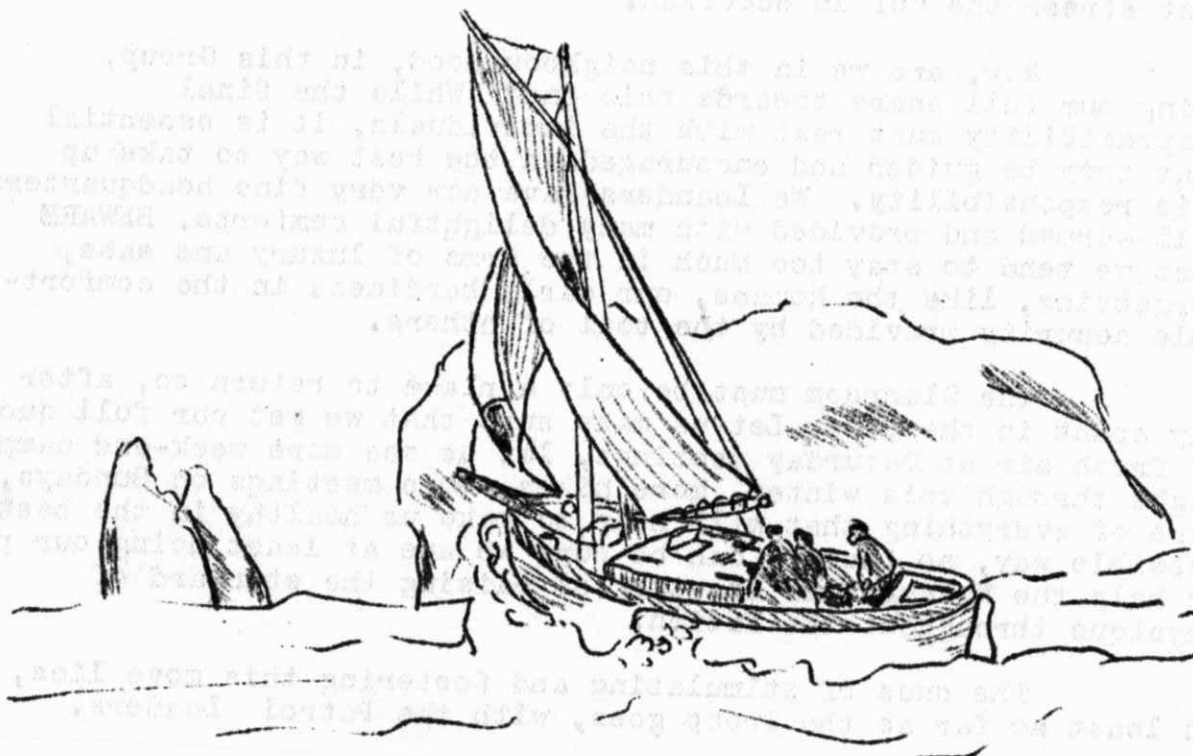


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EDITORIAL.

The Chief Scout, in the current number of the Scouter, has a great deal to say about physical fitness, particularly as it affects the Movement. This is a topic that may well be echoed in these pages. Whether due or not to a spasm of "War babies", now growing up, it is a lamentable fact that the general standard of health throughout the youth of the nation is not as high as it might be. Modern life tends either to the sedentary or the violent. Thus, when we seek mere amusement it usually takes the form of sitting still in a picture theatre, in an atmosphere which certainly does nothing to develop the body of a growing boy, while most of our exercise is in playing football or some such game, exercise violent and exacting while it lasts, and consequently of short duration. The result is too often to breed the "weedy" type of specimen, good perhaps at the games he has practised, but in general fitness well below the standard desirable in an A.L. nation.

Scouting has been designed to provide a remedy for this condition of affairs, and if carried out properly, can be guaranteed to develop the youthful body in the way it was intended. It endeavours to keep the boys out of doors as much as possible, occupied in moderate but continuous exercise. In our hiking, cycling, camping, games, etc. we have the ideal system both for keeping fit and free from mind ailments, and also for building up the growing body during the most important years. But it is vital that this system should be used as it was intended; we must stress the OUT in Scouting.

