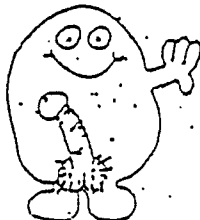


# ON PAPER

The Organ of the London Hash

## THE REAL MR. MEN



MR. PROUD



MR. NOT SO PROUD



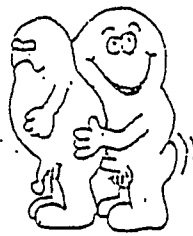
MR. HAPPY



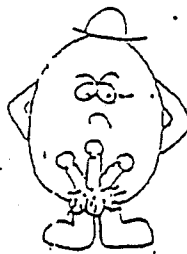
MR. DILLO



MR. FLASH



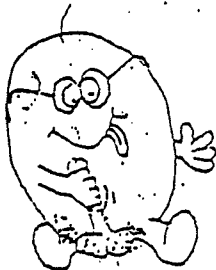
MR. FOCFTA



MR. PUSSIC SERVANT



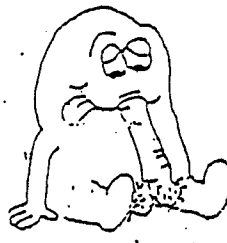
MR. PROBLEM



MR. D.I.Y.



MR. FUMBLE



MR. LUCKY



MR. NOT SO LUCKY

IN THIS ISSUE:

THE GOSSIP RETURNS!

FOCUS ON HEALTH HAZARDS - CURRY  
AND AUSSIE BEER

# LONDON HASH NEWS

## On On The Nail

Annual subscriptions are due soon with the AGM coming up. Paying by annual sub is much cheaper than paying on a run by run basis if you are a regular hasher (and we all are, aren't we!) As an extra incentive, you will be entitled to a £5 discount off the cost of the 1000th Run. Listen out for announcements.

## A.G.M. (or no G.M.)

The LH3 AGM will be held after the run on Saturday, October 3rd at the Hornsey Club in Crouch End. (Note - this is **not** the cricket club that we have used in the past.) As a reward for sitting through the formalities, food and a disco will follow.

The AGM is your chance to get involved with the running of the Hash (as opposed to the running **on** the Hash). If you want to get more from the hash than just doing the trail every week, then think about joining the committee where the only real qualification is enthusiasm. Some of the incumbents are not standing for re-election anyway, so if you fancy it you are unlikely to fail. Committee positions include:

**Grand Master** - Chief honcho, kicks arse at the committee meetings and takes all the credit (or flak). Good jump-off point for aspiring managers.

**Grand Mattress** - Chief honchess - no apparent duties.

**Religious Adviser** - chief requirements are a booming voice and a searing wit. (If you can't provide the latter, the former will probably suffice anyway.)

**Hash Cashes** - Launder the money occasionally offered by non-members at the runs. Preferably a team job so that all runs can be covered.

**Hare Raiser** - responsible for there being a trail (and a pub) each week, and consequently the most important post.

**Hash Haberdash** - were there T-shirts on sale at the last run you went to?

**On Sex** - handles fan-mail, hate-mail, and has a minute role at committee meetings.

**Hash Scribe** - edits the hash trash (i.e. this organ), and receives worthless promises of run write-ups.

**Social Sex** - On past and present form, this officer has no duties and never attends runs or committee meetings. So there his plenty of scope for a newcomer to make their mark in this area by organising just one social event.

Do not be put off if the position you fancy is currently occupied by a complete dork. If the voters were mad enough to elect them, they may vote for you this time. If you want to know more, speak to GM Nick the Greek.

## Thanks To Us Again!

We have received another letter from the British Wheelchair Sports Foundation thanking us for the £45 we raised at the T-shirt sale after the Wimbledon run in June. Recession? What recession?

## But Can You Actually Run?

If you can be bothered to do 10K raising sponsor money, the Wandsworth Charity Trust have generously agreed to set a course in Battersea Park and operate the timing equipment. (I know who's got the better deal.) The fun run in Battersea Park on Sunday 13th September, at 11:30am is to raise money for the Romanian Orphans Appeal. Entry and sponsorship forms from Hedgehog (or Garbage).

## Discounts For Hashers

West London H3 are negotiating a discount from Cobra Sports in Faling Broadway. To achieve the most preferable rates, Pope needs to know the number of people genuinely interested. Call him on 081-567-8313. Provisional date for the shopping spree is September 10th after the Ealing Broadway run.

## Interhash - Who Needs It?

You may not need it right now, but the high current dollar-sterling exchange rates mean that it is a good time to register for those overseas hash events which will let you pay in US currency. Notably Eurohash in Madrid and Interhash in New Zealand.

## Ten Ton Run

Preparations are well in hand for the 1000th run next September. Pope, If we all muck in we can make this a bash to remember. For starters, do you know of any good local bands that would go down well with the hash? Or can you lay your hands on goodies that can be used as raffle prizes? If so, seek an audience with Pope. If you want to guarantee yourself a room, register early (although if you camp we can offer more rooms to visitors).

## Odds and Sods

Notice to hares - please choose pubs that are close to the start point.

Notice to all - don't forget to fill in that run list handed out by Kaffir and return it so that your stats can be updated.

Notice to all - don't wait, volunteer a write-up (please).

