Act provides for the constitution and establishment of homes for the reception, maintenance, education and training of aboriginal wards and the Board controls two such homes . . . Kinchela Boys' Home and Cootamundra Girls' Home.

Each home has facilities for the care of up to 50 children between the ages of 6 and 15 years, and the training given the children at these homes is designed to fit them to take their place in the community at the appropriate time, and to acquit themselves as good and useful citizens.

Relatives of the aboriginal children at the two homes have from time to time sought information relating to the Homes and *Dawn* often publishes photographs of the children and their activities.

Indeed two of our recent covers have featured girls from the Cootamundra Home.

## KINCHELA BOYS' HOME

Located 16 miles from Kempsey, the Kinchela Boys' Home stands in 32 acres of good agricultural river flats and is nicely laid out with lawns, gardens, swimming pool and playground area.

The farm section is given over to the training of the older boys in practical farming before their transfer to employment as apprenticed wards.

The senior boys assist on the farm and in the vegetable garden and generally display an interest in this work.

The farm, which comprises 30 acres and carries a dairy herd of 33 head of stock and four horses, provides the home with milk, butter and cream all the year round in normal times, whilst 90 per cent. of the vegetable requirements of the institution are produced by the home itself.

The annual milk production is in the vicinity of 8,000 gallons and the butter production about 1,600 lb.

All the boys attend school until they reach the age of 15 years and some exceptional pupils continue on even past that age.

Quite a few boys have done very well at High School and found themselves good positions as schoolteachers, as mechanics or with the Forestry Department.

Weekly church services are held at the home by the Chaplain and Sunday School is taken by one of the Board's officers. On certain Sundays parties of boys are taken to church when services are held in adjacent townships.

The Board realises that the recreational side of the Home's activities is very important from the point of view of character building. The boys participate in football, cricket, athletics and swimming, and in addition are taken on conducted walks and picnics. The boys are all keen fishermen and often get some good catches.

While full use is made of the film projector and regular film screenings are provided for the boys, they are also encouraged to listen to the news and sporting sessions on the radio and the Manager periodically lectures them on current topics.

**At the present time there are 46 boys at Kinchela.**

**It cannot be over-emphasised that the boys at Kinchela are not delinquents. They have been committed to the Home by order of the Court, because they have hitherto been neglected or have become orphaned or at the request of their parents.**

The general health of the boys is excellent and this is well illustrated by the fact that almost without exception every boy in the Home has increased his height and weight during the past year, some to the extent of 2½ inches and 24 lbs.

The boys at Kinchela have perhaps got away to a bad start through no fault of their own, but the Board is determined that they will have every care and amenity to qualify them to take their place in the community alongside their white neighbours as good honest Australian citizens.

## COOTAMUNDRA GIRLS' HOME

The Cootamundra Girls' Home, a lovely old house, which was once the local hospital building, is only two miles from the town of Cootamundra. It caters mainly for girls of school age. One or two tiny tots of pre-school age are included in this big, happy family.

Many girls have received excellent training at the Home in past years, enabling them to accept employment as nurses, stenographers, telephonists, and domestic duties.

At the present time quite a number of the girls are attending Cootamundra High School while others are receiving specialised training in domestic science.

Seventeen other girls attend the primary school in the town and are all good friends with the other white pupils. The girls have a special bus to take them to and from school.

The children at Cootamundra are a very happy team.

They attend the local picture theatre and have hikes, picnics, tennis tournaments and concerts.

Evening classes on reading, knitting and fancywork are conducted at regular intervals.

During the summer months the girls are taken regularly to the town swimming baths and it is gratifying to observe how they are accepted by the townspeople generally in all their social activities.

All girls of suitable age are trained in laundry work, cooking, mending, sewing and handicrafts.

There are at present 43 children in residence at the Home.



*But it's true . . . .*

# TAREE . . .

## A HAPPY STATION ABORIGINES WELCOMED!

The town of Taree, with a population of a little more than 8,000 spreads itself along the north bank of the beautiful Manning River, and is the centre of one of the richest dairying districts on the North Coast.

On the other side of the river, and about two miles from the town the Taree Aboriginal Station, with a population of 225 aborigines, housed in comfortable modern cottages, nestles in a beautiful bush setting.

The general community of this district is proud of its aboriginal content. Sporting bodies welcome the teams of players in various sports, and individual aboriginal sportsmen are frequently included in district teams.

No town concert is considered complete unless a few of the Station's musical artists appear on the programme. The new local radio station, which is just about to be opened, is also looking forward to using some of the Station's talent in its broadcasts.

Taree churches are not lacking in their interest in the aboriginal people. Not only do we have frequent visits from the clergymen of the town, but Station church people are invited to attend and take part in various church gatherings held in the town's churches.

The Taree Boy Scout Movement has also been pleased to take the Station's only four eligible boys into their Cub Pack. The lads have wonderful times at their weekly gatherings.

Late last year, a Progress Association was formed by Station residents, and three funds are now being administered by this organisation. Apart from a Management Fund, the Station has a School Fund to provide educational assistance for the children and a Scout Fund to provide for the requirements of the Station's Boy Scouts, and later on, for Girl Guides also.

The Station has a thriving Rugby Football Club which holds substantial funds to meet its needs for the forthcoming season. The second grade team has won the district competition for the past two seasons.

This year residents are fielding a strong first grade team.

