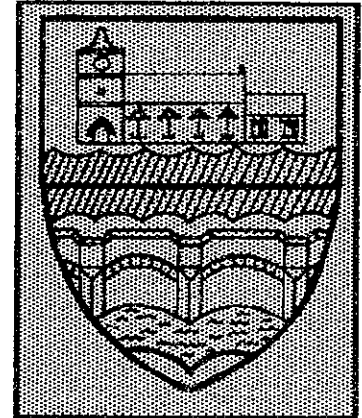


HAYDON NEWS

The Friends of Haydon Bridge Thank the Advertisers for their continued support



September 1994 / 7

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ERNIE SWINBURN - PHOTOGRAPHY

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WEDDINGS: SPECIAL OCCASIONS
STUDIO PORTRAITS

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	LUNCH	TEATIME AND EVENING
Monday	-	6.00 - 9.30
Tuesday	-	CLOSED ALL DAY
Wednesday	11.30 - 1.30	5.00 - 9.00
Thursday	11.30 - 1.30	5.00 - 9.00
Friday	11.30 - 1.30	4.30 - 12.00
Saturday	11.30 - 1.30	5.00 - 9.00

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EDITORIAL

There are over 200 vertical ridges in the concrete walls on either side of the underpass and each houses its colony of spiders.

The temporary displacement of this conglomeration of livestock was only one of the tasks facing the site team on Fair Day minus 1. At that time the contrast between the howling gale blowing on the Old Bridge, and the relative calm under the trees on the riverside left little doubt in anyone's mind as to the best place to site the stalls on the following day.

It is now ancient history that *"The Rains Came"* but *"The Band Played On"*.

The good humour of the crowd would have come as little surprise to the local population. When so many different individuals and organisations had put so much into the preparations for the now well established Annual Fun Day it was not likely that the event would languish for lack of support at the last minute.

However, the many visitors from further afield must have been impressed by the atmosphere of making the best of every bit of the day, wet or dry. They will have realised that, as envisaged 30 years ago, (see P 6) Haydon Bridge has become an excellent place to stop!

Gina Richardson
Editor

PARISH COUNCIL PICKINGS

Meeting 28 July

8 Councillors present and 2 members of the public.

The July meeting often turns out to be the calm before the millpond of the summer holiday, and this one was no exception. Nevertheless some useful points were raised to provide food for thought until September. (There is no PC meeting in August.)

Two main complaints were raised from the public bench. First, that the bottom end of Martin's Close is so ill-lit that residents have to turn on their own outside lights to enable visitors to see their way. Second, that low water in Langley Burn has released some less than fragrant odours. Both these matters were accepted by the Council as worth taking up with the District.

The estimate for repainting the bus shelter and some of the seats was accepted. It was also suggested that a site should be found for the collection of waste paper for recycling.

The leaflet on the "Future Structure of Local Government in Northumberland" was mentioned. It appears that only Alnwick District Council disagrees with the Commission's preferred option (option 1 in the leaflet).

The Parish Council urges tax-payers to respond to the Commission's survey - especially if they agree with it. Otherwise they may only receive answers from those who are against it.

Inspired, perhaps, by the promise of expenditure on youth facilities by Hexham Town Council, the Parish decided to put on the next agenda the question of what, if anything, would persuade the young people of the village that there was indeed something for them to do or somewhere to go.

JPR

LETTER TO THE EDITOR

It was interesting to note Mr Waite's comments in his letter of twenty years ago, which was published in the July issue of Haydon News.

Unfortunately, for whatever reason, the provision of facilities for tennis and bowls never came to fruition, whether this was because of lack of interest or lack of resources I am not sure. However, I can report that in the last twenty years, a lot of time and effort has been expended in maintaining the ground and pavilion. Indeed the facilities have been improved with the provision of a second pitch and a perimeter fence.



A number of football teams from the Village use the pitch: however the Football Club Committee have no objection to the ground being used for recreation purposes by village people and children providing that no damage is done.

There have been increasing incidences of vandalism with damage to the fence, tractor and pavilion and these actions can no longer be tolerated. We have no option than to involve the Police if this vandalism continues.

The riverside and football ground are an asset to the Village, please do not let the actions of a mindless few spoil it for the rest.

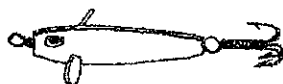
A Borthwick
Chairman
Haydon Bridge Utd

**ARTHRITIS &
RHEUMATISM
COUNCIL**

Those who patronised our Strawberry Teas on a perfectly lovely afternoon will be pleased to know that we raised the record sum of £184.58 for this charity.

