You call it 'STALENESS'

but there's another name for it -

'NIGHT-STARVATION'

EVEN MEN in strict training sometimes find themselves getting unaccountably tired and slack. They call it "staleness," but there is another word for it - "Night-Starvation."

DOCTORS know that your body goes on burning up energy all through the night. Breathing alone requires 20,000 muscular efforts, and while you sleep your heart goes on pumping blood, making about 35,000 beats between 11 p.m. and 7 a.m. And your body stirs about once every 10 minutes, in order to relax the various muscle-groups in turn. Unless this energy is replaced as it is burnt up you naturally wake still tired, with no reserves of energy to carry you through the day - in other words - "Night-Starved."

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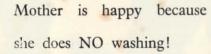


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of the
SLOUGH SOCIAL CENTRE
CLUB.

WRITTEN AND PRODUCED
BY
CLUB MEMBERS.

CENTRE

EDITORIAL.

IT is with great pleasure that we present the "Open Air" issue of "The Centre." We feel that it illustrates the age of the Club in that all new life looks towards the light and sun. As we grow, we profit by experience; every month we produce brighter articles, more topical items.

In the many branches of the work, your co-operation is invited; the Magazine is the members' own creation. If you have criticisms to offer, bring them out into the open air and we will deal with them. A healthy manner of combatting difficulties soon puts them in their right proportion. We want to make "The Centre" a true reflection of the life of the Club, and with your help, we shall.

THE CENTRE

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Chairman's Message.

TO THE MEMBERS OF THE SLOUGH SOCIAL CENTRE.

LADIES AND GENTLEMEN,

It gives me great pleasure as the Chairman of the Executive Committee to send you a message through our Magazine upon the completion of the first year of the Club.

What a Birthday Party we had on April 22nd!

I wonder whether Lord Astor has yet recovered from his visit to the Chamber of Horrors?

I think we have all, manufacturers and private members, done a great deal to make the Centre so successful during the past year, and I am hopeful of great things to come if we can only get the necessary finance, or can obtain a grant from the National Fitness Council which will make the scheme practicable.

We hope to have more land, with a Cycle and Running Track and a Sports Ground. We hope, also, to get additional accommodation for Table Tennis, and alternative spaces for Badminton, Boxing and Fencing. I am sure that we can, as members, maintain all such additional benefits out of our own pockets. The difficulty is to raise the additional capital, but I am full of hope.

The way the Centre has found its feet during the last 12 months, the way in which members of all sorts of different political views, all sorts of different religious convictions, all sorts of differing jobs of work in life, have come together as friends for physical recreation and leisure time occupations, has shown that we live in the most democratic and broadminded country in the history of the world.

Let us make this year an even more bumper success.

Yours sincerely,

A. NOEL MOBBS

Forthcoming Events.

THURSDAY, MAY 12TH.—Visit of Miss Prunella Stack (Leader of the Women's League of Health and Beauty) in the Centre Hall at 7.30 p.m. Admission 6d.

Monday, May 16th.—County Water Polo Trials in the Swimming Bath.

Monday, May 23RD.—Water Polo Match in Swimming Bath
—Ealing Swimming Club versus Centre Club Swimming Club.

Monday, May 30th.—Swimming Contest—Bushey Swimming Club versus Centre Club Swimming Club.
County Polo Match—Berkshire versus Hertfordshire.

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UNDERWEAR.

Keeping Fit.

By MISS PRUNELLA STACK.

(Leader of the Women's League of Health and Beauty and member of the National Fitness Council.)

Now that the Summer is almost here, it seems more important than ever that we should be feeling on the very top of our form. It is not until one is perfectly fit that it is possible to appreciate to the full the marvellous opportunities that Summer days bring us.

A good circulation is the main foundation on which to build permanent health and physical fitness, so it is very well worth one's while to spend a little time considering how best we can improve that circulation. It is the action of oxygen in the body which keeps the body warm and which helps to convert the poisonous lactic acid, which collects in the tissues, into fuel for the body; there must then always be a plentiful supply of oxygen in the body. This can be acquired chiefly by means of lung breathing, skin airing and exercise. It is necessary to have oxygen evenly distributed through the tissues, and the more movement of the body there is, the more oxygen is required.

To obtain good circulation, the muscles *must* be in continual use; exercise is the only sure means to this end. So much depends on the circulation—healthy teeth, bright eyes, the texture of the skin, in fact, everything which constitutes the difference between a normal healthy person and a delicate weakling.

For the teeth the right sort of food must be eaten, so that the muscular action of the jaws bring the blood rushing to the gums. The sloppy, sweet food-stuffs which are such favourites to-day, are so often the cause of the tooth weakness which leads to digestive troubles and then to serious illness.

Many people consider a good skin and complexion the most important of physical attractions, and in acquiring these, circulation and skin airing play the largest part of all. Wrinkles can be done away with, and the tissues of the skin can be cleared by the action from within of the blood supply. Acquire a well oxygenated blood stream, be careful of your diet and take a sufficient amount of daily exercise and then notice how much smoother is your skin and clearer your eyes.