## Thank You

Contributions (keep them coming) this month from: Forget-Me-Not, Smelly Hole, Pete the Pilot, Bostick, and Rambo.

Send articles to:

Andy Millard ("Hedgehog"), 52B Russell Road  
Wimbledon, London, SW19 1QL (081-542-5768)

If you can give me your write-ups on IBM PC disks it gives me more options. Call for details.

Next Issue Deadline: September 15th

Bromley South - 27 July 1992

Hare: Horse

Bromley South, gateway to Kent. Out in the countryside, South of the River and on British Rail.

A pack of some 30 Hashers assembled; including Visitors and Virgins, and quite a number with cars (well, it was South of the River and on British Rail).

Full advantage was taken of the parks, hills, golf courses, railway footbridges etc which were imaginatively strung out along the railway line from Bromley South to Beckenham Hill. Plenty of checks, false trails and the fear getting lost on an A to B run kept the pack together.

Horse had arranged for a car at the pub to take drivers back to pick up their cars and contents. He seemed rather surprised at the number of drivers needing lifts. I think he had some help from Megachap.

(Mis)quotes of the evening...

'When's my sodding bag with all my cash going to turn up'.. Many and frequent.

'I managed to find the place. Now I've got to go back to Bromley to pick up my top'.... Robocop who cycled over for a social evening.

'Oh, good, I can get a Thames Link from here!'... Some lucky North London Bastards.

'Oh, shit, how the hell do I get home from here?'... Some unlucky South Londoners.

'I don't know why everyone's complaining'..... ?

'I've picked up my top, and now I've got to cycle all the way home'.... Robocop after receiving his down-down.

'I've got to leave now to get the bus home'.. Pete t'Pilot at about 10 o'clock.

Me, I managed to get a lift home.

Forget-Me-Knot

\*\*\*\*\*

## Why coffee at bedtime reaches those parts...

A CUP OF coffee at bedtime could help childless couples by perking up sperm, it was claimed today.

Dr Ewan Paul, director of the Coffee Science Information Centre, announced the findings at a seminar promoting the benefits of coffee.

He said trials in Israel had shown that treating sperm with caffeine doubled the chance of a pregnancy. After

a dose of caffeine, standard sperm moved as quickly as normal sperm.

"In a trial, at the Central Emek Hospital in Tel Aviv, 60 women were treated, at random, with caffeine-treated sperm and untreated sperm," he said.

"Fourteen women given caffeine-treated sperm conceived against seven with untreated sperm."

## Love makes the world go round

EVERY time the world turns, 100 million people have made love leading to 910,000 pregnancies, according to a report on reproduction by the World Health Organisation. "There are 1,157 sex acts each second, and half of the children born are not planned," said a WHO official. But in the last 22 years, births have tumbled from 6.1 children per second in developing countries to 3.9 and 1.9 in industrial countries, thanks to a huge increase in contraceptives.

After Jolly (Quiet) July, Into Average August

As there seems to be an Inter Hash news blackout, how about a "best" photo competition? Photos to the editor! First, the old news ... Periodical failed to return the "borrowed" Warsaw H3 banner; having decorated the outside of their hotel with it at German Nash Hash, someone else removed it!

The after "Faringdon breakfast run" C.U.N.T. ground to a halt at lunch time; unavoidably detained in an east end strip pub.

IBM & Bangers are on their way to Oz; will they ever return &/ or marry ....? Better still, Worm may be on his way back to Kiwi land!

Why was Adonis (ex Bristol, ex TNT) dumped on London for a week? The influence of the stars or another Heavenly Body?

Prince is back from the Philippines - Angeles City is still there & throbbing (blowing?) apparently - even under six foot of volcanic ash.

The recession is biting the Hash at last: Pope & Menstrual have wage cuts, Billy the Fish goes down (bankrupt that is).

Periodical's Ego sorry Twat Hash caused a few upsets. Nice Beaver & June declined to sign in, as non runners, under "Smelly Twats" then & Banshee left in a huff after Yogie Bear (surely the world's most offensive song?). Down downs on ice, a far east import, seemed new to some. While on the subject, he is also offering a motorised (BMW powered) hedge trimming & barbed wire fence removal service, specialising in the west country area.

Barnes 400th showed off some nice boys in tight, skimpy leotards as a cabaret; didn't think they were that way inclined. Also some rather more attractive girls doing cartwheels.

The reason Local Bike has been sporting a fuzzy upper lip is now clear; it was all to impress the girls in his amateur dramatics group.

Garbage is still making friends & influencing people; most recently most recently getting him kicked in the balls at Nick the Greek's barbecue.

As West London GM, why does Pope spend all his time organising the London 1000 th?

It's a hard life in the police force; when an Inspector's house purchase falls through a consolation flat in Kensington, subsidised by the taxpayer, is found. Or was it all just a ploy to engage (?) Sue's attention while an alternative was sought in Twickenham, located near a well known RA.

Prince & Menstrual seem to find it hard to stay away from WLH3 committee meetings despite resigning. Garbages in the making?

The bullocks (four legged) at Kennet & Avon proved a little friendly/ frisky; luckily Lofty sorted them out before they trampled the pack.

Phil the Terrorist arrived late on the "Four In Two"; no tent or sleeping bag, borrowed T shirt, socks & shoes. He only went out for a party!

Romance News (& It's After Effects) ....