A big thank you to everyone who contributed.

Hilary Rutherford



**IMPORTANT NOTICE
TO OUR REGULAR
ADVERTISERS**

This issue is the last of our financial year. In October I shall be sending out invoices in respect of 1994/95. Rates have not changed and are still based on £12.00 per single column space per year.

The Committee hopes very much that you will continue your support (which is vital to the survival of the Haydon News) for the coming year.

If you feel you must withdraw, please inform the Editor (G Richardson, 14 Shaftoe Street, 684318) by **20 September at the latest**, otherwise your advertisement will appear in the October issue, and we may feel obliged to make a charge.

Alternatively you may wish to freshen up the wording of your advertisement for the coming year. The same deadline of **20 September** applies to this also.

Stay with us!

J P Richardson
Hon Treasurer

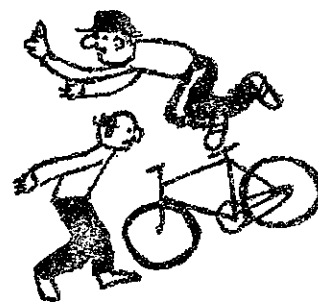
**STRAY THOUGHTS
Fear**

It has been mentioned before but could people ask their children to cycle *slowly* along pavements?

I was rounding the corner by the Post Office (on foot) and a youth nearly collided with me, at speed, (on a bicycle). I gave him a nasty look but he was probably going too fast to notice. A toddler or anyone could receive a nasty injury or worse.

It would not matter so much about me (except to me of course) because I am old and, being an artist, useless, but the sight of me writhing in pain and fury on the pavement could be embarrassing (especially to me) and it would take more than a plastic shovel and bag to clear up the mess.

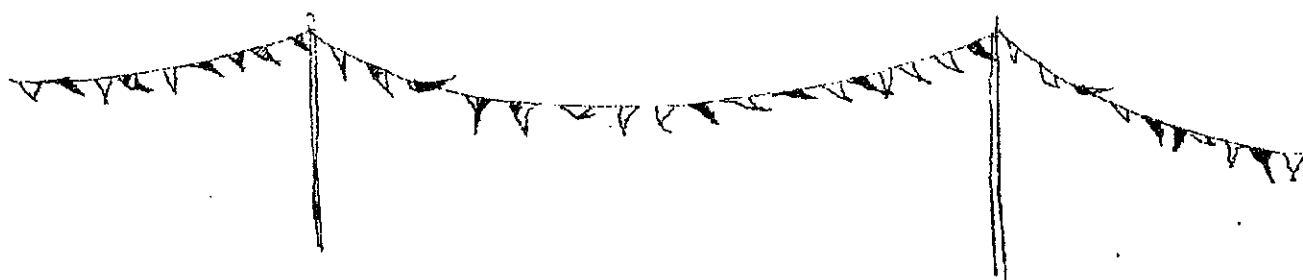
Crumbly



**Friends of Haydon Bridge
ANNUAL GENERAL MEETING**

Notice is hereby given that the Annual General Meeting of the Friends of Haydon Bridge will be held on **Monday 21 October at 7.00pm in the Community Centre.**

Annual subscriptions £1.00 minimum are now due. New members always welcome.



Haydon Bridge Village Fair

CHAIRMAN'S REPORT

I would like to thank every one who took part in our Fair: the list is endless from those who turned up to help with the preparations, those who gave most generously, the stall holders who persevered and kept smiling and the crowds who supported the event. We will remember this Fair as the "Wet One" but it was still enjoyed by all who came.

We would like to record our formal thanks to Mrs C. McDonald and to the Judges of Fancy Dress, Floats, Paintings and Stalls. And we would also like to thank Prudhoe Town Council for the loan of Bunting.

Special thanks must go to Mrs Cunningham for her gift of cups and trophies for the Fancy Dress and Floats, Mrs Davison from Langley for the return of original cups from the "Old Show Day" and Mrs Telford for handing in an old Brownies cup, which were presented to the Best Stalls.

The use of Mr Gilhespy's wagon is much appreciated. It greatly simplifies transport of the hardware needed around the site and the super Barbeque which Mr Irwin has made us was well and truly christened.

