

LETTER FROM A HAPPY GIRL

To Adult Church School,
Waverley Methodist Mission,
Bondi Junction, Sydney.

Dear Secretary and Friends,

I would like to thank you all very much for the scholarship you awarded me last year, 1966.

I have appreciated this very much, as it has helped me a great deal at school, and also in preparing and settling into nursing.

I love nursing very much, and I hope I become a sister here one day.

Thank you all very much,

Yours sincerely,
Bev. Grant

Beverly Grant has several reasons for her happiness. About a year ago the Aborigines Welfare Board's senior welfare officer and people of the Waverley Methodist Mission got together for a talk. The result? The Mission decided to award Beverly \$100-a-year for three years to help her education at Nowra High School, and in nursing.

Beverly has made good use of the money. In the recent School Certificate examinations she passed at ordinary level in mathematics, geography, needlework, home science, and English, and at credit level in science.

Beverly was considered a credit-level student of English, and was sitting for that exam. when she became ill, later being awarded a pass at ordinary level on the work she had done.

Her good pass was a result of hard work, and she is prepared for more because she wants to become a nurse. She is being trained at the Royal Alexandra Hospital for Children, at Camperdown, in Sydney.

Beverly used some of the scholarship money to buy nursing uniforms and text books. The Welfare Board and all her friends feel sure that she will become a nursing sister.

KEEP YOUR KITCHEN TIDY

A tidy kitchen and clean preparation and storage of food protect growing families against infections disease, says the Department of Public Health.

There are five main rules for keeping homes clean and safe.

They are:

1. Don't handle food if you have uncovered sores, cuts or burns on your fingers; these things can carry germs;
2. Cover your coughs; uncontrolled coughing or sneezing can spread thousands of germs on food;
3. Wash your hands thoroughly before handling food—particularly after blowing your nose, or wiping baby's nose, using the toilet or touching animals;
4. Store food and cooking utensils (pots, pans, knives, forks, and spoons) away from dust, flies, and mice and rats; and
5. Wash all kitchen utensils in hot water after using them, and wipe them dry with a clean tea-towel.

Hepatitis

Last year there was an outbreak of infectious hepatitis in New South Wales, and that disease is spread by germs carried on dirty hands, and by flies.

Unless you wash your hands thoroughly before preparing meals, you can spread disease to all the family by contaminating food.

Storing Food

You should store food where it will not spoil; it should be kept away from flies, cockroaches and other household pests.

Kill flies as soon as they come into the house. Keep very clean all shelves, cupboards, refrigerators, and ice-chests.

Milk goes bad very easily. It should be kept covered in a cool, dark place. Containers for milk should be sterilized before they are used to store another liquid.

When you throw out garbage, make sure that it does not become a breeding place for flies. Wrap garbage, and put it in a bin sealed by a lid.