What do blonde American air hostesses & Menstrual have in common? Smoking in bed.

Is Periodical still on? Has Kathy/ Rhyde found a prospective replacement (or two)? Has he?

Spunky has discovered not all Hungarians are career virgins.

Blow failed to secure a job in Thailand & has gone back to school so she is with us until X-mas at least, but is she with Bubbles?

Boy From Brazil & Bostick are now engaged. Watch out for invites next summer. However no ring has been purchased as yet .... Mean or wot?

Big fat bastard Banker & Tracey (now Wirral H3) have a sprog to complement Joey; keeping them company are (Barnes) Rambo & Sharon.

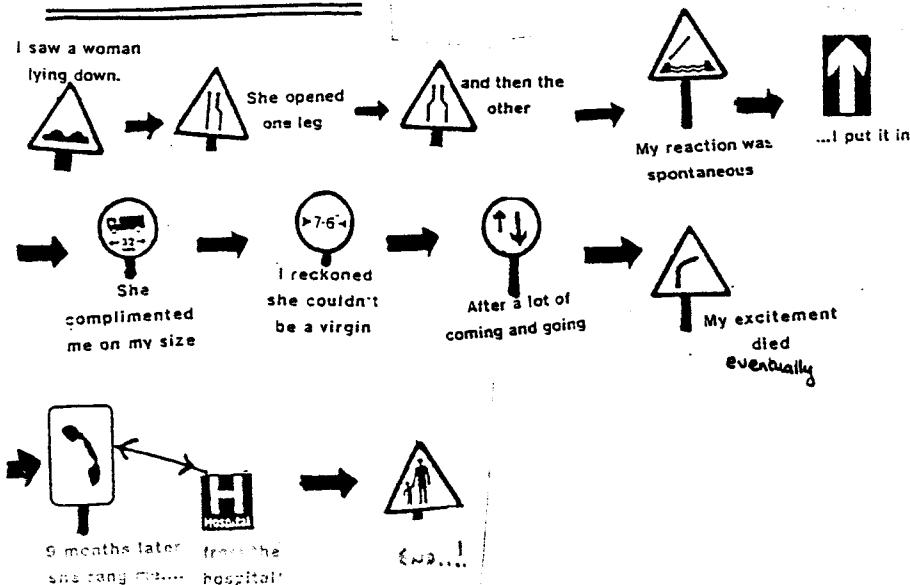
Dipso Section

Is Scarface serious about an Amazon Hash in '95? As quoth Dipso " & if so, will that tin pot company Pooh Hole works for sponsor it?"

Dipso is really looking forward to joining his old mate Deathwish in Saudi.

A most entertaining journey back from Lewes after Fastfinger's farewell hash. (1) Stay in pub late (2) Curry (3) Miss last train (4) Train to Brighton (5) Get train to London, just (6) Get local train half way home (7) Get minicab (8) Get stopped & interrogated by police over driver's tax & insurance (9) Get home eventually (10) Crash at 3 AM. (11) Off for a good Monday's work at the Foreign Office.

THE HIGHLAY CODE:



# HEALTH 1: A GUIDE TO SAFE FAX

Some hashers can only assuage their lust for world-wide hash gossip by indulging in expensive and frequently obscene bouts of fax. The 'fax' behind the myths are revealed here.

Q: Do I have to be married to have safe fax?

A: Although married people fax quite often, there are many single people who fax complete strangers every day.

Q: What if one feeds the paper in the wrong side up - is that faxodomy.

A: My parents say they never had fax when they were young and were only allowed to write memos to each other until they were 21. How old should someone be before they can fax?

A: Faxing can be performed at any age, once you learn the correct procedure.

Q: There is a place on our street where you can pay for fax. Is this legal?

A: Yes, many people have no other outlet for their fax drives and must pay a "professional" when their need for fax becomes too great.

Q: Should a cover always be used for faxing?

A: Unless you are really sure of the one you are faxing, a cover should be used to ensure safe fax.

Q: What happens when I do the procedure correctly and fax prematurely?

A: Don't panic. Many people prematurely fax when they haven't faxed for a long time. Just start over. Most people won't mind if you try again.

Q: I have a personal and business fax, Can transmissions become muddled up?

A: Being bifaxual can be confusing, but as long as you use a cover with each one, you won't transmit anything you are not supposed to.

Q: If I fax something to myself, will I go blind?

A: Certainly not, as far as we can see.

# HEALTH 2: A WEE DROP IS GOOD FOR YOU

An early morning cup of pee may not sound like the ideal way to start the day, but it has been recommended by Australian researchers as a cure for jet lag. A study at the University of Newcastle, New South Wales, found that that urine is rich in melatonin, the hormone involved in producing circadian rhythms. Drunk first thing in the morning, it can, claims a report in the journal *Medical Hypotheses*, calm and refresh the system, creating for patients the illusion that they have just had a good night's sleep.

Most people would think of drinking their own urine as a disgusting habit indulged in only by New Age types. But Sarah Miles, the actress, swears by it, according to virtually every feature written about her. It is less well known that urine therapy is a cornerstone of Ayurveda, an ancient Indian medical system now rapidly growing in popularity in the West.

Urine consists almost entirely of water, its chief waste product being urea, a substance formed from the breakdown of proteins. How can drinking it purify and cleanse the body systems, as its advocates claim?

