

THE MENACE OF THE VERRUCAE OR PLANTAR WART.

Many parents and swimmers are concerned about this condition which, unfortunately has a predelection for the young and those whose skin is perhaps thin and moist. Naturally they are most common amongst the users of swimming baths, and those who use public showers in bare feet. They may form on any cutaneous surface and show peculiarities of shape in various situations. The most common on the bottom surface of the foot and toes is a flat topped lesion similar to that of a corn, but not necessarily on a weight bearing surface. The best advice I can give is that any boy or girl under 16 years of age with a corn or callous on the foot should seek advice from a chiropodist or their family doctor, as it is 99 times out of 100 a verrucae, and not, I repeat NOT to go swimming until the condition is cleared. This is the quickest and only way to prevent the spread of this menace. I might add also that the treatment now-a-days is fairly quick and quite painless. This condition is very infectious and is unlikely to clear on its own.

W.A. Griffiths (Chiropodist).

ACHIEVEMENTS :

The following swimmers have passed the Joint National Swimming Award :-

<u>STAGE I.</u>	Jane Cole	Christine Jones.	
<u>STAGE II.</u>	David Arnell	Helen Crockford	Jennifer Phillips
	John Arnell	Sharon Fletcher	Richard Simmonds
	Geoffrey Betts	Gary Morgan	Andrew Topp.

ONE WIDTH CERTIFICATE. Susan Cooper.

ACHIEVEMENTS (OUTSIDE THE CLUB).

<u>Gold Personal Survival.</u>	Mandy McConnell	Patricia Topp
	Lynda Green	Andrew Topp.
<u>Silver Personal Survival.</u>	Patricia Topp	Andrew Topp.
<u>Bronze Personal Survival.</u>	Joyce Ruddy.	

Anne Tyson swam 1 mile at Rockcliffe Manor Primary School.

LOST PROPERTY.

1 girls wristwatch, found on the 19th December.
Blue woollen hat and mittens.
1 pair Gents gloves.
1 girls Navy blue costume.

REMINDERS: (Which are given especially for the benefit of our new members).

PARENTS PLEASE NOTE that at least two hours should be allowed after a heavy meal before children enter the water. Children should not enter the Pool eating chewing gum or bubble gum. We stress these are very dangerous practices.

CHILDREN PLEASE NOTE. If you have any soreness or mark on the base of your feet, please tell Mum as this may be a verruca. (See article above).

Club Badges: Cloth - for blazer or costume - 6s. Od.
Lapel badge - 4s. Od.

Club costumes (red and white stripes) are available. Please give your order to Mrs. Firmin.

End of February - Social Evening.