Plans are now being discussed as to how to erect more protection from the elements for stall holders at future Fairs and Mrs Richardson has presented us with some Bunting so it looks as if next Year's Fair will go ahead!

Eileen Charlton
Chairman

TREASURER'S REPORT

The sums of money collected from stall holders and others were:

Baby clothes	28.45
Balloons	5.00
Barbeque	69.17
Books	17.55
Bran tub	34.50
Bric-a-brac	60.30
Cakes (WI)	61.83
Fortune teller	75.00
Haystack & treasure	34.70
Jack straws	19.00
Magic show	10.00
Picture quiz & cakes	91.90
Pony rides	16.00
Produce	63.00
Raffle (Friends)	140.00
Soft toys & doll raffle	52.00
Stocks	8.29
Teas	128.82
Tombola (Anchor)	40.30
Tombola (Dance Club)	73.00
Donation (Ice cream man)	7.00
Donation (Luncheon Club)	35.00
Donation (Over 60's)	20.00
Donation	5.00
Donation	12.00
Donation	.45

TOTAL INCOME 1108.26

The accounts are still to be finalised but after settling expenses such as Insurance (an ever increasing burden), advertising, hire of entertainer, prize monies etc. it is hoped that a sum in excess of £750 will be available to be shared equally between the Scout Minibus Fund and the Community Centre Kitchen updating programme.

Keith Fletcher
Treasurer

LETTERS TO THE EDITOR

The Carpet Bowls Club

We the members of the above club wish to thank everyone who gave so generously towards our Produce Stall for the Village Fair. We had an abundant display of lovely fresh vegetables, fruit, jams and other food products and we were proud to win a silver cup.

Also many thanks to the purchasers. A pity it rained but we still enjoyed this annual event. Thank you, Michael, for transport.

A Member

Friends of Haydon Bridge

On behalf of the above organisation I would like to express our appreciation of the most generous gifts donated as prizes for the Fair Day Raffle.

This seems to be a very popular item on the day's agenda and it is pleasure to take part in this way.

Jim Cape
Chairman

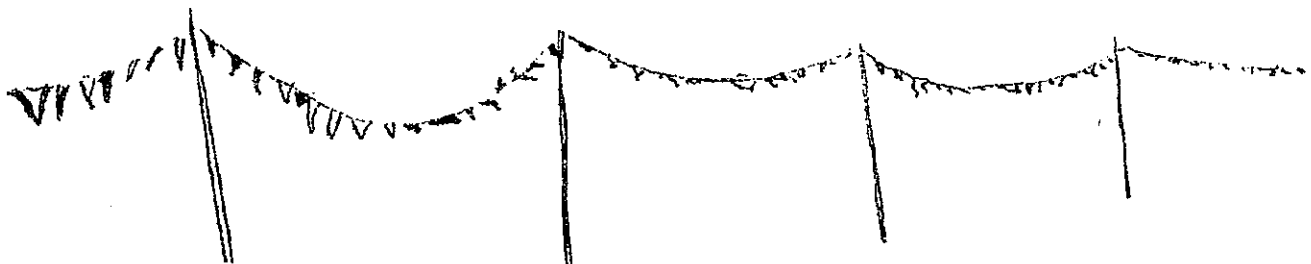
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1994 Reports and Results

FANCY DRESS

Age 5 years and under

- 1st Humpty Dumpty
(Matthew Green)
2nd British Summer
(Rachel Duffey)

Age 6 to 9 years

- 1st Fred Flintstone
(Steven Kirsopp)
2nd Pebbles
(Cheryl Annan)

Age 10 years and over

- 1st White Rabbit (Daisy Ford)
2nd Jack Frost (Wayne Dennis)

Trophies for all ages

- 1st Steven Kirsopp
2nd Matthew Green
3rd Daisy Ford

Float trophies

- 1st The Mad Hatter's Tea Party
of Hough House Lane
2nd The Pedestrian Transport
Vehicle

PAINTINGS

Age 5 years and under

- 1st Lee McVay
2nd Michelle Lowes

Age 6 to 9 years

- 1st Beverly Lowes
2nd Cheryl Annan

Age 10 years and over

- 1st Erin Burgan
2nd David Newton

BEST STALLS

- 1st Gail Annan - Hand made Toys
2nd Footballer's - Cakes
3rd Carpet Bowls - Produce