Arthur Lincoln Pauls, an osteopath in Hertfordshire, has been drinking his own urine every day for 20 years and, at 63, is convinced it has kept him healthy. He also uses it to wash and to accelerate wound healing.

He recommends the therapy to his patients, particularly children suffering from asthma, eczema,

## Liz Hodgkinson talks to a man who thinks we should all drink our own urine

bad eyesight and other chronic problems. They demur at first, but soon discover that, once they get used to it, it is no worse to take than any other medicine.

"As a young man, my health was terrible," Dr Pauls says. "I was overweight, tired all the time, and kept breaking out in boils. Also, I was diabetic and had very bad eyesight."

When he first heard of urine therapy he had to summon up all his courage to try it. "But eventually I did, and found all my health problems cleared up. My eyesight improved, I lost the excess weight, my blood pressure normalised, and I could run once more."

He claims that drinking one's own urine can help repair body systems and organs and eliminate heavy metals from them. It is particularly good for correcting eyesight, he believes.

"People often ask me: how can it be right to take something back into the body that the body has discarded? My answer is that, in perfect health, there would be no need. But most people's systems are not working properly."

Many people's kidneys are liable to malfunction, he says, and this results in them excreting, in their urine, valuable mineral salts and other substances that the body actually requires. Urine consumption can help improve kid-

ney function. "It has been known by the armed forces for many years that drinking urine can help people to survive - but they've tended to keep it quiet."

But doesn't it taste awful? "This again is simply a prejudice," Dr Pauls says. "We have been brought up to believe that urine is filthy and germ-laden, and we must wash our hands after going to the toilet. In fact, urine is completely sterile when it leaves the body, and it tends to taste of whatever you have been eating or drinking recently. Early morning urine tastes somewhat salty and bitter, but as the day goes on, it becomes almost tasteless."

Anyone interested in urine therapy who feels a little timid, he says, should first rub it on their hands to get used to it. Then, once the preliminary distaste has been overcome, they should try washing their face and rinsing their hair with it.

"This all builds up courage," says Dr Pauls. "Next, sit in your bath and rub it over your whole body, saying to yourself, 'This is divine nectar, not dirty, filthy urine' as you do it."

After this, you may be ready to start drinking it, says Dr Pauls. You should start by mixing it with fruit juice and after you've got used to this, you can try a glass of

it neat. "Once the novelty has worn off, you will start to 'recycle' it naturally," he promises.

But what if your urine looks cloudy? Dr Pauls believes this is nothing to worry about and that it is still all right to drink. Although he adds, "If you are in good health, your urine should be completely clear. The healthier you become, the clearer it gets."

"Urine contains many important amino acids, vitamins, enzymes and minerals. In fact, it contains so very many useful healing substances that scientists are now trying to isolate them into pill form. But why go to all that trouble and expense when you have your own healing medicine available all the time?"

What about the Australian report that drinking urine can cure jet lag? Judy English, a researcher at Surrey University's School of Biological Sciences, who has been carrying out investigations into melatonin and jet lag, says: "We are regarding this story with an enormous pinch of salt. Urine does contain melatonin, but in tiny quantities, and in its non-active form. Here, we have found that melatonin helps at least two-thirds of people suffering from jet lag. But our supply comes from industrial sources."

Urine therapy may be the ultimate in self-sufficiency. But prejudiced or not, most people will need a lot of persuasion before they can be induced to drink it.

OR TASTES  
□ If your urine looks or smells unusual, consult a doctor.

Just in case you're ever  
hungry after a session in  
the "Pride Of Spitalfields"

On On, Rambo.

sauce with plenty of tomato and Pullao Rice. Egg and mushroom Curry £2.30 was good though all portions a little small.' MT. 'All flavours were good and more spicy than average. Good value for money.' MC

**LALQUILA**  
176, Brick Lane, E1. Tel: 071 247 3700  
New to our Guide, the Lalquila is another popular house in Brick Lane, about which we have received numerous votes from our readers. It serves formula curries with usual Bangladeshi Brick Lane panache at reasonable prices.

**NAZRUL**  
128, Brick Lane, E1. Tel: 071 247 2505  
Once again the Nazrul has come out top of the poll as your Brick Lane favourite. We hear of re-decoration here too - whether the 'loosely fitting toilet pedestal and leaky S-bends.' (DMW), are included, we await to hear, but the 'Methi Gosht £2.25 tasted fresh with the right bits of bark etc. with Sag Bhajia £1.30 and Special Rice £1.05, all reasonable quality with trouble cleaning it all up.' DMW. 'It was extremely busy, we had to queue for 15 minutes for a table - it was worth it for excellent quantities and quality and cheap prices.' PC. 'Unlicensed, cafe type of place but they don't mind you bringing your own.' RP.

**SHAMPAN**  
79, Brick Lane, E1. Tel: 071 375 0475  
A licensed restaurant which is aiming to take Brick Lane up-market, evidenced by its cocktail lounge and 'rather more upmarket prices.' Reports please.

**SWEET AND SPICY**  
40, Brick Lane, E1. Tel: 071 247 1081  
A cheap and cheerful Bangladeshi cafe. Unlicensed, of course, and 'you take what is available from the limited menu.' My Indian students found the Aloo Ghobi and Chicken Curry far too hot! My group of 20 cost £50 to fill, can't be bad.' BG.