Bad circulation is caused, more often than not, by overeating and overheating. People of to-day, who live in centrally heated houses in an atmosphere of a conservatory, and who eat three solid meals a day consisting of heavy, stodgy foods, are simply asking for trouble. If only they would cut down and carefully regulate their meals; wear light and comfortable clothes, which give the body plenty of room for movement and the skin a fair chance to breathe properly, and throw open their windows, they would be amazed at the difference in their health.

Here are a few rules which will help you to keep fit: -

- (I.) Exercise regularly for fifteen minutes each morning, quite apart from any physical work done during the day.
- (2.) See that your food is always fresh and appetising. Never eat a heavy meal when very tired, or under mental strain.
 - (3.) Try to get eight hours' sleep every night.

(4.) Spend as much time as possible each day out of doors.

Remember, then, fresh air, sunlight, reasonable care in the matter of food and clothing, and always EXERCISE, for as we say in the League: "Movement is Life."

We feel sure that local women and girls are looking forward to Prunella's visit to the Centre on Thursday, May 12th.

League members from neighbouring classes as far away as Bracknell and Amersham, Woking and Wycombe, will be present and we anticipate a most successful evening.

Folk Dancing Section.

(Secretary: Miss C. Harley, 19, Hungerford Avenue, Slough.)

The keynote of folk dancing is happiness, an unhurried, carefree spirit that contrasts pleasingly with the rush and bustle of the factories adjacent.

The Section is lucky in having the services of Miss Somerby, who superintends the teaching of folk dancing in Buckinghamshire schools and takes classes for adults all over the county.

A festival of folk dancing, at which forty teams of schoolchildren took part, was held at High Wycombe on April 2nd and in the evening a party, followed by more folk dancing, was held for adults. Members of the Section participated, for as everyone knows, dancing is very much better than watching. If, however, you have had no experience of folk dancing and would like to watch first, come to the Small Hall on a Tuesday evening from 8.30 p.m.,-9.30 p.m. where you will see the members sail enthusiastically into "Boatman," revel in "Soldier's Joy" and poussette and turn single in "Shrewsbury Lasses." The Section has turned single in another sense too. It is the only class taken by Miss Somerby where men are not present in equal numbers with women. Now, men of the Social Centre, perhaps you don't know about it. Come and join up for the new summer session. Folk dancing is a popular pastime and there is no reason why Slough men should remain in a rut.

M.B.

The Youth Hostels Association.

BY SHANKS'S PONY.

(Local Hon. Secretary: Mr. T. F. Johnson, "Huntingford,"
Bath Road, Langley.)

The Open Air issue of the Centre would be incomplete without reference to the Youth Hostels Association and to the local group, which has just been formed.

As everyone knows, the Y.H.A. is designed to enable people with slender purses and a love of the countryside, to gratify that desire. Only those who travel by means of their own energy, i.e., walkers or cyclists, are allowed at the hostels, where shelter for the night and the wherewithal to cook food is provided. In the English countryside the hostels are situated mostly within walking distance of each other and at the rate of a shilling a night for shelter, plus the cost of food and pocket money, tours can be arranged for four or five shillings a day.

Such a holiday, bringing as it does, a daily change of scene and companionship, is a grand life. As the hostels are, with few exceptions, buildings adapted for the purpose, they are most interesting. For one night you might sleep at a manor house and the next night at a watermill. Another time you might find yourself at an ancient town hall, bound the next day for a lonely shepherd's hut. And, believe it or not, the hostellers are just as varied in point of type and nationality as the hostels. On my tours I have met Dutchmen, Chinese, Americans and Germans and have talked with them in happy, healthy surroundings that must make for international friendship.

If you desire to join the Y.H.A. you will have the new local group waiting to receive you with open arms. A programme of activities has been arranged as follows and the group promises to be a virile organisation.

Tuesday, May 10th.—Evening ramble to Littleworth. Leader: Mr. Lade.

SATURDAY AND SUNDAY, MAY 14TH AND 15TH.—Week-end at Speen Hostel. Cyclists meet walkers at High Wycombe. Leader: Mr. Hewitt.

TUESDAY, MAY 24TH.—Evening ramble to Hedgerley and Fulmer. Leader: Miss Bird.

SATURDAY AND SUNDAY, MAY 28TH AND 29TH.—Cycling week-end at Ewhurst Green Hostel. Leader: Mr. Johnson.

WHIT SUNDAY, JUNE 5TH.—Ramble to Ashley Hill and White Waltham from Maidenhead. Leader: Mr. Charlton.

Centre Lawn Tennis Club.

(Section Secretary—Mr. A. F. Christy, United Building, Trading Estate, Slough.)

There seems to be an impression about the Centre that one must be a good player to join the Tennis Club. This is not the case; all are welcome, and beginners will receive every encouragement and help.

Considering the weather, the attendance on Easter Monday for an American Tournament was quite good, and an enjoyable time was had by the competitors in spite of the bitter wind. The winners were Mr. L. Beckett and Miss M. Giffin. Further tournaments of this nature will be held from time to time.

The Club played its first match on Sunday, May 8th, when a men's team travelled to Great Missenden to compete in the Bucks County Shield Competition.

Shame! Shame!

At a recent meeting of the General Committee Mr. Laurence Beckett complained that, after winning the Lawn Tennis Tournament on Easter Monday, he came over to the bar to spend his prize money, only to find they had run out of draught beer!