Now, are we in this neighbourhood, in this Group, doing our full share towards this end? While the final responsibility must rest with the individuals, it is essential that they be guided and encouraged in the best way to take up this responsibility. We Leaders have now very fine headquarters, well-warmed and provided with many delightful comforts. BEWARE lest we tend to stay too much in the arms of luxury and ease, forgetting, like the Romans, our early hardiness in the comfortable security provided by the toil of others.

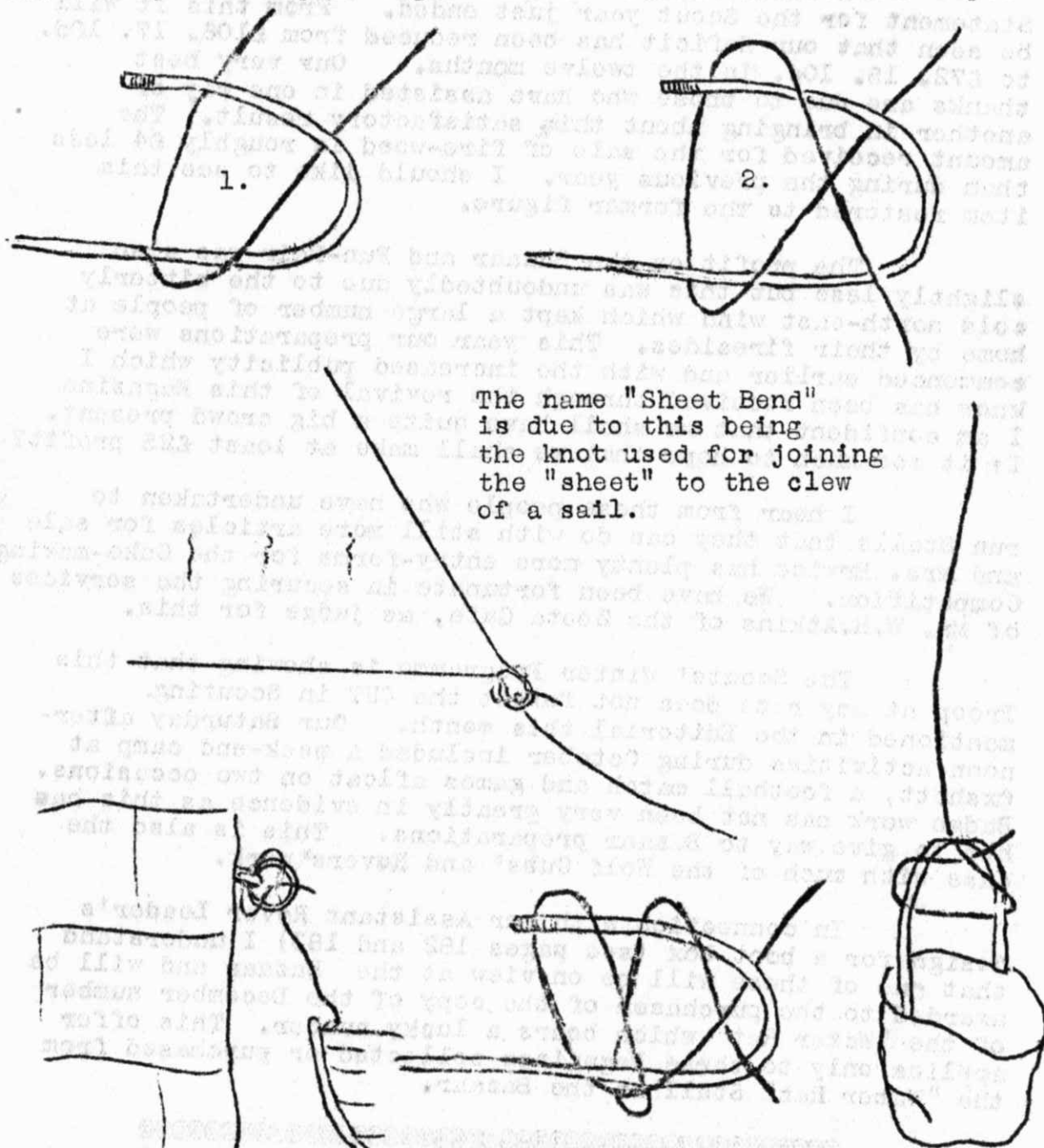
The Clubroom must be only a place to return to, after a day spent in the open. Let us make sure that we get our full quota of fresh air at Saturday meetings, let us see more week-end camps, right through this winter, more hikes, more meetings on Sundays, more of everything that will help to make us healthy in the best possible way, so that we can be sure we are at least doing our part to help the Movement in its task of raising the standard of physique throughout the Nation.

