

DR. BARBARA TAKES A WALK.

A mere 20-odd miles to go and the amazing Dr. Babs would reach her goal, Land's End. One thousand and 28 miles, spread over 23 days, and all done on salad, grapefruit, cream, bananas, fruit juices, honey and that great drink, hot water. Dr. Barbara set out to prove that that's the diet, if you want to be healthy and energetic, as undoubtedly she must be. But what's John o' Groats to Land's End? Just a stroll to Barbara. With short rests and a bite now and then, she's going to walk across America - three times the distance. That evening Penzance gave her a heroine's welcome. All the town turned out in Barbara's honour.

The Mayor himself received at the Town Hall. Dr. Babs was easily the most popular person Penzance ever had at this time of the year. Naturally she was a bit peckish. They couldn't keep her away from that orange juice. After that, there was the distinguished visitors' book. But of course, Barbara couldn't stay long. She was off again, on the very last lap of all - Land's End next stop. We all laugh at her diet, as we enjoy our steak and boiled puddings to follow; but Dr. Babs is no theorist. She put her beliefs into practise, and achieved more hard-logging physical effort than many a trained athlete. Well, here she was, Land's End at last, greeted by the West Penwith Council Chairman. It was only 11.25. more than half-an-hour to spare.