At the beginning of this year a new era in educational facilities was opened for the Station children, with nineteen former pupils of the Station School enrolled at the Taree Primary School and six at the Taree High School. The school on the Station has now been made an Infants' School and is attended by twenty tiny tots.



IT is quite a common sight in the more settled districts of New South Wales and Southern Queensland to see convoys of huge white motor trucks, stacked high with bee hives, moving along the roads at night. The hives are being moved from one patch of bloom to another, perhaps a hundred miles or so, in a night. One bee owner may have many different colonies scattered over country hundred of miles apart, because as the bloom in one district gives out, the bees are taken to another district.

\* \* \* \*

For many years it has been quite a common practice for city produce stores to have carpet snakes wandering about to combat the ever present rats but now many are turning to ferrets instead.

It appears that the snakes get tired in the winter and are more inclined to go to sleep than to chase rats.

These ferrets, which most people regard only as rabbit hunters, catch as many as forty or fifty rats a week each. They live in cages right in the building and are released at night to trail rats through partitions, under floors and into shipping crates.

\* \* \* \*

Blushing brides usually attract the attention of all eyes, while the poor bridegroom gets no attention at all, except perhaps a disdainful sniff from the "in-laws".

In an Arab wedding, however, the wedded pair are in a precisely opposite position. Everyone makes a big fuss over the bridegroom while the bride is relegated to a very unimportant role.

In truth her light is practically hidden under a bushel for she is concealed in a large basket on a camel's back before the ceremony begins, and there she remains until it is over.

\* \* \* \*

One of the most remarkable rivers in the world is the Ink River in Algeria.

It is believed the river originates from two sources—one of which contains considerable amounts of ferric salts while the other abounds in lead oxide. The combination of these two results in the inky composition of the river, and indeed the liquid is thick enough to be used for writing.

\* \* \* \*

The ordinary garden worm belongs to one of the largest firm of haulage contractors in the world.

The amount of soil they bring to the surface every year is enormous . . . . in some places it is as much as 18 tons an acre.

It has been estimated that a worm eats, renews, and aerates about five inches of soil a year, and there are anything from 50 thousand to 150 thousand worms in an acre of soil, according to its richness.



**ALWAYS** eat daily the foods so necessary for good health and good dental health.

**FOOD GROUP**

**SUGGESTED AMOUNT**



**MILK** in any form: Fresh, dried, evaporated, in drinks, cooked dishes or as cheese.

1-1½ pints



**MEAT or Other Protein Food:** Meat, eggs, cheese, fish, rabbit, poultry, liver, kidney.

At least one serving, preferably some at each meal.



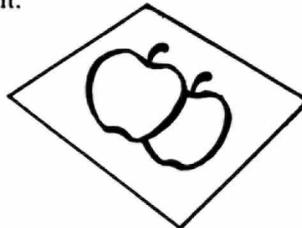
**VEGETABLE AND FRUIT, e.g.:**



Beans  
Peas  
Carrots  
Celery  
Cabbage  
Lettuce  
Cauliflower  
Potatoes  
Tomatoes  
Pumpkin

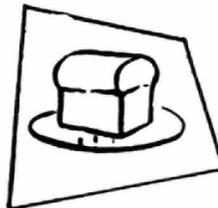
Apples  
Oranges  
Grapefruit  
Rockmelon  
Bananas  
Nectarins  
Pineapple  
Paw Paw  
Peaches

1 serving potato and 3 servings other vegetables or fruit.



**BREAD AND CEREALS:** Brown or wholemeal bread. Oatmeal or wheatmeal porridge, whole grain cereal products.

**FATS:** Butter or table margarine. ½-1 oz.



In addition other foods, such as cream, dried fruits, nuts, baked beans, vanilla essence and various other items may be used to make your meal more interesting.

At play time or after school, when you are hungry, it is best to have a glass of milk and a piece of fruit.

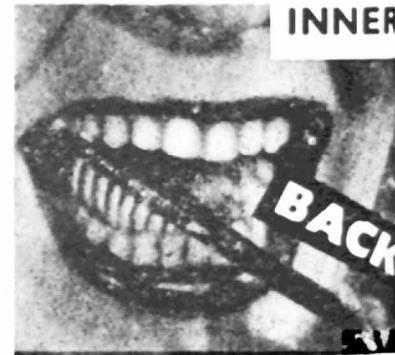
Much of this food requires mastication. This gives exercise to the gums and makes them hard and disease-resistant.



**CHOOSE FOODS WHICH NEED CHEWING!**



**RUSH** your The brushing and not across



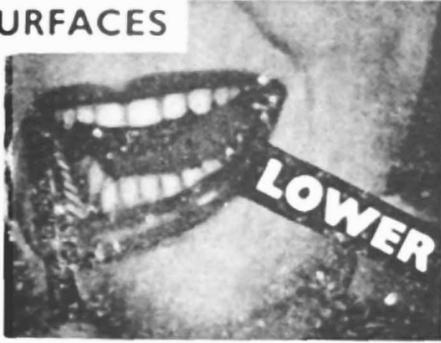
Even adequate tooth brushing can't remove the bad effects of chocolates, which adhere firmly to the teeth. These refined carbohydrates can't be reached by brushing. These refined carbohydrates which dissolve in the mouth, resulting in a sticky coating. Sugar, honey, jam, and soft drinks are particularly bad.

Dental Floss silk (or string) should be used to cut the gums which are between the teeth. When being used to cut the gums which are between the teeth.

