HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8506

Mr. Sterling Robertson, Kingston, Ont., is spending the Christmas holidays with his parents Mr. and Mrs. John W. Robertson, Kingsboro.

LAC and Mrs. H. E. Gillespie are spending the Christmas holidays with LAC Gillespie's parents, Mr. and Mrs. Edgar Gillespie, Douglas Street, Charlottetown.

Mr. Edwin Fraser, Toronto, Ont., is spending the holidays with his mother Mrs. Fred Rose and Mr. Rose, Red Point.

Mr. and Mrs. Kenneth Murphy have returned to their home in Elmira following their honeymoon visit to Boston, Mass.

Mr. Louis Mellick, returned to his home in Connecticut, after attending the funeral of his brother Henry Mellick at South Lake Christian Church.

Red Point Women's Institute held its regular meeting at the home of Mrs. Charles Ching. An exchange of Christmas gifts took place during roll call. It was decided to donate candy and fruit to children during school closing exercises and to send a fruit cake to a family outside the district.

Recent visitors at the home of their parents Mr. and Mrs. James Dunphy, Kensington, were their daughters, Jacqueline, RN, at the Columbia Presbyterian Hospital, N.Y., Patricia, RN, at the Charlottetown Hospital, and Mary student nurse at the Charlottetown Hospital.

There was a large gathering at the United Church in Bedeque on Sunday morning when White Gift Sunday was observed. The pastor, Rev. R.M. Cameron, conducted and conducted the service. He was assisted in the devotional part of the service by Alan Bowness, who led in prayer and Miss Sandra Murray, who read the Scripture lesson. A duet was rendered by Misses Joan and Linda Murray. The choir directed by Mrs. Walter Craig, the organist. Many useful white gifts were presented by the Sunday School children. Mr. Cameron preached a impressive sermon based on the words: "Thanks be unto God for His unspeakable gift." In the Sunday School presented a pageant in the Church in the evening which was well received by the congregation.

Mr. Arthur Murray, Theological student at Pine Hill, is spending his holiday, at his home with his family in Bedeque.

Barbara Wellner, student at Edgehill, is holidaying with her parents, Mr. and Mrs. Lloyd Wellner Jr., Admiral St.

Mr. and Mrs. A.F. Owen and David, left Sunday for Toronto to holiday with their daughter and son-in-law, Dr. and Mrs. Ian Drysdale, their daughter, Carolyn and son John will also be present for their family reunion.

Don Pickard, student at UNB is vacationing with his parents, Mr. and Mrs. Walter Pickard, North River Road.

Robie Porter of Halifax, is a holiday guest of his sister, Mrs. K. A. Parker and Mr. Parker, Euston St.

Bob Scranton and Henry Sharam, students at Acadia, are visiting their parents, Mr. and Mrs. Charlie Scranton, Southport and Mr. and Mrs. Percy Sharam, Granville St.

Rev. and Mrs. M. F. Harlow, Ambrose St., have as guests the former's parents, Mr. and Mrs. M. C. Harlow, New Glasgow, N. S.

The staff of Atlantic Wholesalers were entertained on Saturday evening by Mr. and Mrs. G. M. Avard, Greenfield Ave.

Mr. and Mrs. M. C. Hillman, Woodstock, N. B., are holiday guests of their daughter and son-in-law, Mr. and Mrs. Ron Atkinson, Waverley Court.

Mr. and Mrs. Sterns Webster, Charlottetown, are spending a few days in Fredericton, N.B., visiting their daughter and son-in-law, Mr. and Mrs. Bud Hamm.

P-O Clifford Lee of the HMCS Cape Scott is spending Christmas with his wife and family in North Rustico and also visiting with his parents, Mr. and Mrs. Mathew Lee, Kensington Road.

Ralph Shea, who is with the RCN at Cornwallis, Ont., is spending the holiday with his parents, Mr. and Mrs. Vince Shea.

Wayne Rogerson, student at Dalhousie University in Halifax, is spending the Christmas holidays with his parents, Mr. and Mrs. Charles Rogerson, 10 Lapthorne Ave.

