



in only 7 days



- ☐ Unable to swim? ☐ Lack confidence?
 Do you fear: ☐ Water, ☐ Jumping in,
 ☐ Bumping into people?
 Could you improve your: ☐ Co-ordination,
 ☐ Stamina, ☐ Breathing techniques?

Do you know about:

- ☐ Survival techniques, ☐ Breast & Back stroke, ☐ Crawl?
☐ Do your children have similar problems?

- Highest success rate ● 92 degrees F (33 C) ● No spectators ● 7-day swimming holiday
 ● Lessons and accommodation with breakfast and 3-course meal, all under one roof
 ● No age limit 30,000 successes by this method, including a 94 year old

LONG RANGE SWIMMING SCHOOL

98 Coniston Rd. Basingstoke, Hants. RG22 5HZ

Telephone: (0256) 771188 (Office hrs.) or

(0404) 822196 (Evenings & Weekends). OPEN ALL YEAR.

Please send me free of charge and without obligation information of the items I have ticked above.

!!NOW!!
 DIETS
 MASSAGES
 SOLARIUM
 SAUNA



HOME SICK

Two sad little unwanted cats, one pining and refusing to eat despite the smaller cat's efforts to comfort it.

The Japan Animal Welfare Society rescues thousands of discarded pets every year. Surprisingly, much of the fieldwork is undertaken by gentle Japanese housewives. Their upbringing has done little to teach them love and

respect for animals and it takes courage to approach a wretched dog or cat which may well have been made vicious by terror of cruel humans. Working singly or in small groups they use their own slender means. Some of the older fieldworkers have made themselves near-penniless but still try to help the old, sick, maimed and distraught animals turned out in such overwhelming numbers. Most animals are humbly grateful to their rescuers and this makes it hard for anyone to give up!

Funds are urgently needed. Would you help? Perhaps you could join JAWS Sponsored Dog Walk in Hyde Park on May 8 at 11 a.m., or become a sponsor? Many lovely dogs take part - why not yours? Please come if you can.

Full details from the Office Manager, J.A.W.S., RMC House, Townmead Road, London SW6 2RZ. Telephone: 01-736 9306. Registered Charity 244534. Please mention *The Lady* when you write.