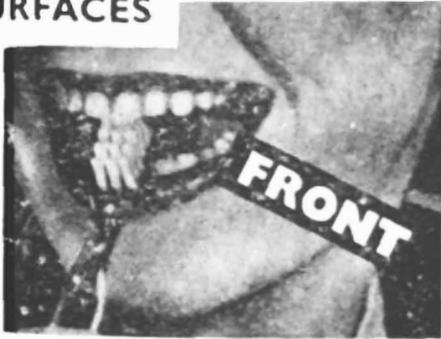
**AFTER EATING**, if it is a piece of fruit should be eaten thoroughly with water.

th immediately after eating.  
ement should be up and down  
teeth.

## SURFACES



## SURFACES



ing will not always overcome  
eating cakes, biscuits, sweets,  
es and white bread which  
he teeth in areas which cannot  
toothbrush.

oods ferment, forming acids  
e hard substance of the teeth.  
ies.

n syrup, ice blocks and soft  
ularly harmful to the teeth.

on) helps to clean BETWEEN  
sed it should not be allowed  
re easily damaged.

ot possible to brush your teeth,  
eaten and/or the mouth rinsed



ONSULT your dentist and ask him about the  
benefits of sodium fluoride.

REMEMBER an aching tooth never heals  
itself as the tooth is the only body tissue  
incapable of self repair.

Regular examination every six months  
prevents needless loss of valuable teeth.



Nature gives us two sets of teeth—a deciduous or  
first set of twenty, and a permanent or second  
set of thirty-two.

Every attention should be paid to the first teeth.  
Their premature loss may lead to overcrowding  
and irregularity of position of the second  
teeth. They are shed to make room for the  
permanent set. (See back cover for eruption  
times.)

The sixth year molar is the first permanent tooth  
to appear, and erupts immediately behind the  
second deciduous molar. It is, unfortunately,  
often mistaken for a deciduous tooth.

If the sixth-year molar is lost it is never replaced  
and its loss usually affects the remaining teeth  
with bad results.

**HOW PERMANENT THE PERMANENT  
TEETH ARE DEPENDS ON THE  
CARE YOU GIVE THEM.**

# ACCIDENTS WILL HAPPEN!

## A page of Useful Knowledge

“**P**REVENTION is better than Cure” is an old and truthful adage but unfortunately prevention is not always possible and then of course the the next best thing is a speedy and reliable cure. In the Summer months particularly, but even during the whole year, the average family runs the gamut of minor accidents and ailments and so the following remedies and treatments may be useful to remember.

### **SPRAINS AND FRACTURES**

#### **Treatment**

Apply firm bandage and ice packs to control internal bleeding. A doctor can give immediate relief by means of injections.

#### **Dislocations**

When bones are forced out of proper place, the accident often causes a tear or stretch of the ligaments. The end of a displaced bone can be felt to be in an improper position. Send at once for a doctor. Apply cold compresses. Completely rest the limb. Use a sling if an arm or a shoulder or a pillow if a leg.

#### **Fractures**

Do not try to manipulate limb. Place in a light splint and keep at complete rest until a doctor or ambulance arrives. The patient should not be moved in any way, as this may cause the broken bone to pierce the flesh, thus causing severe infection. To relieve pain, give aspirin.

### **SPIDERS**

Spiders are always prevalent and some of the species can be especially dangerous.

Two of the deadliest are the Funnel Web and the Redback.

#### **Treatment**

If on an extremity, treat as for snake bite. Put on a tourniquet, incise the wound, and rub in Condy's crystals. Make sure the patient has plenty of fluid to drink and send for a doctor.

### **FISH SPINES—CATFISH AND STINGRAY**

Encourage bleeding by keeping the injured part hanging down and by soaking in tepid water. The wound may be sucked by the mouth freely, and this can be done without any danger.

Condy's fluid or weak ammonia—or even the household bluebag—should be rubbed well into the wound. If pain is persistent, hot fomentations should be applied to the injured part.

Strong coffee or tea or a little spirit and water can be given if the patient is weak.

### **BEEES AND ANTS**

Extract any stings which may be present and apply some alkaline such as weak ammonia, baking soda or a bluebag.

### **TICKS**

Although several varieties of ticks are to be found in New South Wales the only one known to be dangerous to man is the bush tick, sometimes called the dog tick. The bite of the female tick may cause dangerous paralysis and death, not only in dogs or other animals but in human beings, especially children.

In appearance the mature tick is a small flattened oval creature about  $\frac{1}{4}$  inch or less in length, yellowish grey in colour, having eight legs and a tiny sawtooth beak. When feeding it buries its head in the skin of the victim, only the swollen body remaining visible.

#### **Symptoms**

The bite usually causes itching at first, but this may not be noticeable. In a day or two the patient feels weak or sick and swallowing and breathing become difficult.

Death may occur from the fifth day onwards.

#### **Treatment**

First remove the tick without delay, searching the body thoroughly in case more than one tick is present.

The tick may be killed by dropping kerosene, ether or turpentine on it. It may be snipped off close to the skin, with fine scissors, the head being removed with forceps. Merely pulling on the tick may cause the head to break off and remain in the skin.