The onus of stimulating and fostering this move lies, at least so far as the Troop goes, with the Patrol Leaders.

THE SUB-EDITOR.

T H E S H E E T B E N D .

The Sheet Bend is the best knot to use for tying or bending two ropes together. When one rope is thicker than the other, the loop or bight must be made in the stouter rope.



Right and left. Two variations of the Sheet Bend.

Centre.

A Double Sheet Bend for use when the ropes are wet or when one is considerably thicker than the other.

WHISPERINGS FROM THE JUNGLE.

The Pack has had a red-letter day since we last appeared in print. Akela was able to come to Pack Meeting to invest Fullick with his First Star, and Marden (formerly Brown Second) and Wilson, as Sixer and Second of the Browns. The Sixes have been re-arranged, so that they can now compete without handicapping odds, and we have two recruits, so there is work to be done in that line when we can again turn our main efforts from keeping in time with each other, and the "music". It looks easy enough and really is not hard so long as we all do our best, but the gramophone must be included in the "all", and we once found we could not rely on it!

The Pack has had some kick-about practices on Saturdays and one really good football match; we were beaten 3 - 2, but thoroughly enjoyed the game, because it was well played by both teams. We are hoping to meet the Coombe Cubs again next month and reverse the score, but there are other Packs to play before then.

On November 12th the Pack Flags were fetched from their resting place and taken to Church; quite a fair number of Cubs turned out. The flags give added meaning to Church Parade, as they are visible reminders of the things for which we stand.

One Sixer who was privileged to carry the Cub banner, was heard to say that he would not be tired of carrying it all the way from H.Q. if we met there instead of at the Coronation Stone!

In our Christmas Number we shall again hear Akela's call.

For now, Good Hunting all,

CHIL.

.....

HULLO BROWNS! I know all of you will agree that we are unlucky in losing "Tommy", our Sixer, but with Marden as a new Sixer and yours truly as Second, two transfers and one new recruit, we should make things hum! First we must all pull together to see if we can bring our attendance up to the top. I want you chaps to put your backs into it and show them what kind of stuff you are made of. Please do not forget to bring along August subs, long overlooked.

B.WILSON (Brown Second).

NOW GREYS! We are being let down because some of you stay away and we do not get enough points for Six work etc. so you will have to work hard now that the Sixes are even. See that you get top points for November and December! Here's to the next time, as Henry Hall says.

F. CAKLEY.

TUBBY'S TOPICAL TALK TO ROVERS.

This month's Water Rat is the last one before the Bazaar and Fun Fair, and I hope that as an advertising medium it will justify its existence. I think the most important thing remaining to be done is to get the people there. This is a splendid opportunity for you to render service, and to show in a practical manner your loyalty to the Group.

We have a splendid programme of amusements and our Stallholders are very enthusiastic, so we simply must see that we have plenty of customers for them. Let those who come, however, understand that we do not wish them just to spend a certain amount of money and then clear out. We want them to stay with us and enjoy the fun. This Annual affair is a great opportunity for getting to know one another and to have a gossip. I am afraid I am a very bad one at recognising people, and I am sure that I am expressing the wish of all the officers of the Group when I ask you to introduce your parents and friends to us. Now I am going to ask each of you Rovers and any of my friends who read this to do something for me personally, and that is to make yourself responsible for at least three other people coming to the Bazaar. This is a job that needs to be done by each individual.