Say not the struggle nought availeth,

The vigour and the vim are vain,

That Laurie, who o'er all prevaileth,

Shall, at the bar, see no "net" gain.

If "beer is best," why should they lack it?

And tennis members will, we fear,
Be quite prepared to raise a "racket"

To get their lorry-load of beer.

Fitness or Fatness?

Waiting by the notice board, one evening, as a group of women attired in short frocks and slippers, came out of the gymnasium, I overheard the following conversation.

"I think I'll weigh myself." (Stands on scales.) "Gracious, I've lost a pound, isn't that wonderful?"

Companion (standing on scales), "That's funny, I'm heavier than last time; the scales are wrong I suppose."

ANON.

"A Garden is a Lovesome Thing-"

This open-air business is getting me down. Having heard so much about physical fitness and the open air, and being momentarily inspired by the above line, I decided to devote my surplus energy to gardening. This decision made, I concentrated for several weeks on a particularly arid-looking stretch of waste which is referred to as "the garden." After much backache, making the best of the bricks, broken drainpipes, glass, etc., left by the builders, I think the plot now looks something like a garden, although I was once tempted to uproot the few shoots that poked through here and there and have a good exhibition of weeds—the dandelions were gorgeous—but one or two caustic comments from my wife made me determined to do even better.

Well, this recent grand weather has drawn me out, and although I can now present a pair of well blistered hands, not to mention "shovel feet," the plot looks presentable.

I mentioned above that I have a wife. I also have two small children, who seem to take the keenest interest in my horticultural efforts, and then the greatest delight in showing their disapproval by galloping over my nicely formed beds. I don't know whether they teach A.R.P. in the infants' section of the local schools, but my youngsters are very keen to show me that they know quite a lot about the business. Their demonstrations must, however, take place on the garden. Week-ends find me arduously turning over the soil and generally trimming up. Mondays find the children tearing over it, scalping imaginary victims, entrenching themselves in a particularly cherished spot and generally causing havoc. Strong words and threats do not have the desired effect, for wifie says the darlings must play somewhere.

Not to be outdone, I hit upon the brilliant (?) idea of erecting trellis right along the width of the garden, cutting off the rear of the house from my shoots. Furthermore, I hung a stout gate in the centre of the fencing and finished it off with a strong lock on the garden side. This could only be reached by me with difficulty. As a carpenter I fail to rouse any enthusiasm in the family, for I can rarely hit a nail without damaging my thumb, but my latest creation made me feel proud. Gazing on it with satisfaction, and seeing my offspring glinting at it, I felt tempted to tell them to "Put that in your pipes and smoke it." I say they glinted at it, which was true, for I'm sure I saw a twinkle in two sets of eyes. But there was the trellis and my garden looked set for the season at least.

Monday I returned from work in the best of spirits, but what a sight met my eyes. Oh yes, the trellis was still there, but the



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garden was worse than ever. The children (they had evidently recruited forces from their various friends) had climbed the fence (8-ft. high) and had wrecked the garden as previously.

When I set eyes on them, three kids were perched at the top of the woodwork, while my two, together with reinforcements, were in their "trench" pelting the "enemy" with mud pies—the water for the manufacture of said pies being kindly contributed by my wife in my water-can.

Storming and swearing (nothing stronger than "bother") brought forth the usual retort—"The little dears, where else can they play." I go out to remonstrate with the gang, but my calls are drowned by the shouts from the Indians eager for the kill.

I should like to mention that at the bottom of the garden is a fence 3-ft. high, quite climbable—on the other side a huge field containing nothing but grass. I ask you!

MEMBER No. 2256.

A Fable.

By F. W. THOMAS.

(Reprinted by kind permission of the Editor of "The Star.")

Frederick Foljambe Fotheringay Went for a picnic one fine day, Under the trees he ate his meal, Leaving a lot of banana peel, Empty tins and a paper bag, Tidving up was too much fag. In course of time he went and died, Crossed the Styx to the other side, Heard the Devil politely say, "Welcome, Mister Fotheringay! Here's a job that will suit you fine, Tidying up this place of mine." Frederick Foljambe Fotheringay, For ever and ever and ever and aye, Spends his time and pays for his sins, Pursuing elusive banana skins, Armed with a stick without a nail, He chases litter in half a gale, Shoving pieces when he's got 'em Into a basket without any bottom.

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BOOK THROUGHOUT WITH WINDSORIAN.

Badminton.

(Section Secretary: Mr. C. A. Ward, United Building, Trading Estate, Slough.)

On Thursday, 7th April, Burnham Reserves travelled to Henley (neutral ground) to meet Witney Banks in the final of the Berks., Bucks. and Oxon. Badminton Association Junior League. A very friendly and sporting match went to four all before being won by the Burnham team at five events to four. Burnham, who were supported by a large number of friends, thus add to the laurels of the Centre by bringing home another shield.

On Tuesday and Wednesday, 12th and 13th April, the Centre Championships were fought out in the Concert Hall. The open championship, for which 24 players entered, was won by Mr. J. Archer and Mrs. Gratton, who beat Mr. Norman Smith and Mrs. Santer in the final by 15-4, 15-9. Fifty-four players entered the Handicap, which resulted in a win for Mr. Norman Smith and Mrs. Santer (owed 10), the other finalists being Mr. Archer and Mrs. Gratton (owed 9), the score in the final being 15-9, 15-11.