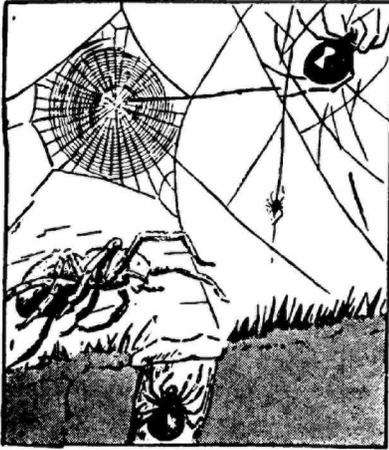
### **SANDBLIES AND MOSQUITOES**

Where it is impossible to protect oneself against the bites of these insects by means of nets, sprays, etc., a repellent, applied to the skin, will be found helpful.

During the War the army used a liquid called Dimethyl Phthalate and it was found to be most successful. It can be obtained from almost any chemist. Shake a few drops of the mixture on the hands and smear over the exposed parts of the body. Avoid getting this lotion in the eyes, on the lips, or other sensitive areas as it can set up an intense irritation.

Scratching the bites of mosquitoes or sandflies may result in sores. Apply cold cream, baking soda solution, cloudy ammonia or iodine.

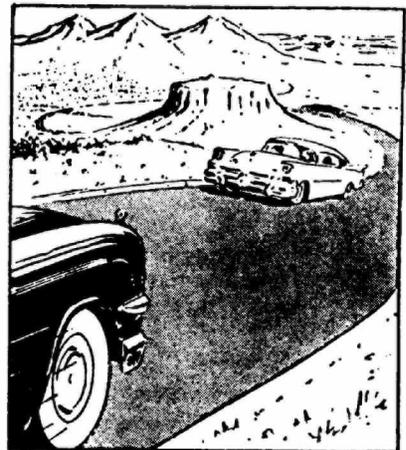
# DID YOU KNOW . . .



There are some 75,000 known species of spiders, but only about a dozen are harmful to man.



While scientific doubts were expressed as early as the 17th Century, water divining still strongly persists today. In some form, the divining rod may go back 7,000 years, but the authenticated history began in 1556.



Greaseless fabric bearings for automobiles have been developed by a U.S. firm. Called "Teflon," the new material is one of the slipperiest materials known and has a life 10 times that of metal-to-metal bearings.



Scientists say there are at least a hundred million planets capable of supporting life in the Universe. And that many are likely to be inhabited by living, thinking beings equal or superior to man.

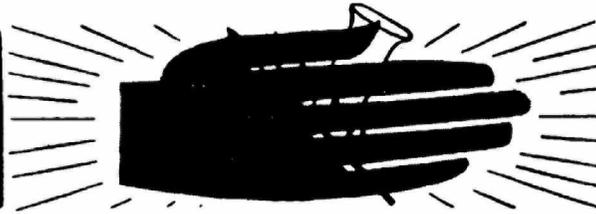


School children in Darien, Connecticut, U.S.A., recently raised enough money—\$500—to provide a two-bed hospital ward for children in Mercara, India. As a gesture of goodwill, Mercara shipped a baby elephant to Darien.



Most birds, including ducks, keep a mate for only one season. Following courtship, nesting and raising of a brood or broods, the pair parts, and if the same two members remate the next season it is coincidental, experts say.

**Health**



**Hints**

## YOUR CHILDREN'S MEAL FOOD IS VERY IMPORTANT

**O**f all groups in the community, children and pregnant women are most in need of good nutrition. The foundation of a strong and sturdy body is laid in childhood. The adult's muscles, bones and teeth are only as good as the food from which they are built in earlier years.

These are the **ESSENTIAL FOODS**: Milk and cheese, meats and eggs, fruit, vegetables and wholegrain cereals. By eating them every day as a matter of course, the child comes to regard them as his regular diet and he thus develops food habits that last a lifetime. There's no need to prepare special meals for children. All members of the family can have the same basic meals with minor variations to suit the different age groups.

All the protective foods are valuable, but **MILK** is the one food that is really indispensable. Milk provides calcium, the material needed for bones and teeth. If a child is having a pint and a half of milk a day, he should be getting an adequate supply of calcium. Milk is valuable in any form—as a drink, or in puddings, soups or sauces. If you have plenty of milk, try cooking the cereal in milk instead of in water. A good idea is to add a tablespoonful of powdered milk while the porridge is cooking.

For children who do not like milk it is not easy to find a substitute. Cheese can be used in salads or sandwiches, or grated on top of cooked dishes. Dried milk can be added to many dishes in comparatively large quantities.

It is a mistake to regard **MEAT** as essentially a food for adults. Meat, a protein food, is needed by children for growth, and if there is a scarcity they should not be robbed of their share. **LIVER** and **KIDNEY** are rich in iron and B vitamins, which are needed for blood-making. Try to serve them at least once a week.

Although clear meat soups and beef tea have a meaty flavour, they contain very little protein, unless the meat itself is eaten. A thick soup is nutritious if the meat and vegetables are left in it. Milk soups, too, are good.

Practically all **FRUITS** are suitable, if they are ripe and sound. Fruit should be thoroughly washed before being eaten, even if it is to be peeled. For young children, remove any pips or stones and cut out damaged or bruised portions. Stone fruits are quite safe eaten in moderation. Prunes and dried apricots are rich in iron.

Encourage the children to eat all types of **VEGETABLES**, raw as well as cooked. When introducing a vegetable for the first time, cut it into small pieces so that it is easy to eat, and serve only a small portion.

Cooked **WHOLEGRAIN PORRIDGES**—oatmeal, rolled oats and wheatmeal make the best breakfast cereals for children, for they have about twenty times as much vitamin B<sub>1</sub> as most of the packeted ready-to-eat cereals, and they cost less.