RAFFLE PRIZEWINNERS

- Dinner for 2 at Langley Castle
Blue 540
Arran Sweater Blue 767
Basket Fruit Candles * Blue 688
Bird Table * Pink 282
Wood Bowl Blue 777
Haydon Bridge Mug * Blue 689
Wooden Cheese Platter * Pink 481
£5 Voucher (Butcher) Blue 235
Set Vases Blue 906
Bottle Martini Blue 482
Bottle le Piat D'or Blue 703
Bottle Blue Nun Blue 618
Bottle Lambrusco Pink 220
Bottle Hock Blue 9
Bottle Lambrusco Blue 873
Bottle Muscadet Blue 970
Box Milk Tray * Blue 890
Box Dairy Box * Blue 296
Bottle Lambrusco Blue 552
Bottle Lambrusco Blue 988
Bottle Liebfraumilch * Blue 997
Bottle Red Wine * Blue 298

*unclaimed

DOLL RAFFLES

- Green 21-25 Janet Ord
Pink 76-80 Mavis Heslop

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PICTURE QUIZ

- | | |
|-----------------------|-----------------------|
| 1 Alan Sugar | 2 Rosemary Ford |
| 3 Bernard Breslaw | 4 Timothy Spall |
| 5 Richard Burton | 6 Sharon Stone |
| 7 Sean Connery | 8 Laura Davies |
| 9 Dusty Springfield | 10 Jimmy Nail |
| 11 Barry Hearn | 12 Andy Cole |
| 13 Martin Brundle | 14 Imran Khan |
| 15 Vivian Leigh | 16 Jill Ireland |
| 17 Charles Bronson | 18 Lisa Marie Presley |
| 19 Sylvester Stallone | 20 John Birt |

Winner: Ernest Edwards, with 40 points out of 40, donated his £5 prize to Village Fair Funds.

BURIED TREASURE

This was located at the centre of
New Alston cross roads.

Winner of £3 Treasure R Duffy.

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7 - 9pm Seniors**

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brochure and opening hours**

**NEXT ISSUE OF HAYDON NEWS
OCTOBER 1994
ALL COPY
TO THE EDITOR
14 SHAFTOE STREET
BY 20 SEPTEMBER
PLEASE**

**30 YEARS AGO
Parish Magazine
Vol.2 No.8 Sept.1964**

Haydon Bridge, in many ways, is a fortunate little community - if only the advantages were seen and put to use. We are situated at a quite important road junction, and through Haydon Bridge passes all the traffic from the North East Coast to the Lakes: and much of the traffic to Carlisle, West Cumberland and the West of Scotland. We are extremely well fixed for public transport - Haydon Bridge is a bus transfer point, and our railway station is situated right in the very heart of the village - and it has a good train service too.

Haydon Bridge could be a very important "stopping off" place for the Northumberland National Park. We are surrounded by scenic beauty second to none in the county. Parts of the riverside could be designated as "picnic areas" and passing motorists encouraged to stop.

At the moment Haydon Bridge is a good place to "get through quickly" and once the new bridge is erected it will be more so. Haydon Bridge could be turned into "a good place to stop" - given the necessary imagination and the will to get things done.

Many towns and villages today have signs welcoming motorists. Why cannot Haydon Bridge claim - in letters two feet high - to be the "Gateway to the Roman Wall" - and take it from there?

Editor's note: Well we eventually got the picnic area even if the transport system is now unrecognisable!

**20 YEARS AGO
Haydon Herald
September 1974**

Recipe: Sticky Tea Bread
2lb Loaf Tin.

- 4oz Marg.
- Half pint freshly brewed tea
- 4oz Sultanas
- 2oz Cherries
- 4oz Caster Sugar
- 9oz Self Raising Flour
- 1 level teaspoon Bi-carb.
- Half " " Salt
- Half " " Mixed Spice

Put Marg., tea, sultanas, cherries and sugar in pan.

Bring to the boil and simmer for 4 mins.

Add dry ingredients.

Mod. oven 350° 60-90 mins.

Tips from me to you
by Harry S Storey

A Cheap Feed

Take a handful of horse manure, sheep manure and cow manure, a large dessertspoonful of Epsom Salts and a large dessertspoonful of Weathered Soot.

Put all into a two gallon plastic bucket.

Fill with water.

Put lid on bucket and leave for 48 hours.

To use as a feed for almost all pot plants and chrysanthemums, roses, tomatoes etc. dilute the liquid at the rate of 15 parts of water to 1 part of feeder, but never be clever and over feed.

Feed plants every fortnight, watering in between.

