

September, 1968

T H E P U L S E *

No. 13

The Editorial Committee,
'The Pulse'

My sincere congratulations to the Editorial Committee of 'Pulse' on having successfully published twelve editions of the leading newsheet of St. Mary's Hospital. Enclosed is my 10s. 0d. in payment against the wager that your ink would dry ere twelve months were out. I am now hard up but happy for you.

Many happy returns. Long may the presses run, and may your ink never run dry.

Professor Flook

DINNER AND DANCE

Final arrangements have now been made to hold a dinner and dance for the staff of St. Mary's and their friends on Friday January 3rd at the Ritz Ballroom, Desborough. Tickets will be £1 1s. 0d. each and dancing will be to Gordon Meadows and his Music. Make a note of this date in your diaries. Further details and ticket sources will be available in future editions of the Pulse.

SOCIAL CLUB

You may not be aware of it but every Wednesday is a social evening at the Recreation Hall, General Hospital. All Social Club members are welcome to attend and as numbers are rather lacking at the moment all the more reason to join in. You can listen to records, play darts or table tennis or just sit and chat. The organisers are trying to build up a supply of suitable records so if you have any old 'pops' that you no longer have any use for let any member of the Editorial Committee have them and we will pass them on.

DEPARTURES

Two very socially active members of the staff Keith Adams and Jean Mobbs have now left the hospital service and the Ed. Committee would like to thank them both very much for their help in the past and we wish them the very best of luck in their new jobs.

Miss May Bradley, Matron's maid left us at the beginning of the month for sunny Australia - who can blame her with weather like ours.

RETIREMENTS

September seems to be a popular month for retirements - we have three. Mrs. Toseland, Medical Secretary leaves us after 16 years service. Mrs. Pridmore from the sewing room after 14 years and Mr. Manton, Gardener, after 17 years at St. Mary's. All of these members of the staff will be sadly missed and we wish them a long and happy retirement.

SWIMMING CLUB

Anyone who is interested in swimming don't forget that there will be a meeting on Friday 27th September at 8.30 p.m. in the Recreation Hall to finalise the arrangements for forming a swimming club to meet once a week at Corby Baths. Please come along and give us your support. Without a minimum of 30 this proposition is not at all practical - in fact impossible. If you can't swim but would like to learn we shall be glad to see you.

ICE SHOW

Tickets are now available for next year's Wembley Ice Show. They are 12s. 6d. each (sorry no reductions for children) and available from Brian Dew. Dates for the show and the 1st and 8th February. Coach fare details later. Book your seats now!

FROM A HOSPITAL BED by Elsie L. Taylor

"You must go into hospital",
The Doctor plainly said,
And instantly within me rose
Dismay, despair and dread.

Now from the busy world I lie
And see a busier still,
A battlefield where only wrongs,
The soldiers try to kill.

Shut off from usual pursuits I
Find greater work to do,
For understanding only springs
From situations new.

And why should I expect to miss
The pain that others know?
And be forever stunted when
Eternal ages flow?

BEGONIA REX AND SPECIES

The Begonia Rex has the most beautiful foliage variations of any variegated plant and is quite at home in the house. It does not like a lot of direct sunshine and a west or north window is ideal for this plant. All begonias need plenty of liquid manure (Baby Bio) to make them grow to perfection and they should be kept moist at all times. Keep them away from draughts and gas appliances. Begonia Masonii (Iron Cross) is not a member of the Rex family but needs the same treatment. There are many Begonia Species which are suitable for the home but I will list some of the best. Begonia Bowerri, Tushsoides, Haageana, Manicata, Metalica, President, Carnott, Sutherlandu, Claugophylla. They all need the same treatment as Begonia Rex. Next month we shall feature trailing plants for the home.

"Red Finger"

BADMINTON

We have been fortunate enough to book two courts at the Drill Hall each Tuesday night, commencing the 1st October, until the 3rd December, inclusive, with the exception of the 5th November. Why not join us at 7.00 p.m. on the 1st October, you will be very welcome, even if you've never held a badminton racket before - neither had we till last season - St. Mary's staff are quick to learn! Prove it to yourself and come along. The Club have four rackets which can be used if you don't possess one of your own.

RECIPE

Nassi Going Boil $\frac{1}{2}$ lb. Patna Rice in salted water. Cut all meat (4 ozs. ox liver, 4 ozs. chicken, 4 ozs. frying steak) in small strips 2" long. Fry the rice in a little oil and add Soy Sauce. Shred 4 ozs. mushrooms and add remaining ingredients to the rice and fry for 5 to 10 minutes. Serve sprinkled with shredded lettuce.

THE ELIXIR OF LIFE

(continuing our serial)

"Quick! Do something", whispered the woman. "Shhh" I replied, "they might hear you!" With my teeth, I pulled my folding chain breaker from my belt and hammered at the chain. After rising from the floor, picking up my false teeth and putting my wooden leg back in place, I began to release the woman. Where was she? Escaped? "Over here," she called and walked through the wall. With my eyes shut I followed. Once again I picked myself and accessories from the floor. Ah! I had lost my right eye! Fushing my spare eye in place I followed the woman through the secret hole in the wall. A helicopter was waiting outside - so we jumped in. As we rose a wheel descended onto the head of a bald man standing beneath us with a gun. Was that a bullet that went past my ear? Thank goodness my ear is plastic! Another bullet hit the mechanism and down we plunged towards the evil looking bald headed gunman waiting below. What could I do? Please continue the serial and send it to the Ed. Committee