Much credit is due to both pairs, who had to work very hard against heavy handicaps before reaching the final. Our thanks are due to Mr. Sands, who umpired the semi-finals and finals, and to those who rendered valuable assistance on the Handicapping Committee and as stewards.

C.A.W.

Motor-Cycle and Light Car Club.

(Secretary-Mr. C. Sims, "Meadow Sweet," Lent Green, Burnham.)

The Easter plans worked out very well, and fourteen members spent Sunday and Monday very enjoyably at Hayling Island, for which we owe many thanks to Mrs. Winchester.

The Land's End entrants had little luck, but tried hard!

PROGRAMME FOR MAY: -

May 8.—TREASURE HUNT. (Open to all Centre Club members.)

" 15.—Afternoon run to "Robinson Crusoe."

" 22.-To Motor Works or Croydon Aerodrome.

" 29.—Brand's Hatch Grass Track.
Full details on notices later.

C.D.S.

ARTICLES AND REPORTS ON THE FIRST BIRTHDAY ANNIVERSARY.

Our Family Party.

It was Mr. Noel Mobbs, our founder, who spoke of the aim and purpose of the Centre Club as the creating of the family spirit. What more natural expression of the true atmosphere of family life could we wish for than a birthday party?

When, on Friday, April the 22nd, our founder and Mrs. Mobbs mingled with over a thousand fellow-members, we know they found abundant evidence of this spirit of real fellowship alive in the Club. We believe this spirit to be catching: it breathes through the words of the special message for the Club's New Year which you read on page three: it passes from friend to friend, from older member to newcomer; and we believe and trust that the coming year will see the ties of friendship in this large family strengthened by this spirit, and having issue in an even greater field of common activities for pleasure and usefulness to each other.

"OUR THANKS ARE DUE . . ."

To our Guest of Honour, Lord Astor, who, in the "ballroom," presented the cups and prizes for Badminton, Billiards, Snooker, Table Tennis and the Birthday Whist Drive. He told us he was here at the birth of the Centre and hoped to see many other of our anniversaries.

To Mr. A. Noel Mobbs, O.B.E., to whom Lord Astor paid tribute for having started the Centre.

To the Veteran Keep-Fit Ladies for their work in the Hall of Fame and Fortune. (Oh! that rolling horse.) To the Light Car and Billiards Sections for the popular Darts Contest. To all the officials at the Swimming Gala—and to the Centre Swimming Club for coming out on top!

To the very capable officials at the Birthday Night Dance, which was attended by nearly five hundred people, who, of course, had their usual happy time.

To Gordon Crump and friends for that astounding sideshow, the Chamber of Horrors. Who would believe that this show (repeated the next evening by special request of many members) was only a bare idea less than a week before it came off. When ordinary members, working voluntarily, can pull off at such short notice an outstanding success, here is evidence surely of the right spirit.

To all the Staff our best thanks, particularly to the Wardens and our Social Secretary, who must have been the three most hardworked people connected with the Party.

'Oly 'Orrers.

It took me some time to recover from my tour of the "Chamber of Horrors." Accustomed, as I am, to grisly spectacles, mangled bodies, etcetera, I must confess that I was genuinely shocked.

Entering the "gym" I was guided through a series of corridors and passages constructed from heavy hangings and curtains. The first object on view was a dismembered arm "specially loaned by the Home Office," being part of the body found at Cheltenham recently. Sweeny Todd, the Demon Barber, who cut up his customers and made them into pies, was there in person with freshly murdered victim. The only really concrete feeling piece of floor suddenly dropped a full two feet as I approached the end of the passage. A wild man from Borneo sprang out from the shadows; a skeleton groaned dismally. America's fun and games, the electric chair, was in full working order, apparently electrocuting someone every five minutes or so. Boy! He must have been tough!

There was a bodyless head which was reputed to answer any questions put to it. The first person to see it asked it: "What's yours," and owing to the ensuing convulsions they took the notice down.

Dr. Crippen, who murdered his wife, gave me a nasty jar when he leered up at me from his lifeless mate.

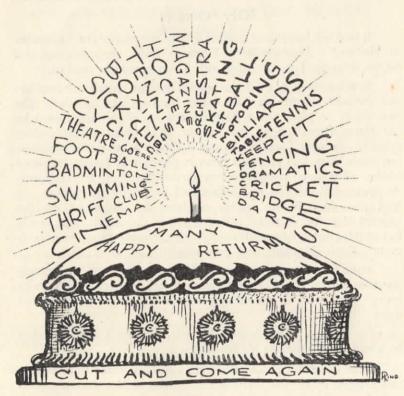
Other delightful pleasantries were a body drowned three months and dragged up for the occasion, the remains of Mrs. Ruxton, which were being pieced together by a kind-hearted gent in natty spring suiting, a vampire crouching over the body of a woman sucked dry of blood.

The ghosts and what-nots were awfully pally folks; they grabbed my ankles and flapped wet things in my face. Something snatched at my nose, and I'm sure I ran into some spider's webs.

I am informed that on the Tuesday previously the C. of H. was only an idea of Mr. G. Crump, and chiefly due to his efforts and enthusiasm it was all arranged and managed very slickly. Through the Magazine, the bodies and ghosts wish to express their appreciation of the support given to them by the members.