**ELSEWHERE IN E1**

**DEEDAR**  
42, Hanbury Street, (off Brick Lane), E1. Tel: 071  
Unlicensed cafe seating 28. The Chicken Jalfrezi and Madras curry were both very good with large chunks of meat. Banana Fritter and Pistachio Kufli went down well.' JSK. The average spend here is £5 for a meal.

**LAHORE KEBAB HOUSE** TOP 100  
2, Umberston Street, Stepney, E1. Tel: 071 488 2551  
It has no license, and the decor and comfort is non-existent, but for £6 a head you take your fill from superb food.' RE. Cutlery (a spoon) is available on request as are raw chillies and onion. We have literally numerous reports all confirming superb food and excellent service. It is little used by Europeans and its food makes few compromises to them. In our TOP 100.

**NAMASTE** TOP 100 & CC DISCOUNT  
30, Aile Street, E1. Tel: 071 488 9242  
Namaste in Hindi means welcome. This well established restaurant has very recently welcomed a new master chef direct from India. Chef Cyrus was trained by India's foremost hotel group, TAJ Hotels. He worked for them for years culminating as executive chef at the Taj Holiday complex Goa. These qualifications puts him instantly amongst the UK's top 5 Indian chefs. His new menu at Namaste reads like an encyclopedia of good Indian food. It is innovative, varied and exciting. It includes Scallops in Chilli (pin-pin), Oysters in Semolina coated and deep-fried, Pomfret, Grey Mullet, Rabbit, Trout, Crab all in authentic preparations. I have known Chef Cyrus for years and he has already transformed the Namaste into a top restaurant. Despite it being early days, I am placing the Namaste into our TOP 100. They give discounts to Curry Club members at their quieter times, see page 288.

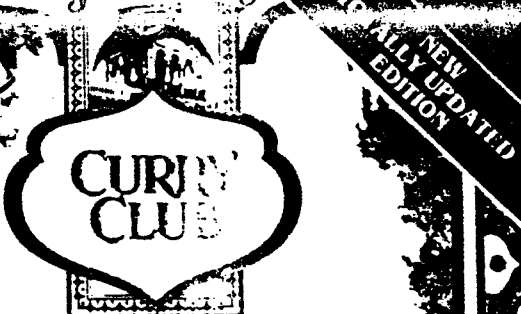
**THE PACIFIC OCEAN**  
207, Mile End Road, Bethnal Green, E1. Tel: 071 790 2421  
A standard, competent curry house.

**PASSAGE TO INDIA**  
49, Mile End Road, E1. Tel: 071 790 7205  
And another, where we hear the food is occasionally 'inspired'. TM.

**SHALIQUES**  
32, Hanbury Street, Spitalfields, off Brickland, E1. Tel: 071 377 2137  
The list of curries was divided into more or less the 'Chapman Distinction: Mild, Hot, Bhuna and Masala'. The Evening Standard quote is in the Shaliques menu. Well thankyou Fay for this new terminology! And, yes that is what the menu is about. You can add Medium, Tandoori and Binani and you have the definitive, all purpose standard menu, the delight of all curryholics. But you won't find any red flock wall paper. This was the first 'up market' restaurant in the area. The staff are willing to please and seem to have an overwhelming desire to burst into song and dance. This takes place formally on Tuesdays and Saturdays when 'Ms Saique herself takes the stage to dance in her father's restaurant.' Clients are encouraged to join in on the spacious floor. The staff proudly tell of their national television appearances. Our reporters tell of a busy 'fun' place with above average food, Cobra Lager and lemon scented towels.

**SITA** CC DISCOUNT  
222, Whitechapel Road, E1. Tel: 071 247 4936  
and 114, Mile End Road, E1. Tel: 071 265 9040  
Both restaurants are owned by S Das Gupta, both have the identical menu. Sita is the beautiful wife of Rama, both are major Indian Hindu Gods. The two Sita's are unusual, then for E1, being Indian rather than Bangladeshi. The menu (and the staff) are interchangeable between the two branches. The experienced curry diner will detect no difference, and 'most subtle spicing in diverse ingredients such as trout and lobster.' PT. Our check reveals that the Sita's prices are good for London. Popadoms are 30p, Biryani 50p, Chicken Bhuna £3.95. Biryani, past, and

HEALTH 3 (?)



THE  
**COBRA**  
INDIAN LAGER  
**GOOD CURRY**  
**RESTAURANT**  
**GUIDE**



The Guide To The 1000  
Best Curry Restaurants  
In Britain

EDITED BY PAT CHAPMAN

**E1 : BRICK LANE AND STEPNEY**

This area was once predominantly Jewish, containing tailors and cab drivers and salt-of-the-earth street markets. More recently it has become home to the country's largest Bangladeshi community. All around the area you will find small, very cheap curry restaurants and cafes. The most prolific street is the long and narrow Brick Lane, running between Shoreditch and Aldgate East tube stations. It has become a centre for cheap and cheerful curry cafes, snack bars and restaurants run by the thriving community. (To emphasise its roots you'll also find an all night fresh-baked bagel shop where cab drivers queue for sustenance). As for curry, most of the establishments are unlicensed and are fairly spartan (you can bring your own, obtaining it from the JR off-licence which sells chilled lager and white wine). The number of curry houses has grown from nine in 1986 to twenty in 1991, reflecting exactly the growth of curry houses nationally. Here we single out six on Brick Lane.