Editor's note: These items appeared on the same page of the magazine. I do hope no-one got them reversed!

CHURCH NEWSLETTER

Number 27

An independent supplement to the Haydon News

SEPTEMBER 1994

CAN WE AFFORD THE CHURCH?

UNTIL very recent times no one would have questioned the financial viability of the Church of England. Times have changed however, and the question "Can we afford the Church?" is a very real question. There is a great deal of confusion amongst the general public about how the Church of England is financed. Most people have heard of the Church Commissioners and the millions of pounds that they manage on behalf of the Church and this leads people to think that the Church of England is very wealthy, but this is far from the truth. In fact, the Church of England is not the Church Commissioners, it is the Parishes of our nation - one of which is Haydon Bridge - and we certainly, are not wealthy!

The millions of pounds managed by the Church Commissioners, by law, can only be used for three main purposes :- 1. To pay the clergy and to build vicarages; 2. To pay clergy pensions and assist in housing retired clergy; and 3. To give some financial assistance to our historic cathedrals.

Until about twenty years ago the Church Commissioners were providing 100% of the cost of parish clergy and in this way were subsidising the work of the Church in the parishes. Over the last twenty years the amount of financial support for parish clergy has decreased dramatically and a greater proportion of the cost has been met by local congregations and ordinary people who support the work of the Church through giving or raising money. The recently publicised loss made by the Church Commissioners through some bad investments in the Property Market have accelerated this declining support, but it did not cause it. The situation now is that by the year 2000 the entire cost of parish clergy will be borne by the parishes themselves - i.e. The Church of England! The millions of pounds managed by the Church Commissioners has to be set in the context of a Church with over 11,000 paid clergy serving over 13,000 parishes and almost as many retired clergy to keep. The Church Commissioners will continue to pay

pensions and give some limited support to our cathedrals but year by year are reducing the amount they give to pay the parish clergy.

At the present time the Parish of Haydon Bridge pays the Diocese £9,320 per year towards clergy costs for which (in theory) it receives 3/4 of a clergyman (Don't ask which bits!). This amount is bound to increase year by year as the Church Commissioners' subsidy becomes less.

This financial burden comes on top of the already costly task of being a Parish Church. Apart from clergy costs, the expenditure of our parish can be thought of as being of two kinds. There is the cost of doing the Church's work (Caring for people, holding Services etc) and there is the cost of maintaining a historical building. The estimate for 'doing the work' during this current year is £5,650. The estimate for running the Parish Church building is £4,050 but the building must be re-wired (we do not yet know how much that will be) and there are numerous other repairs both minor and major that sooner or later will have to be done (have you noticed the vestry?).

Current estimates of income show an expected shortfall of £1,720 without taking re-wiring and repairs into account.

So we really do have to ask the question: Can we afford the Church?

Year by year we find we are having to choose what we neglect. The work of the Church - the Church Building - the amount we pay towards clergy pay. Last year it was the amount we pay to the diocese for clergy pay that was the bill we left unsettled - and there was work to the building that should have been done but which was not done. Where will the savings be made this year?

It is quite clear that some people would not wish to support either the clergy or the work of the Church because they have beliefs which are different from our Christian Faith or else they belong to a different Christian tradition. The building however, belongs to every resident in the parish. All have rights within it and it belongs to the people - held in trust by the vicar and churchwardens. Unlike other religious groups and churches - the Parish Church is common property. It may be therefore that people would wish to support the building, if nothing else, and this is possible by making that clear when a gift is given.

Over half of our income is from regular giving (often Covenanted) and this is our hope for future funding. Details of how to Covenant a gift can be obtained from the vicar. KF.

SERVICES AT THE PARISH CHURCH

Sunday 4th - Pentecost 15

8 am Holy Communion
10.30 am Worship for All
(no experience necessary)
6 pm United Evensong

Sunday 11th - Pentecost 16

10.30 am Parish Eucharist

Sunday 18th - Pentecost 17

8 am Holy Communion
10.30 am The Eucharist & "Beyond
the Barricades"
6.30 pm Deanery Evensong at St
John Lee

Sunday 25th - Pentecost 18

10.30 am Parish Eucharist
3 pm Evening Prayer at Haydon
Old Church
6 pm URC Harvest Service