I think one of the most marvellous things in this world is the fact that although it is inhabited by millions of people, each one is a complete unit separate from his fellow beings. We have our own particular problems in life which we must tackle ourselves, and it therefore behoves us to realise that everything depends upon our own actions. It is so easy just to drift along with the crowd and to blame others when things go wrong. When I receive a complaint from anyone, the first thing I consider is what the person complaining has himself done towards remedying matters. Often at the Rover Mates' Monthly Meeting a problem arises and I ask what do the other fellows think about it, only to get the answer that they just don't. Everything you do must be done by your own individual effort, and always to be a mere passenger is nothing but sheer laziness.

If you wish to go ahead you must make your presence **FELT**. Unless you develop your individuality you become just one of the crowd, and you must not complain if you are overlooked when there are any plums going.

Great works are performed not by strength,
but by perseverance. - Steele.

OUR AMAZING UNIVERSE.

Have you ever paused on a clear and moonless night to consider the vast expanse of sky and its grand magnificence?

About three thousand stars are visible to the unaided eye, but millions and millions more exist unseen. They differ in size, density, constitution, and colour; red, yellow, green, white, blue; colour indicating temperature, blue hottest, red coldest.

A large number which appear to be single, are found to be double when viewed in a telescope; and many of these revolve round each other; but in some cases they look double because one is nearly in line but far behind the other.

Dr. Robt. Aitken of the LICK Observatory discovered 3,100 Doubles in 35 years, and in 1932 he was awarded the gold medal of the Royal Astronomical Society.

Triple and multiple stars, and Globular Clusters abound. There are others called "Variables" which increase and decrease in brightness periodically. And occasionally a "NOVAE" or temporary star bursts out unexpectedly, and shines for a few days or even years, and then dies out and disappears.

Stars are graded according to their brilliancy in magnitudes, 1st, 2nd, 3rd etc; the sixth magnitude being the smallest which can be seen by average unaided eyesight.

Scattered among the stars are hazy spots and cloudy patches of Nebulae; globular, ringed, spiral, dumb-bell, etc. A few are visible to the unaided eye; others are too faint to be seen, even in the largest telescope; these are revealed by long photographic exposures.

It is believed that our Universe is an irregular and much flattened spiral cluster of stars, and star-clouds, somewhat the shape of a watch, the whole in slow rotation, like a great wheel with our sun somewhere near the "hub". Stretching across the sky is a faint luminous cloud-like band of varying width, known as the "Milky Way". Viewed through an opera glass or small telescope, this band is seen to be a swarm of faint stars. Looking at the "Milky Way" it is in the direction of the long axis and towards the outer edge or rim. The Stars look faint and closely packed because of their numbers and great distances.

Far outside our Universe a vast number of Spiral Nebulae can be seen, many too far distant to be resolved into stars. These are commonly called "Island Universes".

Star distances are staggering and are not measured in miles, but by the time taken by LIGHT to traverse the distance.

LIGHT travels 186,000 miles in ONE SECOND. A YEAR contains thirty one millions, five hundred and seventy-eight thousand, four hundred and sixty-nine SECONDS. Light can therefore reach an enormous distance in a year. This is called ONE LIGHT-YEAR.

Light from the Moon reaches us in $1\frac{1}{2}$ SECONDS, but it takes $4\frac{1}{2}$ YEARS to come from the NEAREST star, and the distance across the Universe from "rim to rim" is estimated at 30,000 LIGHT-YEARS.

R O V E R N O T E S .WINTER IN THE BETTER 'OLE.

For the benefit of those readers who are charitable enough to peruse this un-important feature, we will endeavour (fountain pen permitting) to provide a diversion from our usual Notes.

Let us not talk, this month, about the concrete we have laid, or romance about the lone Rover who camped 'mid midnight storms. We will forget the virtues of Tubby, the untiring energies of 'Erbert of Enfield, and take a peep at the running machine instead of at the various parts.