Russell Burgoyne, Halifax, is a holiday guest of his mother, Mrs. Lloyd Brown, 20 Park St.

Genny Putman, student at Edgehill, is spending Christmas with her parents, Dr. and Mrs. Malcolm Putman, Greenfield Ave.

WOMEN'S ORGANIZATIONS

Church Sign On Display At Meeting Of Ladies Aid

The monthly meeting of Keir and Ladies Aid Society was held at the home of Mrs. Roy Easter, New Annan.

The missionary meeting was opened by the president with the Call to Worship followed by a Hymn. The president led in prayer.

Mrs. James Beairsto conducted the scripture reading, taken from Luke 1:46-56; 2:13,14 followed by the Exposition on the lesson. The season of prayers was offered by several members. Roll call answered by 13 members. Offering was received and dedicated by Mrs. Woodside. Mrs. Dickieson offered to prepare the Study period for the next meeting and Mrs. Wm. Mill will be in charge of devotions.

Mrs. Dickieson conducted the business of the Ladies Aid Society. The new church sign was admired by all members. Several bills were presented and ordered paid.

Mrs. Gerald Mill, on behalf of the Sunday School, expressed sincere thanks to the Ladies Aid Society for gifts and treats donated to Sunday School.

Mrs. John MacNutt invited the members to her home for the January meeting and Mrs. G. Mill and Mrs. L. Wodside volunteered on the Lunch committee.

The Mizpah benediction closed the meeting after which a lunch was served by the hostess assisted by Mrs. Beairsto and Mrs. Dickieson.

MILO WI

The December Meeting of the Milo Women's Institute was held at the home of Mrs. Cecil and Mrs. Leslie Gray. The Meeting opened by singing "Away in a Manger" followed by repeating the collect in unison.

Twelve members answered roll call by repeating a Christmas Verse and an exchange of Christmas gifts from under a gaily decorated Christmas tree. The secretary Mrs. Angus MacLean, was presented with a gift from the Institute in appreciation for her work during the past year. Minutes of the meeting were read and signed.

More articles for the U.S.C. Clothing Fund were passed in. It was moved and seconded to send $2 to the T.B. League a nd $1 to the Bible Society. The secretary was asked to send to the Red Cross for more cod liver oil capsules. It was also moved as every Christmas, to get treats for the school children, sick and elderly folk of the district.

New School committee appointed was Mrs. Leslie Gray and Mrs. Blanchard MacIsaac. Next meeting to be held at the home of Mrs. Angus Darrach. The meeting closed with the Queen. Christmas contests by the program committee were enjoyed by all. Lunch was served by the hostesses assisted by Mrs. Alvin MacLean and Mrs. Angus MacLean.

Bravery Award For Slain Scout

OTTAWA (CP) — The boy scout leader shot to death Sunday while trying to prevent a robbery in a parish rectory likely will be recommended for a scout bravery award, a spokesman for the Les Scouts Catholiques du Canada said Tuesday.

Paul Mercier, 24, was gunned down after he ran into the rectory of the Church of Christ the King. Three others also died of bullet wounds. He had been summoned from mass in the next-door church by the priest who was told that two young intruders had burst into the rectory.

Marcel Deschamps of the Les Scouts Catholiques said no decision on the recommendation will be made until next month "but such a recommendation probably will be made."

Meanwhile, funeral services for three of the four victims will be held at various places in Ontario and Quebec Thursday.

The body of Mr. Mercier will be taken to Sherbrooke for burial. He was originally from East Angus, not far from Sherbrooke.

Miss Alberte Guindon, 45-year-old niece and housekeeper of the parish priest, Rev. Guillaume Chevrier, will be buried at Ripon, near Buckingham, Que. The body of Doralice Bechard,65, occupant of a second-floor apartment in the rectory, will be taken to the church next door for requiem high mass.

Funeral arrangements have not been completed for Roger Binette, 21, who was said to have shot himself when police closed in on the central Ottawa rectory. His brother, Reginald, 18, was charged Monday with capital murder.