Speaking to Sweeney Todd's victim later, when he was resurrected, he told me that next time he is asked to take part in another such show he is going to have his throat really cut . . . it won't be as painful as trying to remove "kissproof" lipstick! Or is this letting out inside secrets?

OFFICIAL REPORTER 1408.



The First Anniversary Celebrations culminated in a Sunday evening Service, in the course of which Mr. J. J. Virgoe, C.B.E., gave an address. The speaker said that the keynote of the Anniversary was "Thanksgiving." They were grateful for the men with whom the idea of the Social Centre had originated. They were grateful for all the efforts which had been put forward for the securing of physical fitness and culture of the mind.

Upon coming into the Centre itself the visitor was struck by the air of fellowship and friendship—friendship between man and man. There was nothing more striking in the Bible than the testimony to the possibility of friendship with God. Abraham was called "The friend of God."

What, after all, was religion? It was not intellectualism; it was not emotionalism; it was not altruism; it was not ecclesiasticism: Religion was a right relationship with God as Jesus had exemplified to the point of perfection. This "right relationship" with God led to friendship and fellowship with men.

A.M.

Looking Back.

In December, 1936, about 48 persons, all working in Slough, met in an upper room. They discussed the proposed Social Centre at length.

There were no completed buildings. Everything was in the air.

Despite that, those attending the meeting unanimously decided that a Club should be formed called the Centre Club and all present applied for membership. That was a remarkable result, as so few of us knew one another, and the prospective Staff who were present (Mr. and Mrs. Carr, Miss Timmins and Mr. Flower) were completely new to us.

These founder members can nearly all be seen in the Club each week at some time or other. They just undertook to be members that first night, and yet in most cases how much more they have shouldered since.

As the Centre gradually took shape did you from time to time as you left Buckingham Avenue say quietly to yourself, or audibly to your companion: "That place is far too big. It's bound to be a 'wash-out'?" Now own up! You know everybody thought it. What a glorious risk to run, and what courage was required by our founder and his associated friends. In our experience we know of no greater evidence of faith being amply rewarded.

Our first winter has proved that the place is too confined for many things we wish to do.

Our membership has steadily soared.

Time for forward planning has been limited by the daily demand upon our energies and capacities.

A visit from Their Majesties King George and Queen Elizabeth, in December last, and the visit of Queen Mary, in our first week of Club, will always stand out as landmarks in our history.

Publicity and limelight have been lavishly given to us. Yet our members go sanely on, gradually welding themselves into an entity of fellowship which in the future we predict will become a mighty force.

The growth of a sound spirit within the Club is the most important task, and looking back we cannot but be thankful for the strong links of service and friendship already forged.

To the inspirers and founders of the Centre, for all work and effort done for us voluntarily, and for the willing co-operation of our ordinary members, we express our sincere gratitude and thanks whilst "looking back."

ANON.

BIRTHDAY NIGHT SWIMMING CONTEST (CENTRE v. EALING) RESULTS.

(Italics indicate Centre Club Swimmers.)

EVENT I .- 100 YARDS FREE STYLE.

RESULT: 1st Massie; 2nd Hamilton; 3rd Andrews; 4th Skeats.

Time: 614 secs.

CENTRE: 5 points. EALING: 5 points.

EVENT 2.-100 YARDS BREAST.

RESULT: 1st Bell; 2nd A. Poole; 3rd K. Poole; 4th Hines.

Time: 1 min. 20\(^2\) secs.

CENTRE: 5 points. EALING: 5 points.

EVENT 3.-100 YARDS BACK STROKE.

RESULT: 1st Bagshaw; 2nd Walker; 3rd A. Poole; 4th Lacey.

Time: 1 min. 17\frac{3}{5} secs.

CENTRE: 4 points. EALING: 6 points.

EVENT 4.—LADIES' PLAIN DIVING. (Centre Swimming Club.)

RESULT: Miss Milward; Mrs. Hill.

EVENT 5.—TEAM RACE. (Six men each team, one length.)

Andrews

Massie Skeats

Hamilton Fones

D. Bagshaw

Hill

A. Bagshaw

Marsh

K. Poole

RESULT: Ealing won by 2 yards. (Points: Ealing 7. Centre 3.)

EVENT 6.—PLAIN DIVING (Gents.).

RESULT: 1st Darville; 2nd Lacey; 3rd Massie; 4th Tower.

CENTRE: 7 points. EALING: 3 points.

EVENT 7.—CLUB HANDICAP (Two lengths).

RESULT: 1st Fletcher (2 secs.); 2nd Haynes (5 secs.);

3rd Taylor (8 secs); 4th Nicole (5 secs).

EVENT 8 .- POLO MATCH.

RESULT: Centre 2. Ealing o. (Scorers, Bell

and Marsh.)

CENTRE 7 points. EALING 3 points.

TOTAL POINTS: Centre 31 points; Ealing 29 points.

COMING EVENTS AT THE CENTRE POOL.

MONDAY, MAY 16TH-County Polo Trials.

MONDAY, MAY 30TH-Contest: Centre v. Bushey.

(Particulars of later fixtures will be published later.)

Letters to the Editor.

