

HEAT WAVE.

It's Britain's hottest August Bank holiday for nine years, and Britain makes the most of it. So many Londoners have come to Southend there can't be anyone left in London.

But who cares if it's crowded, as long as the sun can get you and you can get at the sea? The sun can get at these two anyway.

Me, I don't ever want to go home.

Funny how we all come out to enjoy the heat, and then do everything we can to keep cool. This chap seems to have bet his shirt on a filly.

Me, I'm fair wore 'ah!

Bank Holiday weekend is a big sporting occasion, and at Stoke Mandeville we're shown once again that even a spinal injury needn't stop you from joining in. Two hundred and eighty competitors from 18 countries make a record entry for the International Paraplegic Games. Archery, in particular is becoming increasingly popular among those who have lost the use of their legs.

There's one "in the gold"...A distinguished guest is Genevieve de Galard, whose heroic efforts at Dien Bien Phu have made her one of the great figures of nursing history.

Some of these lads, like this javelin thrower, look tougher in their wheel chairs than most of us do out of them.

Here's another sport that calls for strong arms and a keen eye - basketball. He shoots...

And it's in.

Men like these waste no time being sorry for themselves. Losing one faculty, they develop the others in compensation. They seek no pity, but they deserve our help.

Roger Bamdister presents the Archery Cup to the home team, while his wife and Nurse de Galard watch. "Individual score" prize goes to Belgium.