Meet us at the corner of Bank Lane, on any Thursday evening. It is a typical November night, with thick banks of fog rolling up from the river. Into the wall of blackness we strike, between high trees and bushes, until a gentle lapping tells of the proximity of the river. We feel a slight breeze, suddenly the curtain of fog is raised, and we see the sheen of lights on the water of Teddington Reach. Proceeding along the tow-path we come upon a clump of bushes, illuminated by a magnificent lamp-post, kindly presented by the Kingston Corporation. Just beyond, barely discernable against a dark ground of trees, we see a row of low buildings, a thin streak of light below one of the doors being the only indication of human presence.

As we pause at the door, the town clocks strike eight, the hour fixed for the weekly Rover Meeting. The gentle lapping of water is disturbed by the rancous cry of a gull. The distant rumbling of a train over the iron bridge is heard, and all is still again.

With a little shudder, we throw open a large grey door which slides back at a touch of the finger, and fumble for the electric light switch. Click! and we find ourselves in the boathouse, the various smart craft appearing very dejected, almost, we think, asleep. Still no sound from the next room. Tapping politely on the small door, we enter what is known as the Main Deck.

The room is warm, and dimly lit by one bulkhead light. A solitary figure is asleep on a wooden form beside one of the shining black radiators. Astonished at this lack of movement, we jab the sleeper violently in the ribs. "Wake up, Buster, it's gone eight". Rover Mate Cole, of the Nelson Patrol, rubs his eyes, and then perceiving visitors, becomes suddenly alert. He explains that the blokes will be along soon. Trains have been held up by the fog, some are working late, etc. but anyway, they will be along.

S U P E R S T I T I O N .

Some people will tell you that all the sailors superstitions died with the square riggers, but ask the modern tramp "salt". On one occasion we disregarded the old belief which says that you should never, under any circumstances, return to a berth once you have left it, without having either loaded or discharged some cargo.

I well remember the occasion; it was the night the Rye Lifeboat was wrecked. We were in Amsterdam and had just finished discharging. We had been out East and were looking forward to pay day, London, and a good time. Our pilot stepped on board just as two bells struck, and the "Doctor" shouted "Come and get it" from the galley door. "Stand by" was rung soon after the watches had changed and by three bells we were under way in the hands of four tugs and the pilot. We had only got about half-way down the canal to Ymuiden when we received orders by semaphore to return to Amsterdam on account of the gale blowing which would have made it impossible for us to get out of the Locks.

We were towed back to Amsterdam and there the "Old Man" had to choose between tying up at the canal entrance and returning to our old berth in the lee of the warehouse. Rather against the pilot's advice he chose the latter, and certainly raised a moan amongst the older members of the crew who predicted terrible happenings. We finished mooring up at about six bells in the first watch, then we had coffee and one of Spillers' specialities. As we were expecting an early start all hands were below by eight bells. It happened to be my watch on deck, so I had a final look round and then "got my head down" on one of the galley benches. I had hardly shut my eyes before there was a terrific crash!!!

It took me about a minute to put on my Reefer and sea-boots. I could only manage to open the galley door far enough to squeeze through and then it took me about five minutes to reach the bridge, climbing over sheets of corrugated iron, blocks of concrete and steel girders, but by the time I had got there all hands were on deck surveying the mess.

When daylight came we discovered that the roof of the warehouse had been blown off, complete with four big cranes, and most of it had landed on us. It took us twelve days to clear the wreckage, twelve days we should have spent in London. Then to crown it all, we were ordered out East again, and all we saw of England that trip was Beachy Head and St. Catherines, as we passed down Channel.

Is all superstition coincidence?

J. E. JENKS.

LEANDER (Kingston) SEA SCOUT GROUP.

Statement of Accounts for Year ended 30th September 1933.