**ALADIN**  
132, Brick Lane, E1. Tel: 071 247 8210  
Generally well reported but one party tells of excess oil and sameness of taste. It is very ethnic.

**CLIFTON**  
126, Brick lane, E1. Tel: 071 247 3610  
Very much an institute which, pleases some and deters others. Its regular trade consists of a 'very mixed bunch of all ages - workmen in overalls, businessman in suits' MC. We hear that it has been re-decorated which we prefer to the menu. The Lamb Biryani

Our real ale correspondent casts a critical eye over a recent study

# National hangover



Australians have always been proud of their drinking, but a new study warns that alcohol's effects are worse than people thought and can include a range of cancers.

● Partygoers at a recent university orientation week function noticed an 18-year-old boy asleep in the corner. They didn't realise until they were cleaning up next day that he was dead — from alcohol poisoning.

● An Australian who went into an alcoholic blackout at work "woke up" two weeks later in a New Zealand bar. He never found out what had happened during that missing fortnight or why he had gone to NZ.

These are some of the more dramatic examples of the effects of alcohol revealed in a new study, *Alcohol: The National Hangover*, which implicates Australia's favourite drug in problems ranging from crocodile attacks [do they drink the stuff too? Ed.] to the recession and incompetent police [certainly true of a recent LH3 R.A.]

One of the few positive side-effects given is its apparent ability to delay balding in men, [which explains Prince and IBM, but doesn't seem to account for Dame Edna!] probably because it increases their production of female hormones. [Hmm, I always wondered why Strewth had such a loud voice.] The author, psychiatrist Jean Lenanne emphasised she is no 'wowsers'. [Sorry hashers, I can't translate this - most obscure Aussie words are alternative terms for gay or lesbian.]

Dr Lenanne is worried other Australians haven't had the same opportunities to learn about alcohol. She says this is partly because scientific and medical knowledge about alcohol has expanded so rapidly over the last 10 years that it has not been widely disseminated. [But more likely because they don't give a XXXX for real beer in Australia.]

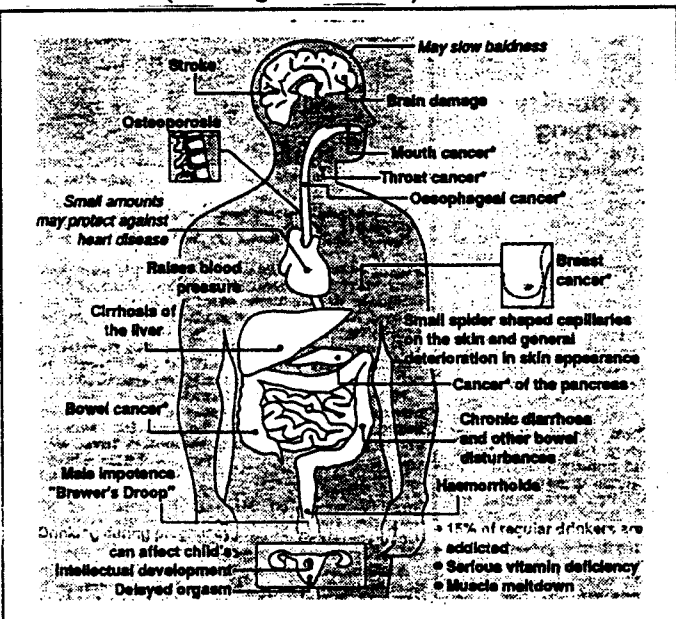
Also it is difficult for many Australians to look at alcohol objectively when so many have a problem themselves and drink has a status comparable to motherhood and the flag. [Yes that figures, Aussies wouldn't give a XXXX for their mothers or the flag] It is estimated that at least 10 per cent of adult men and 5 per cent of women have a drinking problem.

Some of the effects of alcohol described in the book include:

- Brain damage - viz. Myrtell of City H3
- Alcohol is factor in 60 per cent of homicides. [A dead barman doesn't ask for money.]
- One-third of drownings in the past decade were alcohol-related. [Due to the large volume of Aussie beer required to get pissed.]
- Most people who get eaten by crocodiles are drunk at the time. [A tenuous link I feel, since few of the crocs who get eaten by people have ever seen a beer bottle, let alone tasted a drop.]
- Heavy drinking over a long period produces brittle, fragile bones. [But in my own tests I found that few teetotallers were able to stand up to being hit over the head with a bar stool either.] Two or more broken bones as an adult are a good indication of excessive drinking [or skiing].
- Fetal alcohol syndrome due to drinking during pregnancy. [But how often do you see a foetus buying a round in your local?]
- Fifteen per cent of regular drinkers are addicted. [You can prove anything with statistics. 100 percent of addicts are regular drinkers - so what?]

## Alcohol's Effect On Dipso

(Drawing not to scale)



\*more common in drinkers, although has not been proved to be caused by alcohol

# LONDON HASH HOUSE HARRIERS



DEVIL TAKE THE HINDMOST AT

## THE 950TH HALLOWEEN RUN

SATURDAY, OCTOBER 31ST

OLD ACTONIANS CRICKET CLUB,  
GUNNERSBURY DRIVE, OFF GUNNERSBURY AVENUE.  
NEAREST TUBE: ACTON TOWN.