Two intruders who broke into the rectory carried four hand guns which police said were stolen last June in a violent robbery at the nearby Nepean Township home of Mr. and Mrs. Ken Mayhew. Six shots were fired during that robbery, one of them injuring a 10-year-old daughter of the Mayhews. Mrs. Mayhew was beaten with brass knuckles, and the family was left chained to tables and chairs.

Police are checking all links between the two crimes.

Reginald Binette was remanded for one week for a psychiatric examination when he appeared for formal arraignment in magistrate's court Monday.

His heartbroken parents, meanwhile, went to a downtown funeral home Monday night and prayed over the body of Roger.

Mr. and Mrs. Leo Binette were both at mass in the little church when shots rang out in the rectory. Mr. Binette was one of the first on the scene, and was driven back from the rectory door by gunfire. He didn't know who was inside.

Two Geneva Conferences Will Influence Canada

By DON HANRIGHT

OTTAWA (CP)—Canada's foreign policy for years to come will be influenced by two major conferences in Geneva in the first half of 1964.

One is the so-called Kennedy round with its target of across-the-board tariff reductions. The other is the United Nations trade and economic conference due to begin in June.

Canada's stake in both is big —so big, that it shows the extent to which commercial considerations are coming to determine her international policies, rather than the other way round.

Atop the delays in preparing for the Kennedy round, there are doubts whether the conflicts in Europe, especially within the Common Market, can be resolved in time to give the conference a good chance of success.

Incidentally, while Prime Minister Pearson's visit to President de Gaulle in January may be significant on other counts—both Canada and United States would find themselves left with less-than-bright long-term trade prospects on the other side of the Atlantic should they virtually locked out of some markets.

Such a development could mean another big crunch in Canada-U.S. relations, for both countries then would have to look again to trade in the American direction to offset balance-of-payments difficulties.

And it was just such problems —and the snappish counter-suggestions that they were being solved at each other's expense—that led to the almost continuous dust-up between Washington and Ottawa in the last eight months in 1963.

In retrospect, however, these was another factor in that friction, which developed not only on investment and dividend taxing policies but over wheat-pricing, Great Lakes labor strife, defence production sharing and trade in automobiles.

LIBERALS IN HURRY

It was identified by observers here as the rapid-action philosophy of the minority Liberal government that early weeks after it took office in April, and its effort to wring out solutions of outstanding problems with the United States before Ottawa-Washington communications became more or less paralysed by the U.S. presidential election slated for the fall of 1964.

Now, with the transition from the Kennedy to the Johnson presidency, another element has actually advanced what Canadians felt was coming anyway—a temporary hiatus in relations with the U.S.

The impact of the other Geneva conference will be broader

Its object, as seen here, is to improve the living standards of the less-developed countries, not so much by grants and loans but through trade.

Obvious problems are restrictions on, and discrimination against, the basic export of commodities of tropical countries. Internal taxes on some of the tropical beverages, for example, are as high as 100 per cent in parts of Europe.

MORE FOREIGN AID

Canada feels it can be a little self-righteous in this regard. It has been a leading exponent of commodity agreements — notably the one already signed on coffee, and the effort at year-end to reach some agreement on sugar.

And, in addition, Canada is practically a free market for virtually all tropical products. Its tariffs are either negligible or have been wiped out altogether, so that Canada has one of the most liberal import regimes in the world in this respect.

Hence, Canada may have a leading role in the UN conference.

But there is apprehension in Ottawa that, while the industrialized nations try to concentrate their efforts on explanding trade of the less-developed nations, the have-nots may make success difficult by dwelling on aid instead.

But in 1963, Canada's federal aid abroad was stepped up. While outright grants will be increased $20,000,000 in the year starting April 1, another $50,000,000 will take the form of long-term loans. They will raise foreign aid to between $180,000,000 and $200,000,000.

Some additional lending also was planned through the Inter-American Development Bank—a move partly motivated by the first step toward Canadian membership, long sought by other members, in the Organization of American States.

Here again, trade considerations will loom large — large enough, most observers feel, to motivate the financial decision that goes with OAS membership and the inconvenience and annoyance of becoming involved in Latin American politics.

In all these ways, the commercial emphasis in Ottawa is brought home.

