

education leads not only to a profitable life but also to a pleasant one.

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### BOXING

Last Saturday a team of Palm Island Boxers proceeded to Townsville to participate in the tournament conducted by the National Fitness Club.

Unfortunately some of the boys were unable to be matched, however they are to be congratulated on their spotmanship and behaviour.

The results are listed hereunder.

Roy Simpson fought B. Jensen of Brandon Via Ayr. Roy won on points. Roy proved to be the strongest fighter in this bout.

Reggie Nemo fought P. Oakes of Brandon Via Ayr. Reggie had to take the fight to opponent all the way, Reggie won on points.

Jack Ebagoola Jnr. fought M. Connolly of N.F.C. Jack won on points, This was a good fight ending with a close decision.

Sam Conway fought N. Kollon of Mareeba. Sam had to keep on his toes in this fight which he won on points.

Owen Wyles fought J. Simpson of Ingham. This was a very good fight, Owen lost on points owing to lack of condition.

Martin Monkhouse fought P. Ross of N.F.C.



Martin lost on points although it was a very fast fight.

Carl Wyles - No Match

Albert Nemo - No Match

Wally Mears - No Match

Herbert Tanna - No Match

Hans Pearson - No Match

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### THINK OF YOUR STOMACH

The person who does not think of his stomach is likely to make an enemy for life - an enemy within! So that we can learn to avoid them, let us consider the three main causes of indigestion.

Over-Fatigue: To avoid indigestion from this cause, go to bed early, and get plenty of rest. Lying flat is good for dyspeptics, especially if they can learn to go completely limp. Rest before as well as after meals. When you are very tired, try to take time to lie down and really relax for 20 minutes or so before a meal. Hurry and fuss at the beginning of the day are likely to upset the stomach, especially if it is one that tires easily. So get up early enough to avoid bustle before breakfast.

Irritation of the Stomach: Often this cause of indigestion comes from food that is not properly chewed. You cannot chew properly without good teeth, so get help of your dentist. Eat slowly.

Worry: A worry nagging at your mind can easily cause indigestion to nag your stomach. So if you have any secret worries, discuss them with