By:-	£	s.	d.	To:-	£	s.	d.
Subscriptions- Cubs	1	18	5	Bank charges & cheques			
Scouts	15	7	8	Insurance- Fire	5		
Rovers	14	15	-	Accident	1	2	6
Den a/c	8	5	9	Boat	1	10	-
Balance of camp a/c		10	3	Local Rates	3	2	4
Donation- Rotary Club	2	2	-	Association Dues	3	9	4
Mr. D.H. Edwards	2	2	-	Heat and light	10	10	-
Sale of bottles, paper, etc.	2	10	1	Printing, badges, etc.	1	17	6
varnish	2	-	-	Purchase of varnish	2	15	8½
rope	3	16	9	rope	1	18	-
drums	2	-	-	crockery	5	8	1
firewood	6	12	7	camp gear replacements	7	7	6
Bazaar and Fun Fair	19	5	3	Building material & tools	2	3	9
Film Show "O.H.M.S."	2	2	-	M.W.B. connecting supply	13	14	2½
Catering	10	3	7	Plumber	1	16	7
Knitting - Mrs. Ebbage		3	-	Boats- Purchases	2	11	-
Storage of canoe	2	5	-	Maintenance	3	9	11
Sundry rentals	2	8	6	Registration	6	8	9
"Cirrus" a/c	3	-	-	Wreath- George Bartram	3	3	-
				F.T. Langridge Memorial	2	12	6
					2	5	-
Cash in hand 1st Oct. 1932	97	7	10		63	5	10
Overdraft 30th Sep. 1933	76	6	9	Overdraft 1st Oct. 1932	107	7	11
				Cash in hand 30th Sep. 1933	3	10	11
					£ 174	4	8

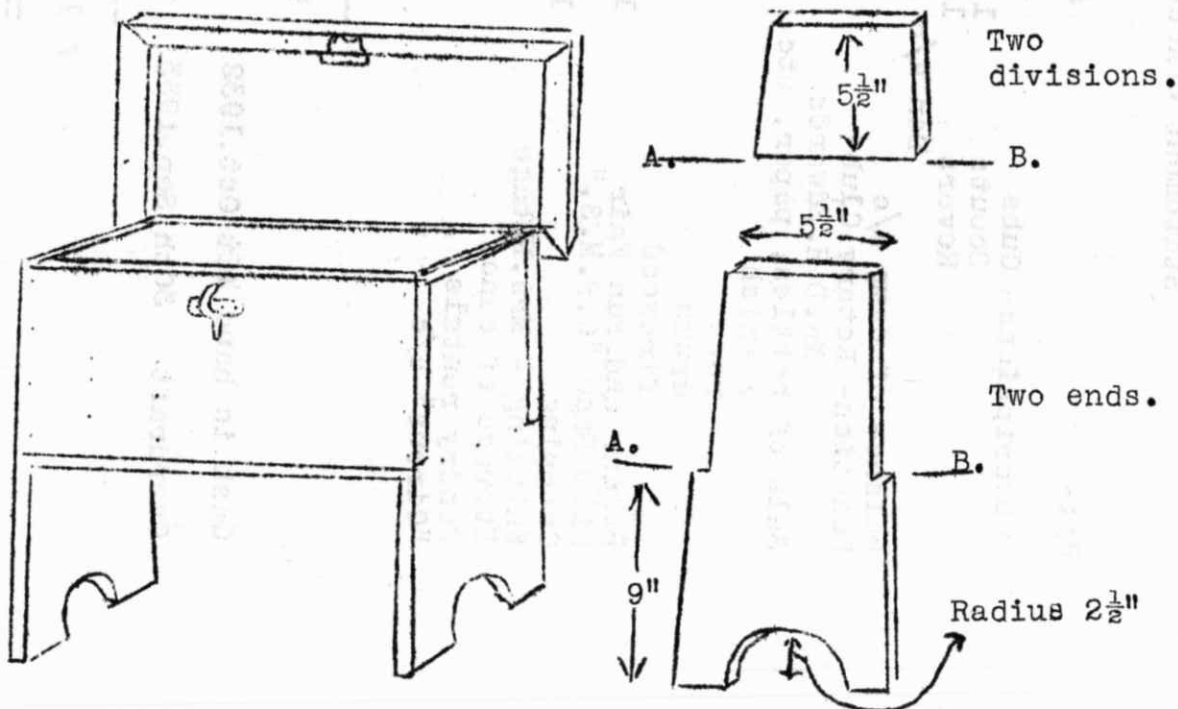
A BOOT BOX.

