

meals, a well-balanced diet, keeps away from dampness and draughts, and especially from people who have colds.

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BOXING NEWS.

The Boxing Tournament that took place on Sat. night (8th May) was an interesting night's entertainment. All Boxers fought well and in a clean manner which is good to see.

David Langlo jnr. and Errol Robertson's bout was the highlight of the night. For ones so young these 2 little fellows showed some good Boxing. We hope to see more of these little chaps, as well as the bigger boys taking part. Results for the Boxing on Saturday night-8th May, are:-

D. Langlo (jnr)	defeated	Errol Robertson	-pts
W. Nallajar	"	John Friday	-on pts.
T. Kennedy	"	Cyril. Doonadgee	.pts.
J. Cannon	"	Rob Wallace	- pts.
Pat. Starlight	"	Saul Graham	- pts.
N. Cannon	"	Neil Wallace	- pts.
N. Palmer.	"	Jim Walsh (jnr)	- pts.
R. Banning	"	Peter Kerr	- pts.
Rex Corporal	"	Martin Hopkins	- pts.
M. Roberts.	"	L. Johnny	- pts.
B. White.	"	W. Russ	.T.K.O.
M. Marpoondin	"	S. Conway	on pts.
A. Nugent.	"	F. Brown.	on pts.

An exhibition Match between Colin Gibson and John Cinnibar was also performed. This was also quite an interesting bout. We hope to see more boys take an active part in this sport.

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WORDS OF WISDOM.

"REST IS ONLY WON BY WORK."-Pr.

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"MANY HAVE TO COME TO PORT AFTER A GREAT STORM."-Pr.

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"IN THIS WORLD IT IS NOT WHAT WE TAKE UP THAT MAKES US RICH, BUT THAT WHAT WE GIVE UP."-Ward Beecher.

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