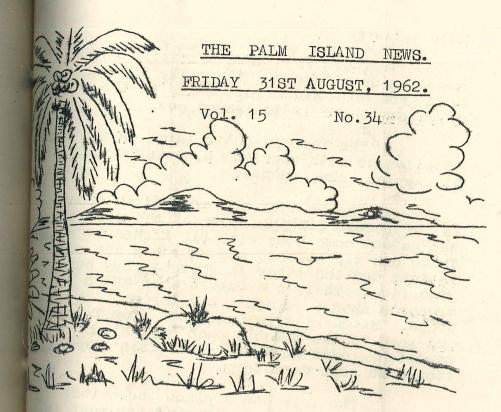
To Townsville.

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"Yarrabah.
"""
"Cairns.
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"Mona Mona.
"Woorabinda.

Atherton.



A BOY'S VIEW OF PALM ISLAND.

By Douglas Duncan.

On Palm Island there aren't many tivities because of the remoteness from mainland.

But we seem to manage with the lp of the people and the welfare. Palm land's industries are becoming more and me developed now.

We have a mill where there are only or more men employed. The big red ber truck is the best thing ever, it can be three times the load the bullock wagons drag over rough bush taacks down to the smill which is a mile or so away from the



main settlement. There is a herd of cattle which supplies us with our daily milk, the milk cart goes down and brings it up to the dormitory where it is issued out. The farm is quite large enough and supplies us with vegetables, watermelons, pincapples, and bananas. The most of the weekend is spent by the people fishing, some of the people who go out come home with big fishes or sharks There are two stores, one where we get our rations and the other is where we buy our groceries. There's a bakers shop and a grocer's shop - we don't pay for meat or bread. Extra milk is delivered from Townsville and then to the school, each day, also sandwiches come down from the girls dormitory and boys dormitory. The farm has a place where there is a pig-sty where pigs are reared for meat in case meat is not delivered from Townsville. The Bamboo Creek is a place where there is a herd of beef cattle to supply us with meat. The roads are all very good, but a bit narrow. There's a big reservoir where our supply of water comes from, also a dam up at Bamboo Creek, and a weir in the gap between Mt. Bentley and Mt. Lindsay. There are a few natural springs about, where, when you go camping out, you can obtain water for tea or to quench your thirst. We have a workshop where they make

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furniture or boats for our needs. The carpenter goes around to build fences and bridges. Bamboo Creek dam has a pipe line running over a mile to the settlement. There's a Home Training Centre on this island to train girls the way of looking after a house, to cook, to be clean in manner, for, in a house this is where things are more important to be kept clean.

The welfare has a boxing committee to get boxers together in the theatre for a tournament, so people can come along to get some entertainment. Boxing also helps strengthen and keep the body very healthy. The Theatre we fight in is very big. It has iron and steel framework so as you can see Palm Island is getting to be modernized.

SLEEP WITHOUT COUNTING SHEEP.

The hard way to handle insomnia is to try to beat it by counting sheep. This time-honoured method won't work even for a man with a big wool cheque in his pocket!

But there's no need to lie awake night after night, trying to woo a little sleep. Here are a few hints that will beat counting sheep everytime:

- Don't take your troubles to bed with you. Most worry is unnecessary anyway, but if you must indulge, do it in the waking hours.
- . If food before bedtime agrees with you,