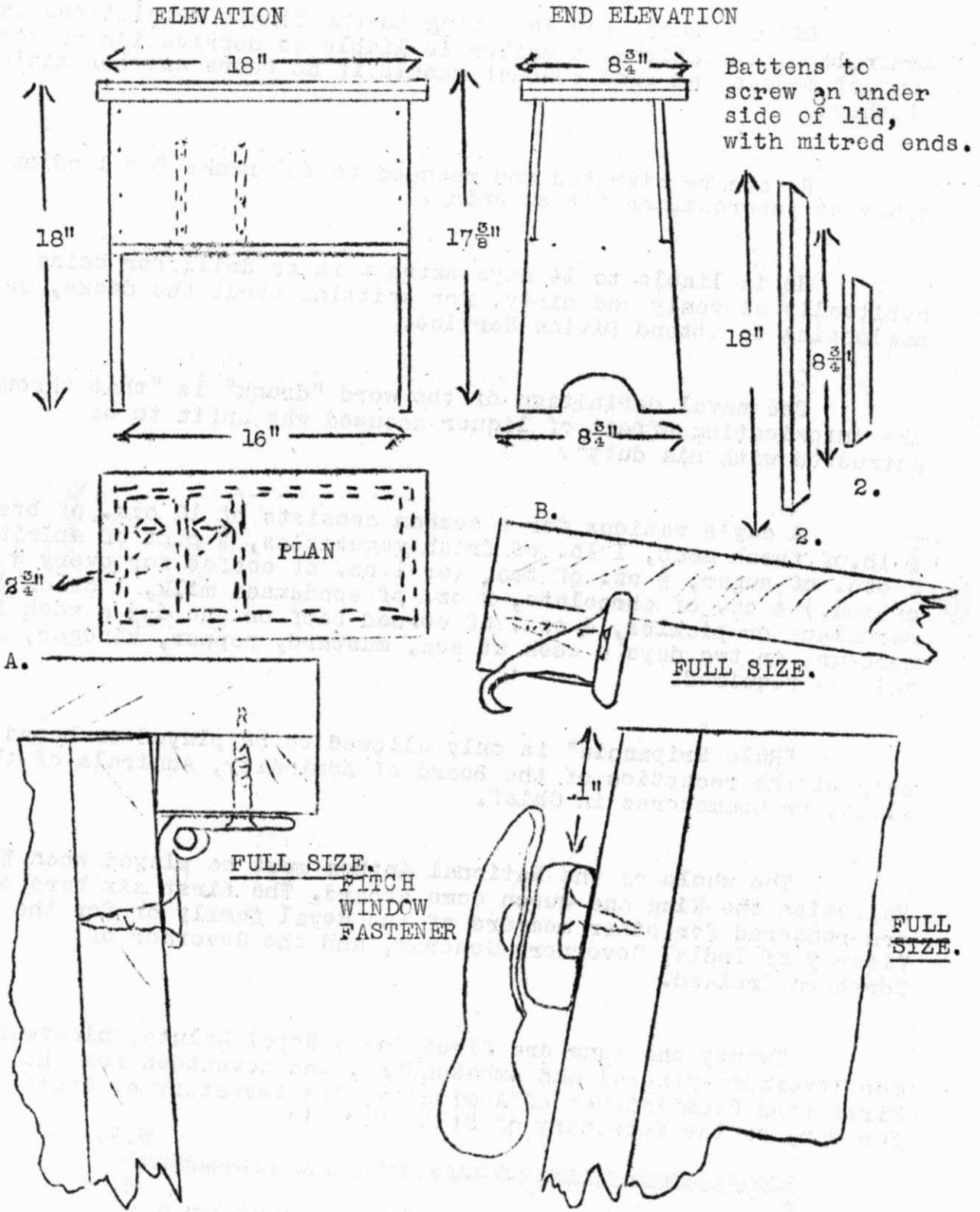
Have you ever thought of having a stool on which to put your boots or shoes and polish, brushes, &c, while doing the cleaning? Well; here is a very useful one which also holds all the things required, with divisions for both black and brown brushes and a large section for cloths, pad, &c. (and by the way, I hear that the Household Stall at the forthcoming Bazaar is showing a bargain line in shoe pads). Now, as to the materials required, first you must visit the wood yard and buy 10 ft. of 9" x $\frac{5}{4}$ " planed deal board, and 5 ft. of 1" x $\frac{5}{4}$ " planed batten costing about three shillings; then at the ironmongers, $\frac{1}{4}$ lb. $1\frac{1}{2}$ " (or $1\frac{1}{4}$ ") oval brads, 1 pair 2" pressed steel butt hinges, 1 "Climax" fitch sash fastener and 1 doz. $\frac{3}{4}$ " x 6s iron screws.