Sunday 2nd October - Pent. 19

8 am Holy Communion
10.30 am Worship for All
6 pm Methodist Harvest Service

SERVICES AT BELTINGHAM AND HENSHAW

Sunday 4th

10 am Holy Communion at
Beltingham

Sunday 11th

9 am Holy Communion at
Henshaw
6 pm Evensong at Henshaw

Sunday 18th

10 am Holy Communion at
Beltingham

Sunday 25th

10 am Matins at Henshaw

Sunday 2nd October

10.15 am United Harvest Service
at Henshaw Methodist Chapel
6 pm Evensong at Beltingham



FROM THE REGISTERS

Holy Baptism

24th July - Kieran Lawson
Robley - at Haydon Old Church
14th August - Paige Chandler
28th August - Hannah Jane
Kennedy - at Haydon Old
Church

"Jesus said: Let the children
come to me; do not hinder them;
for of such is the Kingdom of
God."

Funerals

14th July - Brenda Anne
Henderson
26th August - Norman Suckling)
&
Len Burrows

"May they rest in peace and rise
in glory" - Our prayers for those
who mourn and their departed
loved ones.

HAYDON BRIDGE METHODIST CHAPEL DIARY FOR SEPTEMBER

Sunday 4th

9 am Early Communion with Rev David
Perkins

10.30 am Morning Service led by Mr
Bird

6.30 pm Circuit United Service at
Trinity. Cars 6 pm

Tuesday 6th

7.15 pm Flower arranging demonstration
by John Dalton

Wednesday 7th

12.30 pm Lunch followed by prayers

Friday 9th

6.30 - 7.30 Youth Club for under 10's

Saturday 10th

10 am - 6 pm Northumbrian Historic
Churches Steeplechase.

7 pm Warden Chapel Harvest Concert by
Church choir of St Andrew's Corbridge

Sunday 11th

10.30 am Family Service led by Rev
David Perkins

6 pm Evening Service led by Mrs
Gazzani

Wednesday 14th

12.30 pm Lunch followed by prayers.

2.30 pm Women's Own Speaker: Rev
David Perkins

Friday 16th

6.30-7.30 pm Youth Club for under 10's

Saturday 17th

7 pm Fourstones Chapel Harvest Concert

Sunday 18th

10.30 am Morning Service led by Mrs P
Huntsman

6 pm Evening Celebration Service

Wednesday 21st

12.30 pm Lunch followed by prayers

Friday 23rd

6.30-7.30 pm Youth Club for under 10's

Friday 23rd - Sunday 25th

Prudhoe Chapel Flower Festival
see notice board for times

Saturday 24th

7 pm Wall Chapel Harvest Concert by
Haydon Bridge Choir

Sunday 25th

10.30 am Morning Communion Service
with Rev David Perkins

6 pm Evening Service led by Mrs L
Marsh

Wednesday 28th

12.30 pm Lunch followed by prayers

2.30 pm Women's Own Speaker Mr
Matty Fawcett

Friday 30th

6.30-7.30 pm Youth Club for under 10's

The World as we live in it is
like a shop window in which
some mischievous person has
got in overnight and shifted
all the price labels round so
that the cheap things have
high price labels on them and
the really precious things are
priced low.

- Archbishop William Temple

HEALTH CENTRE NEWS

DR. MARY HENDERSON.

Believe it or not I can still reach the keyboard although by the time you read this I should be a parent unless the baby arrives very late!

On to the second instalment of women's problems:
MENOPAUSE

During the menopause you may suffer a variety of symptoms: irregular periods, hot flushes, headaches, poor memory, insomnia, tiredness and irritability to name but a few of them. If you have had a hysterectomy you will still go through the menopause but sometimes it is not easy to tell as you do not have any change in periods. The menopause occurs as your ovaries gradually cease to function. The average age is about 51 but it can occur much earlier and although most symptoms only last a couple of years some people have symptoms that persist for many years!

Many of the menopausal symptoms can be helped by hormone replacement therapy. This is not its only use, it can also help prevent osteoporosis (thinning of the bones) and also helps prevent heart disease.

What is hormone replacement therapy? The idea is to replace the oestrogen that is no longer produced by ovaries. Hormone replacement therapy comes in several different forms including tablets, patches and implants. Different types are used depending on whether you have had a hysterectomy or not.

How long do you have to take it for? In those using it for menopausal symptoms, two years is the usual length of time and one gradually tapers it off after this time. If you are taking it for prevention of osteoporosis we recommend that it is taken for about ten years.