Only a short time ago, there were two theories here on how to relax world tensions. One was to make an assault on political problems and thus hope to create an atmosphere for disarmament. The other, the line taken by Howard Green when he was Conservative external affairs minister, was to concentrate first on disarmament in hope of a political detente.

The Pearson government obviously finds both unattractive. Instead, it has relied mainly on what one official calls "a proliferation of contacts," of which trade contacts are probably the most important.

SET TRADE PATTERN

In Ottawa, there seems little doubt that this has worked to some extent. For example, officials here firmly believe that it was the spate of Canadian trade agreements with the Soviet bloc —particularly in wheat sales— that prompted the U.S. to consider similar action, and spurred pressure on Washington to relax non-strategic trade with the Communists.

However, the limitations of commercial policy are recognized here. And there is no suggestion that it can lead, for example, to formal recognition of Communist China.

On this problem, Canada is likely to keep in step with the Western leaders. It has offered recognition in a form that Peking is never likely to accept—that is, excluding Formosa. Suggestions that the U.S. line on Peking is softening are regarded by government sources in Ottawa as a myth.

Railway Pocket Watches Will Soon Be Only Memory

MONCTON, DEC. 24 — The railway pocket watch, like the steam locomotive, will soon become a memory on Canadian National Railways.

On January 1, Railway-approved wrist watches will be accepted as alternate time pieces by CN, the first Canadian railway to break the pocket watch tradition.

Adoption of wrist watches as railway timepieces — only two brands, designated to railway standards, have been approved — follows six years of testing by CN of practically every wrist watch on the market.

Wrist watches accepted for railway use must meet a number of exacting specifications. They have to be shockproof, water proof, and anti-magnetic. In addition, railway wrist watches have a micro-meter regulator, so that the regulation of the watch can be done by a screw. Most wrist watches are regulated by a small lever inside the watch, a lever similar to that found on the back of alarm clocks.

The face of the railway wrist watch is quite different from the normal watch face. Like the pocket watch, the wrist watches now accepted by CN must have a plain face with large arabic numerals, bold hands and a sweep second hand.

TIME ACCEPTED

Of the two wrist watches accepted by CN, one is an electric model and the other is a made in Switzerland. Each of the Swiss-made watches is tested at an observatory to ensure accuracy.

"Railway-approved wrist watches," says R.M. Purser, CN's chief of time service, "must have a degree of accuracy far greater than that required by the general public."

A railway wrist watch should operate within a tolerance of two seconds a day, and cannot be out more than 30 seconds per week.

"Trains operate on seconds," says Mr. Parker, "and when you consider that a train going 60 miles per hour can travel half a mile in 30 seconds, you readily appreciate why we call for such accuracy."

All watches purchased by railroaders must be registered with the railway in compliance with a board of transport regulation. As well, watches must be checked every three months by an authorized railway watch inspector.

The old pocket watch has always been a source of pride to senior railroaders. Its history can be traced back to 1867 when the first pocket watch, designed for railway use, was made in the United States.

CALLED "TURNIP"

The pocket watch, because of its size and weight, earned itself the nickname of "Turnip". With a face measuring up to an inch and three-quarters across, and a case of heavy brass, old-time railroaders often said that using the pocket watch was like carrying a turnip.

Now that wrist watches are acceptable, the demise of the pocket watch, Mr. Parker feels, will be rather swift. "Its not as convenient as a watch as the wrist watch," he said. "And besides, they're not making trousers these days with watch pockets."

Montreal Group Aims To End Quebec Financial Monopoly

MONTREAL (CP)—La Presse says there is a move in Montreal financial circles to set up a new group that would try to arrange with the Quebec government to handle whatever borrowing it undertakes on Canadian and international money markets.

It says Hydro - Quebec, a Crown corporation, recently asked the Royal Bank of Canada, Banque Canadienne Nationale and two investment houses, Rene T. Lecler Inc. and Greenshields, Inc., to set up a group to handle its financing.

The newspaper says this represents an attempt to break "a sort of monopoly" exercised by a group headed by the Bank of Montreal and Ames and Company, which has been handling Quebec government financing for five successive administrations for a third of a century."

