

THE PALM ISLAND NEWS.

FRIDAY 31ST AUGUST, 1962.

Vol. 15

No. 34



To Townsville.
" "
" "
" "
" "
" "
" "
" "
" "
" Yarrabah.
" "
" Cairns.
" "
" Mona Mona.
" Woorabinda.
" "

From Townsville.
" "
" "
" "
" "
" "
" "
" "
" "
" "
" Cloncurry.
" "
" "
" "
" "
" Atherton.

A BOY'S VIEW OF PALM ISLAND.

By Douglas Duncan.

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

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

We have a mill where there are twenty or more men employed. The big red timber truck is the best thing ever, it can carry three times the load the bullock wagons can drag over rough bush tracks down to the saw-mill 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, pineapples, 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 baker's 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

erd of cattle which
aily milk, the milk
ags it up to the
ssued out.

uite large enough and
bles, watermelons,

he weekend is spent
some of the people
th big fishes or sharks.
ne where we get our
s where we buy our
aker's shop and a
t pay for meat or
elivered from Townsville,
each day, also
m the girls dorm-

place where there is
reared for meat in
ed from Townsville.
ace where there is a
upply us with meat.

all very good, but
big reservoir where
s from, also a
and a weir in the
nd Mt. Lindsay.

natural springs
camping out, you
or to quench your

hop where they make

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,