DEAR SIR.

As a member, I should like to know if there is any chance of an Amateur Photography Section being formed.

Photography is a fascinating hobby and if a section could be formed, I feel sure that many members would be interested.

Faithfully yours,

T. H. REX.

(MEMBER No. 5001.)

DEAR SIR,

"THE LIMELIGHT IS ON."

"Accept the challenge of the Limelight," says Member No. 5191. Anyone with experience of the stage will tell him that one is apt to cut rather a poor figure in it without the aid of artificial make-up.

This is not difficult to put on, but some people think it spoils the baby!

So, "Fuse it," says

Yours, &c.,

MEMBER No. 1287.

"BROKEN-HEARTED" "HANK," "MODESTY ITSELF."

Auntie Pansy asks us to acknowledge letters from the above readers. They were received too late for including in this issue, but next month they will have her usual motherly attention.

GETTING OUT A MAGAZINE IS NO PICNIC.

If we print jokes, folks say we are silly;

If we don't, they say we are far too serious.

If we publish original matter, they say we lack variety;

If we publish things from other papers, we are too lazy to write.

If we stay on the job, we ought to be out rustling news;

If we are rustling news, we are not attending to our own department.

If we don't print contributions, we are not showing proper appreciation;

If we do print them, the magazine is filled with junk. Like as not some fellow will say we swiped this from another magazine.

So we did!

From Toc H Journal, April, 1938.

FOR FAILING SIGHT OR EYE-STRAIN HEADACHES

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Have you been over to see the improvements around the Centre Tennis Courts?

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Aunt Pansy's Post-Bag.

"Naturalist" makes the following offer through this column to all Centre members this month. "I have collected a valuable set of lantern slides showing the life of a snail and the evolution of the Lesser Twistlethorpe," he writes, "and I should be extremely pleased to give Centre members a chance of seeing these striking pictures, for which reason I am prepared to arrange a show and lecture on them. Personally, I think people would be willing to expend 6d. to see such a show, what is your opinion, Aunty Pansy?"

Your lantern slides sound pretty snappy to me. It might be a good idea if you secured the services of the Orchestral Society to play "The Dead March" during your show. The musical background would enable you to put the thing over in a big way. Also I advise you to have a doctor in attendance during your lecture or you might have people dropping like flies through over-excitement.

"I was referring to a flock of geese the other day," says "Querist," but a friend informed me that it should be 'gaggle.' Which of us is correct?"

I'm afraid you lose, "Querist"! "Gaggle" is quite correct. Other group names you may be interested in are a goggle of goldfish; a gargle of 'flu sufferers; a giggle of Health and Beauty girls; and a gurgle of dying income-tax collectors!

Dear me, these boys and girls! Here is "Soulful" with an agonising plea. "I do hope that you can help me out of a difficulty. Every night I see my girl home we stand at the top of her alleyway, and somehow I just can't seem to tear myself away. It seems so stupid to just say , Well, good night, dear. See you same place same time to-morrow.' Is there no way I can make my exit more dashing, more manly?"

Every girl, deep down in her heart, adores the romantic touch. Be ready to hand it out in large helpings. A husky "Buenas noches, Senorita mia" in her ear would have her enraptured at your feet: there's nothing like a spot of Spanish to bring 'em in line. If you experience trouble in mastering these foreign parley-voos hand her out a plain, honest "Scram." That means Good-bye in any language.

POTTED POSTSCRIPT.

Where is the "Silent Pool"? asks "Rambler."

Don't ask me, I never enter for these Football Competitions!

"What are the chances of a Rowing Club at the Centre this summer?" asks "Oarsman."

We would rather settle our squabbles in private!

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PROGRAMME FOR THE MONTH OF MAY.

Monday, May 9th. For 6 days. NEW FACES OF 1937 IOE PENNER and MILTON BERLE

also You CAN'T BEAT LOVE.

Sunday, May 15th.

BORDER CABALLERO

with Tim McCoy and Lois January also Tons of Money.

Monday, May 16th. For 3 days. IOAN CRAWFORD, WILLIAM POWELL and ROBERT MONTGOMERY in THE LAST OF MRS. CHEYNEY also THE HOUSE OF ROTHSCHILD.

Thursday, May 19th. For 3 days. FRANCHOT TONE & SPENCER TRACY THEY GAVE HIM A GUN

also FALSE FACES.

Sunday, May 22nd.

TOMBSTONE TERROR with Bob Steele and Kay McCoy also It's A King

Monday, May 23rd. For 3 days. 52nd STREET

featuring IAN HUNTER, ZASU PITTS, LEO CARRILLO.

Thursday, May 26th. For 3 days. STAND IN

featuring

LESLIE HOWARD and JOAN BLONDELL

Sunday, May 29th. WILD MUSTANG with Harry Carey and Barbara Fritchie also Tenderfoot Goes West.

Monday, May 30th. For 3 days. PARNELL

CLARK GABLE and MYRNA LOY also THE CHIMP.

BOYS' AND GIRLS' CLUBS. Leader's Letter to Members.