**HARD FOODS TO BITE ON.** For the development of sound teeth and healthy gums, it is most important that food supplied to children should be, as far as possible, in a form that requires vigorous use of the teeth and jaws. Mastication is believed to be one of the main factors in preventing dental cares, or tooth decay; for teeth and gums need exercise as much as other parts of the body.

Let every meal provide something hard to bite on; crisp toast, crusts, wholemeal bread, apples, raw carrots, nuts, a raw salad, vegetables, or fruit. It's a good idea to finish a meal with something to clean the teeth, such as a piece of apple, or raw carrot or celery.

Write to the Health Department, Bridge Street, Sydney for a free leaflet giving recipes for "Sweets for Toddlers".

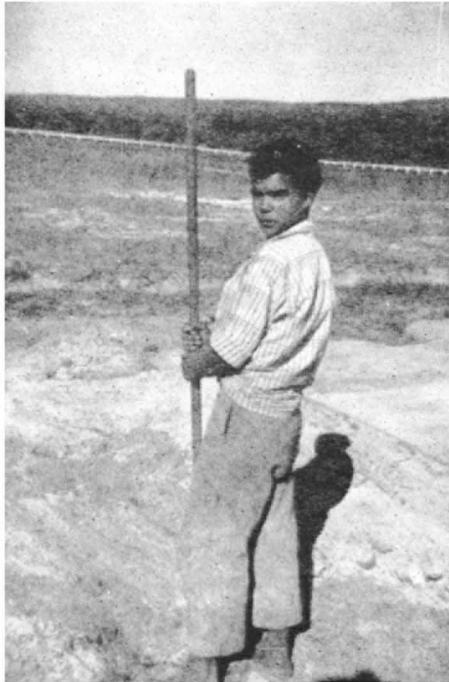


# WRECK BAY ACTIVITIES

## BUILDING A NEW TENNIS COURT

The residents of Wreck Bay reckon that when there's a job to be done everyone should get into it and get it done as quickly as possible.

That was the way they went about building the new station tennis court.



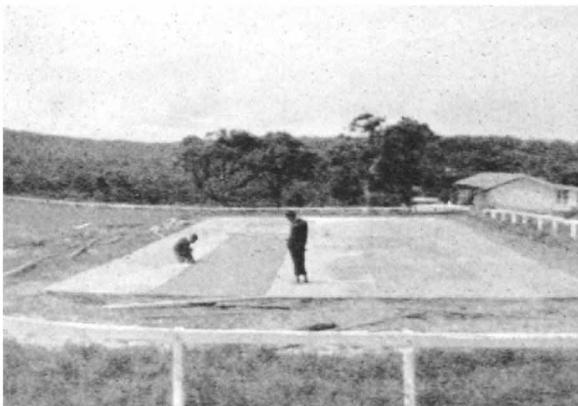
First of all we see young Billy Chatfield spreading the concrete



Here we see Stan Mundy again, with Cyril McLeod—and the hard-worked mixer



Pausing for a breather we see Bill Chatfield, Joe Dixon, Cecil Carter and the Manager, Mr. Yates



"FLOATING" the concrete was an important job and this was left to handyman Stan Mundy



Cecil Carter, Joe Dixon and Bill Chatfield busy levelling

# A MOMENTOUS OCCASION

A group of nine aboriginal children from the Roseby Park Settlement, near Nowra, recently had a two-day visit to Canberra.

The children, during their stay, were guests at the homes of Hall School children.

During their stay they visited the Cotter River, the War Memorial and several other places of interest and, before they left in the afternoon, were conducted over Parliament House by Mr. J. R. Fraser, M.H.R.

The visitors presented to the Hall School a genuine boomerang, with the name of their own school carved on it.



The children arrive in Canberra by special bus



The boys had a grand time on this old German field gun



Some of the girls standing on the steps of the War Memorial Museum



On the steps of Parliament House with Mr. J. R. Fraser, M.H.R.

# VISIT TO CANBERRA

One of the highlights of their visit, according to the teacher, was a ride in the lift at the Bible House, Civic Centre. The children had not seen a lift, and many had a second and a third ride before leaving.

This was an occasion these youngsters will never forget, for it was here they found themselves in the important administrative centre of a great country.

The two days went all too quickly, for there were so many interesting things to see.

Grateful credit must be given to the teachers and pupils of Hall School, who made this wonderful visit possible.



Here we see Don and Dawn Chatfield, Ross Moore, Kenny Brown, Elain Ardler, Patsy Brown, Eric Ardler, Maureen McLeod, David McLeod and Larry Ardler



The party on the steps of the War Memorial



Maureen McLeod at lunch with ladies of the Canberra City Y.W.C.A.



The result of a spending spree—and how quickly that money went!

# Is your Child Wasting Time?

There is no doubt you feel smugly satisfied of the fact that you are obeying the law. You regard yourself as the ideal citizen because you keep to the left, pay your taxes, pay your bills and send your children to school until they reach the age of fifteen.

Are you the ideal citizen if you do these things for fear of what will happen to you if you disobey or are you conscious that these laws are for the common good?

Are you the citizen who says children should be allowed to leave school when their parents see fit? Are you the parent who says "I don't know what good school does, teaching my kids all that stuff about social studies, history, nouns, etc.? My kids are wasting their time; they'd be better off at home helping their mother or helping me. They'd be doing something useful, not wasting their time."