Some women should consider taking HRT to prevent osteoporosis as they are at higher risk of developing it. In particular, those who have a family history of osteoporosis, those taking certain medications, those with early menopause and immobile people. However, it is difficult to predict accurately those at highest risk. If you are worried about developing osteoporosis and wish to discuss it we are quite happy to talk to you about it in more detail.

What problems are there with HRT? There are a few women in whom HRT cannot be used because of other illnesses. The majority of problems with it are the not but irritating side effects such as nausea, bloating, headaches, dizziness, contact lens problems, pre-menstrual tension symptoms, skin rashes, weight gain. Most of these settle with time or can be improved by using a different preparation of HRT. Sometimes the biggest problem is the regular monthly bleed that those who still have their womb will experience. There are now some newer preparations available, that can be used in some women, which avoid the monthly bleed but unfortunately these are only suitable for a few women. According to current studies there is no increase in the risk of developing breast cancer by taking HRT for 10 years, but it does definitely help decrease your risk of developing osteoporosis and also cut your risk of heart disease.

It is important that whilst you are on HRT you attend for regular checks at the surgery.

DR. STEVEN FORD.

AN ITSY-BITSY TEENSY-WEENSY MOAN

Hardly anyone fails to attend for an appointment with the doctors but a number of people do not turn up to appointments with the nurses for such things as Well

Person checks and the various clinics.

We know that problems crop up which mean a person can't keep an appointment but we would be so grateful if you could just ring to say you cannot come. Otherwise the nurses are just standing about waiting for you when they could be seeing other people.

Please help us to help you by letting us know - Thanks.
HELP! I CAN'T STOP THE BLEEDING!

Cuts at home or at work are very common and can be very messy. The reason that blood comes out when you cut yourself - instead of air leaking in - is because all the blood vessels in the body contain blood under pressure. This basic idea will show how obvious is the correct action to take to slow or stop bleeding - **APPLY PRESSURE DIRECTLY ON THE BLEEDING PART** (using some clean tissues or cloth) and the blood vessels will be squashed shut and no more bleeding will occur.

If the flow of blood can be slowed or stopped for 10-15 minutes the automatic blood clotting mechanism will have a chance to bung up the damaged vessels.

A cut hand or foot or head can be made to bleed less by getting it higher than the patient's heart (as well as pressing as described above); cut hand - hold it high up above the patient's head, cut foot or leg - lie the patient down on the floor and lift the leg upright, cut head - simply keep the patient sitting upright.

Those who paid attention in biology lessons at school will remember that the blood vessels leading from the heart - arteries - have blood under very high pressure inside them. Cut an artery and you will have a fountain of blood which can travel several feet! The treatment is the same though - except that you have to press VERY hard and until professional help comes - not letting go for a moment.

NOW THE DIFFICULT PART!!!! DO NOT FORGET THAT WE LIVE IN THE ERA OF AIDS AND OTHER SERIOUS OR LETHAL DISEASES WHICH ARE CARRIED IN THE BLOOD. TAKE EVERY POSSIBLE STEP TO AVOID GETTING ANOTHER PERSON'S BLOOD IN A CUT OR SORE PLACE ON YOUR OWN BODY, IN YOUR MOUTH, IN YOUR EYES OR UP YOUR NOSE. Obviously one must make a snap judgement when accidents happen and one may have to hope that one's own family are OK. If possible put your hands inside a plastic bag or waterproof garment before helping a stranger and just BE TOTALLY CAREFUL! You will notice that ambulance people and police wear plastic gloves all the time at accidents!

DON'T KNOW WHAT TO SAY TO YOUNG PEOPLE?
The staff at the Health Centre have volunteered to spend time talking to groups of students from the High School about any approximately health related topics of their choice. We asked 150 of them to choose their preferred topics from a huge list, these are the winners in order of preference:

1/ Sex. 2/ Suicide. 3/ Rape. 4/ Abortion. 5/ Drug abuse. 6/ Alcohol. 7/ AIDS/HIV. 8/ Fitness/exercise. 9/ Death. 10/ Contraception. 11/ Child care. 12/ How to avoid cancer. 13/ Spiritual health. 14/ Unwanted pregnancy. 15/ Hair care.

I'll bet my bottom dollar that any group of adults would answer similarly. So there we have it - conclusive proof that young people are normal and not a different species. No excuses now for those awkward pauses in conversation during the coming long winter nights - just take one topic each week and DISCUSS - should almost get you through to Easter. SF.