DEAR MEMBERS,

During the past few weeks there has been considerable enthusiasm and activity in the Senior Block in connection with the Senior Section Birthday Celebrations. They are now one year old. And this serves to remind us that we, as a Junior Section, have occupied these present buildings just one year too, although we actually celebrated our first anniversary during November, 1937. To celebrate the end of our first year in our new home, we hope to arrange a "Mystery Party" on Saturday, May 28th. The arrangements will be entirely in the hands of club helpers and members themselves will be guests.

Looking back over the year, the winter activities have been rather more than pleasing. We are proud of the achievements made by the various groups during what was, after all, our first winter at the Centre. We hope we are not assuming too much to regard this beginning as an indication of the progress we can make during the next few years.

Some weeks ago the Boys' Club News Sheet published as a thought for the week the words: "Nothing great was ever achieved without enthusiasm." We have not, so far, lacked enthusiasm, but only time will tell whether we are able to achieve something truly great. Let us, above all things, keep our enthusiasm strong and the rest will follow.

Our summer activities will take us more and more out of doors, and consequently, we shall tend to become scattered as a club. But nevertheless, this need not make our enthusiasm weaker or our loyalty to the club less.

Yours ever,

· E. M. TIMMINS. F. FLOWER.

SKATING TIMETABLE.

WEDNESDAYS, 7.30-10.30 p.m. FRIDAYS, 6-7.45 p.m.; 8-11 p.m. SATURDAYS, 2.30—5.30 p.m. (Juniors); 8—11 p.m. SUNDAYS, 2.30—5.30 p.m.; 8—10.30 p.m.

If you want to be a man of the world, look at it before you start, and then perhaps you won't.

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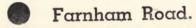
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THE MAN ON THE SPOT.

Impressions of

N.A.B.C. WEEK-END TRAINING COURSE AT WELWYN GARDEN CITY, APRIL 9TH AND 10TH.

Cold winds on the Saturday of our arrival at Welwyn Garden City made me fully appreciate the lack of heating facilities at the Peartree Boys' Club, where our week-end was to be spent. The Club was a low, bungalow-type of building, surrounded by shrubs and herbaceous borders. Quite a nice setting for this week-end course which had attracted about eighty-five delegates from places as far apart as North Wales and Oxford.

As I glanced around at my companions I began to ask myself "why had they come here?" They came voluntary and at their own expense, for what reasons did they do this? The answer to this question was supplied by the different speakers during the course, and by the delegates themselves. Boys and boys' clubs were the reasons, and it was because of their desire to assist the former by building up the latter that they came.

They exchanged ideas and went back to their clubs with knowledge gained from the experience of others on House Systems, Mixed Activities and many other important parts of club life. Disciples attracted to the banner of boys' clubs departed after the course with good information and ideas for starting a boys' club.

Several points of interest were made by one of the speakers, Mr. Basil Henriques, who said that club leaders should do their utmost to train the boy's body, through his body his mind and through his mind his character, and through this, the most important of all—his soul. This impressed me as being a very hard task, but being properly accomplished, the club leader could be truly said to have helped the boy to possess those things that are the hallmark of a good citizen.

Mixed Activities! What an intriguing subject, the cause of much discussion. Many and varied were the opinions expressed on whether or not boys and girls ought to take drama, painting, dancing or other activities together in the club. Miss Cowan, who has been a leader in Northwood Boys' Club for the past twenty years, made an enthusiastic speech in support of mixed activities, and by the exercise of her female blandishments and a very witty and interesting talk converted many old diehards.

One other point of interest was made in another speech concerning the work of the National Association of Boys' Clubs headquarters. The N.A.B.C. headquarters collect and pass on to club leaders ideas and information on boys 'clubs. It assists in forming new clubs by sending out Field Secretaries, and keeps leaders in touch with one another.

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61, St. Leonard's Road, WINDSOR. 17, Victoria Street, WINDSOR. 3, Iona Parade, CIPPENHAM. Cemetery Entrance, SLOUGH. All the delegates present showed a genuine desire to do something for the adolescent boy, and I am sure we all left Welwyn with our desire to help in this interesting and worthy work strengthened by the speeches to which we had listened.

GORDON EASLEY, Member of the Boys' Club.

BOYS' AND GIRLS' CLUBS.

Boxing in the Boys' Club has now ceased for the summer months and boxing members are now enjoying a well-earned break until boxing begins again next winter. We have had an excellent season and we are all greatly indebted to our Honorary Boxing Instructor, Mr. A. Spayne, who spared no time or efforts to make doubly certain that boxing as an activity in the Boys' Club should begin along the right lines. He has achieved this admirably and we all look forward to a renewal of his services again next season.

THE BOYS' CLUB BOXING CHAMPIONS FOR 1938 ARE: —

PAPER WEIGHT CHAMPION (The "Cooke Cup") Thomas Clitheroe Runner-up Philip Turnbull SPECIAL WEIGHT CHAMPION (J.O.C. Cup) Sidney Fussell Runner-up H. Bradbury BANTAM WEIGHT CHAMPION ("Woodley Cup") H. Gandar Runner-up H. Holdsworth FEATHER WEIGHT CHAMPION ("Byrne Cup") Victor Bowyer Runner-up Albert Chapman WELTER WEIGHT CHAMPION ("Mobbs Cup") Ernest Watkins Runner-up Dennis Street

MEMBERS OF THE BOYS' CLUB CRICKET COMMITTEE FOR 1938.