It describes this "traditional group" as the sole fiscal agent currently handling the major financial requirements of the government, Hydro - Quebec and the Quebec Autoroutes Commission, a government agency charges with the construction and operation of toll highways.

It says that the present agreement between Hydro - Quebec and the Bank of Montreal-Ames group expires Dec. 31 and that the four firms approached by Hydro have agreed in principle to forming a new group. But any agreement with the government would require approval by the finance minister, who is Premier Jean Lesage.

La Presse says "the traditional group has counter - attacked" at a special meeting held by the Bank of Montreal and the Ames firm to draw up proposals for a renewal of their agreements with the government, Hydro - Quebec and the Autoroutes commission. Following the meeting, the two firms sent letters to various Montreal financial houses asking their participation in a new financial agreement with the province "as soon as possible."

SAY FORCES LEGAL

TOKYO (Reuters)—The Japanese Supreme Court ruled Thursday that the stationing of United States forces in Japan is constitutional. The case dates back to July, 1957, when 364 students and labor unionists trespassed on a U.S. Air Force base on the outskirts of Tokyo, opposing a runway extension plan. Seven persons were arrested and acquitted by a district court who ruled that the stationing of U.S. forces in Japan was a violation of the constitution.

MEDICAL JOURNAL

Canada's first medical journal, Le Journal de Medecine de Quebec, was published in Quebec in 1826.

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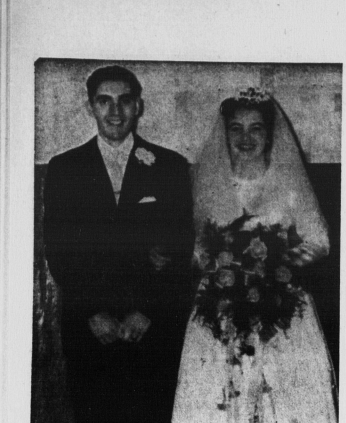
LAST MONTHS FAMILY ALLOWANCE DRAW WINNER

The winner of last months family allowance draw was Mrs. Harold Younker, Charlottetown R. R. 7. Mrs. Younker won $45.00.



MR. AND MRS. JOHN RAYMOND MURPHY

Couple United In Marriage In Double Ring Ceremony

St. Dunstans Basilica was the scene of an autumn wedding when Mary Dorothea Barbara Cantwell, daughter of Mr. and Mrs. Giles Cantwell was united in marriage to John Raymond Murphy, son of Mr. and Mrs. Ray Murphy. Father Clarence Roach officiated at the double ring ceremony. Mrs. Louis Duggan, organist, accompanied Miss Eileen Grant, soloist, during the marriage ceremony and the nuptial Mass.

The church was tastfully decorated with baskets of yellow and rust mums and green and gold vigil lights. The guest pews were marked with clusters of white satin ribbons and yellow mums.

The bride, entering the church on the arm of her father, wore a floor length gown of white peau du soie. The bodice featured a high neckline and long sleeves. The full skirt was softly gathered into tiny unpressed pleats with a flat panel at the front and falling to a chapel train at the back. Her four tier shoulder length veil of tulle illusion was held in place by a crown of imitation orange blossums. Her only jewellery was a single strand of pearls and tiny pearl ear rings worn by the bride's mother on her wedding day. She carried a bouquet of yellow roses and rust mums. Yellow streamers, each holding a rust mum, fell from her bouquet to the hem of her gown.

The matron of honor, Mrs. Lorraine Corish, and the bridesmaids, Miss Anna Dennis and Miss Sandra White, wore identical gowns of green peau du soie. Their gowns featured a high neckline and three quarter sleeves. The skirts were gathered in tiny unpressed pleats. A tiny bow accented each dress at the waist. There headpieces were styled as bows accented by tiny seed pearls. Their shoes were matching pales green satin. The matron of honor and the brides maids carried bouquets of yellow mums with yellow streamers. Their only jewellery was a single strand of pearls, a gift of the Bride.