If you do say these things, you say them not because you are concerned about the welfare of your children, but you say them because you are making excuses for your own laziness and selfishness. Why don't you find out if your children are wasting their time; not wasting their time at school, but wasting their time by going to school.

Take an interest in what your child does at school: take an interest in the school in general and take an interest in the advice of the teachers of your children. How many of you bother to ask the nature of the day's schooling from your child and wait to listen to answers? How many of you turn a deaf ear when school is mentioned? How many of you are aware of your child's particular problems? The answer to these and many more similar questions is simple, "Very, very few of you!"

Now is the time to give up your selfishness and be moral enough to accept your responsibilities. Begin by realising that your children do not waste time by coming to school.

Firstly, the school provides your children with company. They don't want your company all the time. They want the company of children of the same age group and the same mental standing. More than likely your children are brighter than you, and you bore them. Your children must have the company of other children to learn to live with them. These other children become their fellow adults in later years.

Secondly, the school provides your children with the opportunity for learning the fundamentals which they need for existence. Your children are not just exposed to these fundamentals. They are given accurate instructions and guidance by people easily trained to do this.

Thirdly, your children are given those characteristics which raise man above the level of an animal. Your children are made aware of the need for a moral consciousness, the need for co-operation and the need for tolerance.

These are only three facets of complex school life, but if you examine these you must be aware that your children are not wasting time by coming to school!

Of course there are failures, but these are caused by you, the parents, because you present an apathetic attitude towards school or worse still, you deliberately set out to belittle school and school work.

With acknowledgments to the *North West Champion*.



Overseas visitors are changing their affection from koalas and kangaroos to boomerangs.

Our picture shows Michael Sawtell, member of the Aborigines Board, explaining the lore and legend of the boomerang to Charles Voraz, editor of *Scientific Publications*, Paris, and Miss L. J. Van Der Wal of The Hague, Holland.

The occasion was the triennial congress for Scientific Management, which attracted 2,100 delegates and was recently held in Sydney.

Mr. W. R. Tucker, co-ordinator of Committees for the Congress, received so many enquiries regarding our Aborigines and their customs that he called on his friend, Michael Sawtell, to give the "Dinkum Oil" to the overseas delegates.

Michael, of course, was in good form and enjoyed every minute of his assignment.

# ABORIGINES ARE NOT DEMOCRATS

## *BUT TRIBAL LAWS ARE SOUND*

An interesting article

by

MICHAEL SAWTELL,

Australian author and member of the Aborigines Welfare Board

I always think that whilst it is not absolutely necessary to have some knowledge of our aborigines in their tribal state, this knowledge can be a great aid to those who are actively engaged in the work of aboriginal welfare.

Such a knowledge should give us a wider and wiser view of the problem of helping our now detribalised aborigines to take up the responsibilities of citizenship.

I am never weary of saying that when one knows our real wild tribal aborigines as I do, it makes one wonder what we mean by calling them a primitive people. Our aborigines in their tribal state are a wonderful people. Their plan of tribal organisation, in which nothing seems to have been forgotten, their rituals or religion, and their methods of hunting food, are marvellous.

I make no claim to any anthropological knowledge but I learned a great deal about tribal aborigines when I worked with aboriginal stock-boys on the edge of the Simpson Desert just over fifty years ago.

Then later, when I was a young man of twenty-five and probably the youngest pioneer living in that remote part of Australia, Yampi Sound, I learned more. I was among real wild cattle and man-spearing aborigines and if I had not understood how to live with aborigines, obviously I would not be alive to-day.

When I was in the wild Obagooma country near Yampi Sound, I learned a great deal about the way in which bush aborigines hunt their food. They know everything about the bush, how to snare all the wild animals, to read signs and to find water.

I used to muster wild cattle in the scrub with the aid of two young stock-boys named Sambo and Paddy, boys of 14 or 15 years of age. These two boys, besides teaching me a great deal, were very good mates of mine.

I think that, perhaps, the old women are the best trackers, as they are used to tracking the small animals. Just as we are able to discriminate in handwriting, so they know the foot track of every member of the tribe, for indeed foot tracks are just as characteristic as handwriting.

I would say that if a conference of leading anthropologists, psychologists and sociologists were to meet, they could not devise a plan of tribal organisation as wise as the aborigines have done for themselves.

How did they do it?

I do not pretend to know. I think that it is very important to remember that in their bush state, aborigines are ruled wholly by tradition.

For countless centuries it has been handed down, what they must do, what they must not do. Every person in the tribe knows his or her place, what they must do in their relationship and duties to all members of the tribe, what food they may eat, and what part of each animal they may or may not eat.

They also have very strict Totem laws, and have a code for the introduction of strangers into a camp. There are no heretics among the aborigines, for death is the inevitable penalty for the violation of most tribal laws.

The aborigines are not democrats. They would scorn the idea of giving any but the old men of the tribe a voice in tribal councils, and each tribe lives under the dictatorship of the wise old men.

However, by ceaseless propaganda from the old men, by legends, by the recounting of myths and in almost endless performance of corroborees the tribe is taught the ancient tribal laws and tradition.

The tragedy of detribalisation is that when the white men come among the aborigines all this tradition is lost, and the aborigines lose their wise ancient laws and fail to properly acquire our way of civilised life.