John Stevens Edward Talbot Albert Chapman
E. Cook Charles Ambrose Gordon Easley (Secretary)

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- ——A Conjunction is a place where two railway lines meet.
- ——The feminine of Czar is sardine.
- -Q. Define the first person.
- -A. Adam.
- ——The plural of forget-me-not is forget-us-not.

1938

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BOYS' CLUB SUMMER PROGRAMME.

(Subject to Alteration.)				
MONDAY.	New Members Enrolled	7.20 9.20		
mondair.		7.30—8.30 p.m.		
	Physical Training (Juniors)	7.30—8.30 p.m.		
	Physical Training (Seniors)	8.30—9.30 p.m.		
	Wood & Metal Work (Seniors)	7.30—9.0 p.m.		
	Library	7.15—9.0 p.m.		
	Scouts	7.30—9.30 p.m.		
	Running	7.30—8.45 p.m.		
THEODAY	Tennis	6.30—9.30 p.m.		
TUESDAY.	Applications for Full			
	Membership	7.30—8.30 p.m.		
	Folk Dancing	7.30—8.30 p.m.		
	Wood and Metal Work	7.30—9.0 p.m.		
	Wrestling	7.0—8.45 p.m.		
	Swimming	7.0—8.30 p.m.		
	Tennis	6.30—9.30 p.m.		
WEDNESDAY.	Library	7.15—9.0 p.m.		
	Inter-House Matches	7.0—9.30 p.m.		
	Cricket Practice, Nets (Junrs.)	6.30—7.45 p.m.		
	Cricket Practice, Nets (Senrs.)	7.45—9.0 p.m.		
	Running	7.30—8.45 p.m.		
	Full Club Meeting	9.0—9.30 p.m.		
	Mixed Drama	7.30—9.0 p.m.		
THURSDAY.	Tennis	6.30—9.30 p.m.		
	Swimming	7.0—9.0 p.m.		
	Cycle Run	7.0 p.m.		
	Schoolboys' Club (Cubs and			
	Cadet Juniors)	6.0—7.30 p.m.		
Club closed except	Scouts	7.30—9.30 p.m.		
for these Clubs and Groups.	St. John Ambulance Cadets	7.30—9.30 p.m.		
	Boys' Brigade	7.30—9.30 p.m.		
	Old Boys' Club	7.30—10.0 p.m.		
FRIDAY.	Tennis	6.30—9.30 p.m.		
	Cricket Practice, Nets (Junrs.)	6.30—7.45 p.m.		
	Cricket Practice, Nets (Senrs.)	7.45—9.0 p.m.		
	Discussion Group	9.0—9.30 p.m.		
	Inter-House Matches	7.0 p.m.		
	House Meetings	7.0 p.m.		
SATURDAY.	Tennis	2.30—6.0 p.m.		
	Cricket Practice or Match	2.30—6.0 p.m.		
	Skating	2.30—5.30 p.m.		
	Mixed Ramble	2.30—6.0 p.m.		
	Social	7.0—10.0 p.m.		
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CLINDAY	Tamela		
SUNDAY.	Tennis		2.30—6.0 p.m.
	Cycle Run	·····	2.30 p.m.
	Mixed Table Game	s or Special	
Drnien Mar	Entertainment		7.0—9.30 p.m.
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	ay, Wednesday and	Friday and	from 7.0 p.m. on
Saturday and Su	nday.		
GIRLS'	CLUB SUMMI	ER PROC	GRAMME.
MONDAY.	Tennis		6.30—9.0 p.m.
MONDAY.	Swimming	*****	0.30 J.0 P.III.
	Keep Fit	*****	7.0—8.0 p.m.
	Singing		8.15—9.0 p.m.
	Dancing		9.15—9.45 p.m.
TUESDAY.	Tennis		6.30—9.0 p.m.
TOESDAT.	Swimming		0.30 9.0 p.m.
	Mixed Folk Dancin		7.15—8.15 p.m.
	Shorthand		7.0—8.0 p.m.
	Shorthand		8.0—9.0 p.m.
WEDNESDAY.	Tennis		6.30—9.0 p.m.
W LDINESDIII.	Swimming		0.30 9.0 p.m.
	Metal Work	*****	7.0—8.30 p.m.
	Typing		7.30—8.30 p.m.
	Mixed Drama		7.30—9.0 p.m.
	Dancing	******	8.30—9.30 p.m.
THURSDAY.	Tennis		6.30—9.0 p.m.
	Swimming		orge yee prints
	Cycling		7.0 p.m.
	Play Centre, 5 to 9		6.0—7.30 p.m.
	Schoolgirls' Club		6.0—7.30 p.m.
	Guides		6.30—8.0 p.m.
	Brownies	*****	6.30—7.30 p.m.
FRIDAY.	Swimming		7.5- 7.5-
	Tennis		6.30—9.0 p.m.
	Dancing		8.30—9.30 p.m.
SATURDAY.	Tennis		2.30—6.0 p.m.
	Swimming		
	Mixed Rambling		2.30 p.m.
	Social	*****	7.0—10.0 p.m.
	Skating		2.30—5.0 p.m.
SUNDAY.	Tennis		2.30—9.0 p.m.
	Swimming	*****	
	Cycling	*****	2.30 p.m.
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