Miss Karan Corish, daughter of the matron of honor wore a dress of pale green peau du soie. It featured puff sleeves, and a full skirt. A small green bow was her headpiece and she wore white gloves and stockings. Karan carried a basket of white and yellow mums with tiny yellow and white streamers.

Mrs. Giles Cantwell, mother of the bride, wore a street length dress of beige wool. Her hat, turbin style, was embroidered with the same shade of blue. White gloves and a mink stole completed her outfit. Her corsage was of yellow and rust mums.

Mr. Wilfred Smith, friend of the groom, acted as best-man. Robert Cantwell brother of the bride and Frank Murphy brother of the groom alted as Ushers. Following the ceremony, a reception for 75 guests was held in the Queen Hotel. The head table was tastfully decorated with bouquets of yellow and rust mums and silver candlerahums. At the bride and groom's place was a two layer wedding cake baked by Mrs. Clarence Murphy, friend of the bride and groom. Mr. Reagh Tinney, Summerside uncle of the bride acted as master of ceremonies. Grace was offered by Mr. Harold Hennessey, cousin of the bride. Toast proposed to the bride and the bridesmaids were fittingly responded to by the groom and the best man.

Following the reception the happy couple left on a honeymoon through the Maritime Provinces. For travelling the bride chose a wool coat of winter white, a white feather hat accented by tiny brown feathers with a wide brown velvet band and accessories of dark brown completed her ensemble. Her corsage was of yellow and white carnations.

Telegrams were received from Mr. and Mrs. Urban Brean, Sydney, Cape Breton, Mr. and Mrs. J. Cyril Arsenault, Wabush, Labrador, Mr. and Mrs. Douglas Lanktree, Levack, Ontario.

Out of town guests included, Miss Anna Dennis, Montreal, Quebec, Miss Mary Shannon, Port Arthur, Ontario, Mr. and Mrs. Reagh Tinny, Summerside, Mr. and Mrs. Emmett Gavin, Dartmouth, N.S. Mr. and Mrs. Clarence Murphy, Mount Stewart, Miss Beverlee Murphy, Mount Stewart.

IDA BAILEY ALLEN

Dinner Menu Hams It With Orange Quarters

IDA BAILEY ALLEN

TURKEY may be somewhat of an old story in your home. So I'm scanning for holiday dinner entrees, try roast duckling; a big old- fashioned fresh ham; individual Cornish hens parading on the platter, or a fine spicy baked ham the way it's cooked in sunny California.

Measurements level

SPICY BAKED HAM WITH ORANGE QUARTERS

2 c. brown sugar
1¼ c. water
¼ c. fresh lemon juice
¼ c. California sherry wine (or use 1 tsp. sherry flavoring and ¼ c. water)
10 whole cloves
1 (3") stick cinnamon
4 medium California oranges, cut into quarters, unpeeled
1 (4 to 5 lb.) ham

Combine first 6 ingredients in saucepan.

Cook over low heat, stirring until sugar is dissolved. Bring to boil; add orange quarters; and simmer 1 hr. or until oranges are glazed with syrup.

Bake ham as directed on package label. Baste every 15 min. with orange syrup while baking. To serve, garnish ham with ring of candied orange quarters.

SUNDAY DINNER

Asparagus Tips-Pimiento
Saladettes
Baked Ham with Orange Quarters
Spoon Bread
Green-Snap and Red Kidney Bean Melange
Raspberry and Lemon Sherbet or
Sliced Elberta Peaches
Coffee Tea Milk

TOMORROW'S DINNER

Mixed vegetable soup, seeded wafers: Lemon- Grilled Fish Fillets and Fried Oyster Platter, Cabbage Salad Tartare: Blueberry Cobbler with Hard Sauce or Honeydew or Spanish Melon; Coffee or Tea, Milk.

FRIED OYSTERS

1 pt. drained shucked medium oysters (frozen or fresh)
2 tbsp. not-sweet French dressing
1 c. seasoned dry bread crumbs
¼ c. corn oil

Drain oysters on paper towels. Brush with French dressing. Roll in seasoned crumbs; let stand 10 minutes to firm coating.