REGISTRATION FROM 2:30PM  
THEN RUN LIKE A BAT OUT OF HELL AT 4PM

TICKET PRICE £10 WITCH GETS YOU:  
FOOD AND GLASS OF DEVIL'S BLOOD PUNCH  
BARN DANCE  
DISCO 'TIL 12AM (PRIZE FOR BEST FANCY DRESS)

NUMBERS LIMITED - STAKE YOUR CLAIM (OR CLAIM YOUR STAKE) SOON AT A  
LONDON RUN OR POST THE COUPON BELOW.

ON FRIDAY NIGHT THERE WILL BE AN ALCOHOLIC TRAIL LAID BY THE CURRENTLY UNNAMED  
NORTH THAMES HASH. CONTACT MENSTRUAL ON 081-968-6730 FOR DETAILS.

Send with cheque (made payable to London Hash House Harriers) to Nick Christopher, 51A  
Anson Road, London, N7 0AR. For more information call him on 071-700-6710

I AM NOT FRIGHTENED OF ATTENDING THE LONDON H3 HALLOWEEN BASH

NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_

HASH \_\_\_\_\_

BLOODEATER \_\_\_\_\_ OR VEGETARIAN \_\_\_\_\_



# ON ON LONDINIUM'S MTH RUN



News sheet No 1  
August 1992

## London Hash House Harriers 1000th run

*It is on ! The first 1000th run and On-On to be held in the UK, will take place over the weekend of the Friday 17th to Sunday 19th September 1993.*

*The venue: Gilwell Park Scout camp, Chingford which is situated on the borders of Epping Forest.*

*The Events .On the Friday, registration will commence at 4pm , the 999th Run will start at approximately 7pm and will end in a Pub Crawl. The "feastivities" on site open at 10.30 pm when the disco starts and the hash bar opens. Don't worry if you are late, registration will be manned until 10.30 to show late arrival the pub crawl route.*

*Saturday hashers will be bussed out to various scenic run sites, followed by downs downs etc, then back to the site for dinner,disco and entertainment. Theme for the evening will be - Roman Britain which means even the laziest of you lot can manage to wrap a sheet round yourselves for the evening!!!!!!!!!!!!*

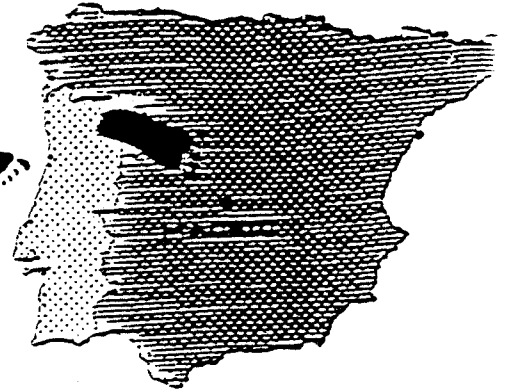
*Sunday runs from the site, down downs,lunch, hashgames and finally collapsing in exhaustion/alcoholic stupor !!!*

*Costs : The following items are included in the price transport to and from the run sites, camping space, saturday's breakfast and dinner, sunday's breakfast and lunch, beers (exact amount to be decided), disco friday and saturday night other entertainment, freebies (hopefully something original) and the pleasure of London H3's company.*

<i>Up to 31/12/92</i>	<i>£ 40</i>
<i>Up to 31/05/93</i>	<i>£ 45</i>
<i>Up to 31/08/93</i>	<i>£ 50</i>
<i>Up to 17/09/93</i>	<i>£ 60</i>

*If we get sponsorship, advertising revenue etc we may be able to include more!!!*

FUN ON THE RUN IN SPAIN IN '93  
 EUROHASH '93 / MADRID H3 500TH  
 28th - 30th MAY 1993



Chris Bell  
 Madrid Business School  
 Pio XII 26-28  
 Madrid 28016  
 Spain  
 Tel: (34) 1 345 78 88 (Chris Bell)  
 Fax: 345 78 87 (Chris Bell)  
 Tel: 630 29 24 (Ros O'Kane)  
 Fax: 630 09 17 (Ros O'Kane)

FULL NAME \_\_\_\_\_ TEL HOME \_\_\_\_\_  
 HASH NAME \_\_\_\_\_ TEL WORK \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_ FAX \_\_\_\_\_  
 SEX (m/f) \_\_\_\_\_  
 AGE(MAY'93) \_\_\_\_\_  
 PASSPORT/ DNI Nº \_\_\_\_\_  
 NATIONALITY \_\_\_\_\_

EMERGENCY CONTACT NAME \_\_\_\_\_  
 TEL \_\_\_\_\_

YOUR H3 CLUB \_\_\_\_\_ T SHIRT SIZE: S / M / L / XL  
 SHORTS SIZE: S / M / L / XL  
 RUNS: Long / Medium / Short / No start  
 (circle options)

REGISTRATION FEE: (circle amount paid)	RECEIVED BY 1 AUG 1992	\$ 60 / £ 6.000 / £33
	RECEIVED BY 1 JAN 1993	\$ 90 / £ 9.000 / £50
	RECEIVED BY 15 MAY 1993	\$120 / £12.000 / £66
	RECEIVED AFTER 15 MAY 1993	\$150 / £15.000 / £83

(fee includes hash buses, food, drink, entertainment and an excellent "goodies" bag)

STAGE ACTS (MAX. 10) GET 10% REFUND ON REGISTRATION FEE AFTER THE EVENT. PLEASE INDICATE IF YOU PLAN TO DO AN ACT.....