It seems to the aborigines that all white men and white women can do just what they like. They have no old men (or "Errawallie" or Evil Spirit) to fear, and this leads to their demoralisation.

There are, of course, many theories on how we might detribalise our tribal aborigines without demoralisation, but I very much doubt if it is possible. We must now take the detribalised aborigines as we find them and try, as the Board is doing, to instil into them a deeper sense of what we mean by citizenship.

# DON'T GAMBLE YOUR LIFE

## Our Children are Precious

Our children are our most precious possessions, and most parents would be horrified if they were told they often gambled with their youngsters' lives. And yet this happens in many homes almost every day, for parents who allow their homes to become dirty, who use unclean cooking and eating utensils, who leave uncovered foods to the mercy of filthy germ-carrying flies are, in fact, gambling their youngster's lives.

During recent years several outbreaks of food poisoning, affecting large groups of people, have occurred in New South Wales. When fifty picnickers are suddenly taken ill after a meal the incident is dramatic, yet the same risk exists in every household and restaurant where the standard of food hygiene is not observed.

Poisoning by food may result in vomiting and collapse, sometimes in death, but is experienced in less degree by many persons who simply "feel sick" after eating a particular food. It is mostly caused by germs, of the type called Salmonella. Much less frequently its origin is in chemical products of vegetables or other plants. Potato poisoning for instance is due to a substance solanin, produced by the potato plant. It occurs only when green or sprouting potatoes are eaten. These may contain harmful amounts of solanin, while in the fully-grown vegetable the amount is negligible. Another but rarer example is the absorption by honey of a poisonous substance produced by flowers, including some varieties of azalea, on which the bees have fed.

The foods chiefly affected by Salmonella or other germ poisoning are meat and prepared meat foods, sweet dishes and ice cream, and duck eggs. Such germs get into food in various ways. It may be contaminated by rats or mice, which harbor germs; and meat may come from an animal infected with them. Contamination may be due to lack of cleanliness in those who prepare or process foods. It is possible that the heat of cooking destroys certain bacteria without destroying the toxins or poisons they secrete.

Food poisoning is a variety of gastro-enteritis. Mostly there is nothing in the taste of the food to indicate that it should not be eaten. True ptomaine poisoning is extremely rare, because the substances called ptomaines are produced only in food in such condition that it would be obviously unfit to eat.

Ordinary food poisoning is not due to anything harmful in the food itself, but to the way it is treated—or rather ill-treated. The only safeguard against the germs which cause it is a high standard of hygiene and cleanliness in the handling of foods.

## A LOVELY DEBUTANTE

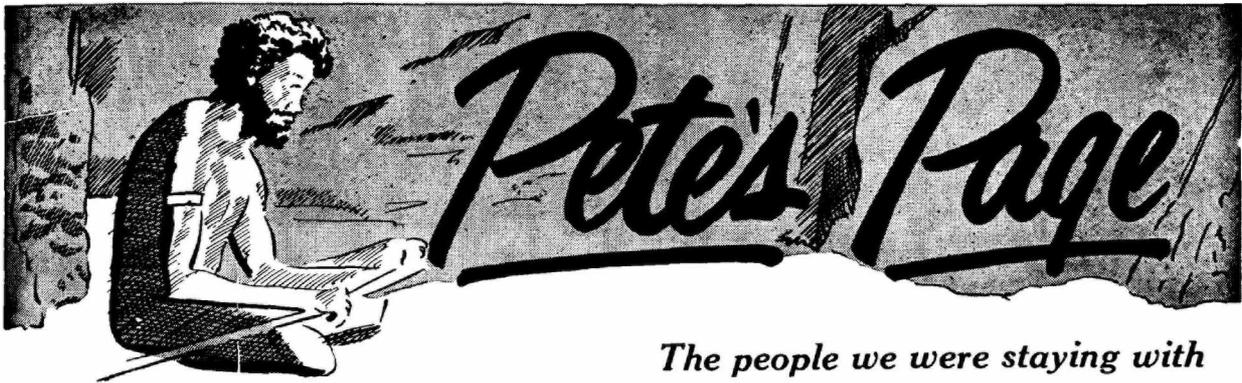


Penelope Packer, who made her debut at the Presbyterian Ball on the 8th May, at Cootamundra.

There were only two girls presented and they were piped into the hall by eighteen women pipers from Sydney.

Penny never faltered in her training and did everything so well everyone was very proud of her.

Penny is nursing at the District Hospital and is doing very well. She left school at 15 years and after going out to work she studied by correspondence and passed her nurse's entrance examination.



Hello, Kids,

Well, here we are once again, and some of us have school holidays. Still a bit cold for swimming but there are lots of other wonderful things we can do.

As you will have seen in another part of *Dawn* this month, a group of children from Roseby Park Aboriginal Station recently went to Canberra for a two-day visit and had a marvellous time. Some of the children wrote about their trip and here are two essays from 12-year-old, Annette Cooper. These have won her a special prize.

\* \* \* \*

## A Trip to Canberra

"Last Thursday I went for a trip to Canberra with Mr. Lawson. On the way up we stopped at Goulburn to get something to eat.

When we arrived at Canberra, Mr. Lawson and Mr. Shaw took us up to meet the people we were staying with. I was stopping with Francis Lynette Jones and her Mother, Mrs. Jones.

When we met our people we had dinner at the school. After we had finished our dinner we had a game of skipping then it was time to look around Canberra.

