

avoidance.

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HOME HILL TOURNAMENT

Eight Palm Island boys attended a tournament held at Home Hill on the 4th November 1961. They travelled to Townsville on the "Kiru" in company with Mr. Barnett and were taken from Townsville by car to Home Hill. They were accommodated at Home Hill private homes overnight and returned to Townsville on Sunday night.

The results of the boxing are:-

Toby Hunter fought Barry Kong N.F.C. Toby won on points. This was a four round contest and this was a very good fight. Barry made the pace a cracker from the start but Toby stayed with him all the way to get the decision.

Willie Obah fought Frank Cassanova Ingham. Willie won on points. This was a well matched bout and Willie had to be at his best to win this.

Ron Nemo Snr. fought T. Chaddock Home Hill. Ron won on points. Ron's opponent had the reach on Ron but there was little in it until the third round.

Willie Burton fought Mervyn Frogg Proserpine. Willie won on points. Willie met an old Palm Island boxer in Mervyn and it was a toss up for a while as to who would win.

Peter Morris fought L. Hennaaway

Brandon. L. Hennaway won on points. He had much condition for Peter who faded out in the last round.

All these fights were very hard and fast, and a very good night of boxing was presented.

The Manager of the Home Hill Boxing Club congratulated the Palm Island boys on their behaviour and good sportsmanship.

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#### USE YOUR HEAD WHEN IT ACHES

When you have a headache a simple trick is to lie down with a cold compress on your forehead, draw the blinds so the room is darkened and then relax. If you are not allergic to aspirin, take a five-grain tablet. If the headache persists, you may need another in an hour's time. But, with any luck, your headache ought to clear up pretty quickly with this simple treatment. It works in most cases.

But if the treatment for the headache brought about by the strain of modern-day living is simple, learning how NOT to have headaches is much more difficult. How to do this depends entirely on the cause and there are a hundred-and-one possible causes!

Concussion three years ago, a hectic party last night, or poliomyelitis three days hence can all cause today's headache. Influenza, the

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