Heat enough oil in 9" frypan to not quite cover the bottom. Sauté oysters in it, first on one side, then other, cooking until light golden brown. Drain on paper towels.

Serve hot as garnish to the fish fillets.

BLUEBERRY COBBLER

1 (1 lb.) can Maine blueberries in syrup
4 tbsp. room-soft shortening
6 tbsp. sugar
1 egg well beaten
½ tsp. lemon extract
1¼ c. sifted flour
2½ tsp. baking powder
one-third tsp. salt
½ c. milk

Generously butter 7" x 11" low baking dish. Empty in can of blueberries.

For batter- topping mix together shortening, sugar, egg and lemon extract. Continue to mix until fluffy.

Sift together flour, baking powder and salt. Add alternately to first mixture with milk. Mix lightly.

Spoon batter over blueberries; spread evenly. Bake 35 min. in mod. oven, 375 degrees F. Serve warm with whipped topping or hard sauce.

MARY HAWORTH

High School Freshman Considers Herself Flop

Dear Mary Haworth: I have a problem and hope you can help me. I wish I were dead and buried. In fact I have tried to commit suicide a couple of times but my best friend caught me.

I am 14 and a freshman in high school. I wish I were 16 so I could quit. I am a scholast le flop with a stupid brain. I am a miserable daughter, though my parents are the best in the world, except for their lectures which make me rebellious.

I have wild blood it runs in the family which I'd like to tame in me. I have lied quite a bit, to keep up with the group; and I have succeeded. I don't want to lie any more. But I can't take back some of the lies, so how can you help me with that?

My problem is, I want to go straight. I want to quit the smoking, the messing around with the gang; forget about the boys (though I love them all) and I'd like to overcome my dread of school.

I've already stopped smoking, though I'm having nicotine fits. I haven't been out with the group for nearly a week and I want to keep it that way, though it is hard to break with lifelong friends. The boys are good kids, my friends. We date, make out, do the usual amount of lovemaking; no harm in that.

At school when I am called on in class I feel sick at my stomach, get a miserable headache, shiver and sweat. I get nauseated at tests and usually flunk because of it. I am crazy, I guess: I can't help it.

I want to be good; but I need advice all down the line. But there is nobody around to whom I can talk about it. Could you help me through your column? I'll be watching. D.L.

Dear D.L: You may make a poor showing as a student, but you aren't stupid. Your letter is the product of a lively, interesting mind. Also on the plus side, you are disposed to be searchingly honest with, and about, yourself.

But you tend to be harsh when passing judgment of yourself, as you see only the defects, not the good points.

So much for preface. You do need help. And you need it at first-hand. Letters from a distance can't really pull you out of the dumps you're in at present. But possibly I can supply some leverage, in the form of suggestions.

If I were at your side, and could give you the help I believe you should have, here is what I would provide:

1. A medical check-out from A to Z, with special attention to two possibilities; namely, reading disability (the so-called left-eyed approach to printed matter, which demoralizes a student unless it is recognized and dealt with), and hyper - insulinism (blood sugar starvation).

2. Opportunity for a series of heart - to - heart talks with a first - rate professional counsellor, say a good psychologist, good analyst or wise analytically oriented pastor. This would be enormously helpful in ferreting to light the hidden roots of your emotional sickness. Understanding is half of cure, in such cases.

3. A change of schools, effecting a change of companions. Teenagers are almost helplessly responsive to the example and influence of their surrounding contemporaries. It is a psychological necessity of healthy adolescents to belong to the group. Hence most youngsters will gravitate to a "wrong" group rather than walk alone if there isn't a "right" group around, or if the "right" group shuts them out.

There you have my three point program for helping you collect your scattered forces. As well run boarding school, your activities would be assigned and supervised and your associates would be harnessed to wholesome objectives as far as you were. Much of your present stress would evaporate in that set - up. You could move with the current in which you were placed, in reaching for greatness.

How get going? Either take this clipping to your parents and beg them to help you as indicated. Or ask some sympathetic local counsellor (medical or religious) to put your problem to them, for you. Don't delay and don't be afraid. You must have help; so make that plain. M.H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of the Guardian.

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