We saw the big National Memorial, the Bible Society Building, Mr. Menzies' house, the big High School and the church and then when we finished looking at them we went in a shop and bought some photos of Canberra.

Then we went to the home where we stayed and when Friday came we went to Mount Stromlo and Cotter Dam and then went to see Parliament House.

We saw King's Hall and sat in the Speaker's Chair and the Queen's Chair. Then we went to the dining room and had something to eat. After all this we went home and said goodbye to the people we were staying with before we left for the trip back home."

## The people we were staying with

"Last Thursday I went to Canberra with Mr. Lawson and Mr. Shaw. When we were in Canberra Mr. Lawson and Mr. Shaw took us up to the people with whom we were staying. The girl I was staying with took me home to meet her Mother, Mrs. Jones. After I had met her, Francis showed me the room I had to sleep in and when I had finished looking around she took me back to the school to have dinner. When we finished dinner we went down to look around Canberra. Francis and I had a game of Ludo and I read some books. I was particularly interested in Robin Hood but as I was getting sleepy I had a bath and put my pyjamas on and went to bed."

Well, Kids, that's all the news for this month, so until next time.

Your sincere Pal,

Pete



A fine black and white sketch by Ian Harrison, of Kinchela





## HOW TO GROW BEANS

Novice gardeners are often told that it is easy to grow vegetables, or that it pays to grow them, and so on, but the details of culture are often hidden by gardening writers in a sort of veil of secrecy. For that reason we intend, from time to time, to set out the easiest methods whereby the average home gardener, with little knowledge of vegetable craft, can really grow the things that the greengrocer sells at such exorbitant rates to-day.

September being here we must naturally be topical or seasonable, and deal with those things that one can sow or plant during the first month of spring with a reasonable expectation of success.

Take French beans for instance, a crop that few people in sandy soil can grow to perfection. What is needed most of all where the soil is very light and porous is a few bags of manure, some lime or superphosphate, bean seeds, and a hose to keep them growing.

As they are easily damaged by frost, make sure that all danger is past before sowing. They do well in any sort of soil provided it is well drained, but if very sandy, dig out the sand to a depth of 8 inches, put down a 5-inch layer of manure in a drill about 8 inches wide, tread down well, cover with an inch or so of soil, sow the seed, and fill in with the best possible soil on top and firm lightly with the back of the rake. For best results this should also be done in heavier soils.

Dwarf beans should be about 4 inches apart and the rows spaced 18 inches to 3 feet apart according to the size of your kitchen garden. As they mature and bear pods in six to eight weeks, you will need to sow further rows every fortnight in order to assure regular crops.

Pole or climbing beans are excellent and crop much longer than most dwarf beans. Drive a stout stake into the ground about 1 foot deep and get a few tall, slender branches and thrust them into the ground. Then tie them securely to the stake with strong twine or wire, and plant about a dozen seeds of Epicure, Blue Lake, Glory of the Summer, or Maurice Blackburn, or if you live on the mountains or tablelands, or well down south, Scarlet Runners, and water well. The ground underneath should be well dug and heavily manured as for dwarf beans. Scarlet Runners should be sown round about December, as they crop best in autumn and the flowers frequently shed without setting pods if sown too early.

One of the limiting factors with both dwarf and pole beans is red spider, a minute creature that lives, feeds and breeds underneath the leaves. They cause yellow spots on the foliage firstly, but eventually the leaves turn yellow or brown and die, and the plants fail to flower or set pods.

This pest can be easily controlled by dusting the undersides of the foliage with equal parts of lime and sulphur, after which the whole plant should be dusted lightly. Keep them dry for several days and the pest will invariably disappear. An early start with red spider is necessary, for once millions of the minute red spider mites appear, they take serious toll of plant vigour and failure may result.

Green bean bugs cause a lot of trouble when beans are setting pods, and spraying with DDT cannot be performed at this stage because of its poisonous character. The bugs should be picked off by hand and dipped into tins containing water and a little kerosene.

## WHAT TO GROW—WHEN!

### SEPTEMBER

#### FLOWER SEEDS

Ageratum, Alyssum, Antirrhinum (Snapdragon), Aster, Begonia, Blue Lace Flower (Didiscus), Boronia, Brachycome (Swan River Daisy), Calliopsis (Annual), Candytuft, Canna, Capsicum (Ornamental), Carnation, Chrysanthemum (Perennial), Cuphea, Cyclamen, Delphinium, Dianthus, Dimorphotheca, Gaillardia, Geum, Gladioli (Bulbs and Seeds), Globe Amaranth, Godetia, Gypsophila, Helichrysum (Straw Flower), Kochia (Summer Cypress), Marigold (African), Matricaria (Camomile), Mignonette, Nasturtium, Petunia, Phlox, Poppy (Shirley and Queen), Salpiglossis, Saponaria (Big Gyp.), Shasta Daisy, Statice (Sea Lavender), Stock (cold climates only), Sturt's Desert Pea, Thalictrum (Lavender Shower), Torenia, Verbena.

#### VEGETABLE SEEDS

Bean, Beet, Beet (Silver), Cabbage, Cape Gooseberry, Carrot, Celery, Cress, Cucumber (mild districts), Endive, Herbs, Kohl Rabi, Leek, Lettuce, Marrow, Melon (mild districts), Mustard, Parsley, Parsnip, Pea, Pumpkin (mild districts), Radish, Rhubarb, Salsify (Vegetable Oyster), Spinach, Tomato (in frames), Turnip.