Before commencing to cut up the wood, carefully mark off the different pieces required, as following:- Cut square one end of the 10ft. board, then mark off the length of the top, 2 sides, 2 ends and 1 bottom, along it; the piece over will be wanted to make the division pieces. When each piece has been cut to shape; make sure that they fit together true.

Now to commence the assembling. First fix the sides to the two ends, nailing with the oval brads, then put in the divisions and finally the bottom. Next lay the board for the lid on the bench and place the stool upside-down on it, centre it up and fix the battens which have been cut as illustration opposite, plane off surplus round the edges. The hinges and latch are fitted as shown in (Fig. A. and B) opposite.

(To be concluded in December issue).





FIRST AID NOTES.

A First Aid Man must be discriminating in that he may decide which of several injuries presses most for treatment by himself, what can best be left for the patient or the bystanders to do, and also what should be left for the Doctor.

BANDAGE FOR FRONT OF CHEST.

Place middle of bandage over the dressing with the point over the shoulder on the same side as the wound; carry ends round the waist and tie them, then draw the point fairly tight over the shoulder and tie it to one of the ends. (as shown).

BANDAGE FOR THE BACK.

The bandage is applied as above, except that it is begun at the back.

BANDAGE FOR THE KNEE.

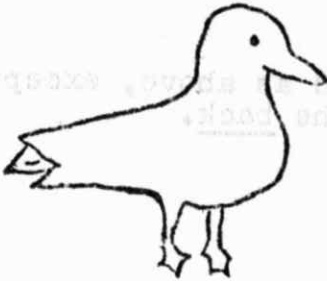
Fold narrow hem along the base of the bandage, lay the point on the thigh and the middle of the base just below the knee-cap, cross the ends just behind the knee, then over the thigh and tie, bring point down and pin to base. (as shown)

PATROL LEADERS' OPINIONS.AHOY STORKS! stand by to take a line (or two).

The Camp we had at Oxshott was a great success, but we hope that next time we shall have some of the Sea Gull Patrol to keep us company. The attendance on Tuesdays has been very good lately, but on Saturdays it falls off. See to it that it remains the same all the week round. It is the natural tendency of men and other animals to hibernate or lie dormant for the next four months, so every time you feel like slacking off, give yourself a jab in the back with a very sharp pin and you will soon conquer any drowsiness of this kind.

A short while ago the Troop was able to assist at the salvaging of a car from the River, close to Turks' Boathouse, so remember that the Stork has traditionally a very sharp and quick eye, and keep a good look-out.

F. C. HALLETT.

SEAGULLS.

Our interests are at present centred on the forthcoming Bazaar. The Scouts' play is going forward steadily, and surely, and a last hectic polish-up should turn out something of interest to our visitors.

Please remind your parents again that gifts of groceries, &c. will be appreciated as soon as possible. Hoping the Bazaar will be a success.

J. PHILLIPS.

HOW DO OTTERS!

I hope that you are all doing your bit towards our Annual Bazaar, so that it will be an even greater success than in previous years. We all hope that you will remember to bring along as many people as possible, so that we have a record attendance. H. MARTIN.

