

ed as part of the  
t when it comes to  
pills' to children  
ons, more often  
accepted on any

rules that might  
comes - and it will!  
d potions down your

g is to be matter-  
it just hasn't  
won't like the  
why he has to  
but don't get  
oo many explanations  
o, he'll rapidly  
expected to dislike

lea, to prepare the  
t. If it's bitter,  
something sweet.  
ngth of the dose  
till kicks up  
n't use threats,  
Don't bribe him  
ail you. Talk  
you put the spoon  
ies open their  
ke birds in a nest.

tablets that won't  
imple trick you can  
fine powder  
x them with honey  
ble getting a child  
e or tablet, try  
umpy or sticky

like mashed banana. Follow it quickly  
with a drink of something pleasant.

And talking of drinks - if  
you give medicine in a drink, make  
sure that it's a fluid that the child  
doesn't have regularly. If you give a  
queer taste to milk or orange juice, he  
may be suspicious of them for months.

Of course, it should go  
without saying that you should never  
give a child medicine without a doctor's  
advice and don't continue it past the  
time he suggests. Remember, too, that  
laxatives of any kind should not be  
used indiscriminately, especially as a  
cure-all for pains in the tummy.

It's better - and safer -  
to consult a doctor first about any  
abdominal pain!

#### WOMENS BASKETBALL.

On Monday evening 1st October,  
three more matches were played to  
nearly complete the first round of the  
matches to be played for the shield.

The first match between Swift  
and Jacaranda had Swift an easy winner,  
though Jacaranda is steadily improving.

The next match between  
Primrose and Raven was well contested,  
but the Ravens goal defence was too  
good for Primrose, and Raven won 24  
goals to 18.

The last match was between Primrose and the newest team to register -- still known as Margaret Haines team. This ended in a draw of 12 goals each. Margaret has a good team with all tried and experienced players, and a little more practise should make them hard to beat.

There are now seven teams registered, so one team has to stand down every night, and to finish the first round off i.e. to see that every team plays every other team, even more than one team may have to stand down.

Lists in future will be posted showing the teams to play, so that people won't have to get ready and then not play.

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#### BASKETBALL DRAW.

The following teams are drawn to play on Monday night 8.10.62.

First Team: Margaret Haines team to play Waratah.

Second Team: Shamrocks to play Jacaranda.

Third Team: Margaret Haines team to play Swift.

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#### EXERCISE.

Small amounts of exercise taken regularly are far safer and more beneficial than sudden isolated bursts.