FORM OF PAYMENT: CASH  
 (US\$ / PESETAS / UK £) BANKDRAFT/CHEQUE IN FAVOUR OF "MADRID H3"  
 VISA/MASTERCARD/ACCESS/EUROCARD.  
 No.....  
 Exp. date.....

(indicate currency and form of payment)

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Received by Madrid H3: \_\_\_\_\_ DATE: \_\_\_\_\_

(Committee Member's signature and printed name)

# THUNDER INTERHASH 1994

DOWN UNDER



PO Box 1277  
 ROTORUA  
 NEW ZEALAND

## THUNDER DOWN UNDER

25, 26, 27 February 1994

### Registration Form

PLEASE PRINT IN BLOCK LETTERS

SURNAME:	FIRST NAME:		
HASH NAME:	TELEPHONE HOME:		
MAILING ADDRESS:   	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 2px;">M/F</td> <td style="width: 50%; padding: 2px;">DOB:</td> </tr> </table>	M/F	DOB:
M/F	DOB:		
	PASSPORT NO:		
	NATIONALITY:		
NEXT OF KIN NAME:	PHONE NO:		
CLUB NAME:			

PLEASE TICK THE APPROPRIATE BOX

<p><i>Fri 25/2 Registration and Welcome</i></p> <p><i>Sat 26/2 Interhash Run</i></p> <p><i>Sun 27/2 Interhash Run</i></p>	<p><u>T-shirt sizes:</u></p> <p>80 cm <input type="checkbox"/></p> <p>90 cm <input type="checkbox"/></p> <p>100 cm <input type="checkbox"/></p> <p>110 cm <input type="checkbox"/></p> <p>120 cm <input type="checkbox"/></p> <p>130 cm <input type="checkbox"/></p> <p>Odd sizes <input type="checkbox"/></p>	<p><u>Run choice:</u></p> <p>Long - 2.5 hrs <input type="checkbox"/></p> <p>Jockstrappers</p> <p>Medium - 1.5 hrs <input type="checkbox"/></p> <p>Short - 45 mins <input type="checkbox"/></p>
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<b>INTERHASH REGISTRATION FEE:</b>	UNTIL 25 FEBRUARY 1993	\$US80.00
	UNTIL 30 AUGUST 1993	\$US100.00
	UNTIL 30 NOVEMBER 1993	\$US150.00
	1 DECEMBER 1993 ONWARDS	\$US180.00

EACH REGISTRATION FORM SHOULD HAVE A BANKDRAFT ENCLOSED FOR PAYMENT TO  
"INTERHASH 1994", PO BOX 1277, ROTORUA, NEW ZEALAND



# RECEDING HARELINES



## UK Events

Sep 5/6 Lundy Island Hash Run #6 Paul Mountford 0272 326480 or Mark Young 0272 521890 (See June On Paper)  
Nov 13-15 TNT (Edinburgh) H3 450th. Mike (Mint Sauce) Passway (H) 031-313-2850 (W) 031-337-2434 x276

--1993--

Feb 5 FUK Full Moon 40th run. Smartarse (H) 0992 573002

Aug 14-15 West London H3 400th

Aug 28-30 UK Nash Hash. Heltenham & Cotswold H3 - Kerbstone, 4 Fir Tree Close, Prestbury, Cheltenham, Glos. GL52 3EU 0242-510159

Sep 17-19 LONDON H3 1000TH Run. Paul Maidment (H) 081-567-8313 (W) 071-351-2144

## Coming to a Planet Near You

Sep 12 Dublin H3 250th. Details from our favourite Nightmare on 010 353 1 848-5376

Sep 10-13 CanaHash'92 Sarnia, Canada. PO Box 611, Sarnia, Ontario, Canada N7T 7J4. Fax 519-336-4194 Phone 519-336-8756 or see me

Sep 11-13 Arhus H3 Festival Hash '92, Arhus, Denmark (Details inside)

Oct 10-11 West Zealand H3 123rd Run, Denmark. Dave Parks (H) 01045 53635842 (W) 01045 58350100

Nov 20-22 Himalayan Hash Nepal, plus trekking. Contact Harrier International, GPO Box 1670, Bangkok, 10501, Thailand

--1993--

Apr 9-11 West Coast Aussie Nash Hash. PO Box 75, Subiaco, WA 6008, Australia

May 21-23 Vindobona H3 500th. Vienna. John Russell (H) 01043 222 7158706 or see "Eileen" at a London run.

May 28-30 Eurohash '93 Madrid, Spain. Chris Bell 01034 1 345-7888 Fax 01034 1 345-7887 (August On Paper)

May 28-30 Inter-Scandinavian Hash, Copenhagen. Joergen Rokkjaer, Moelleaaparken 11, 2.mf., DK-2800 Lyngby, Denmark 01045 4587 9536

Sep 3-6 Americas Interhash '93, Calgary H3, Canada.

Oct 8-10 4th Pan-Asia Hash. Singapore. CS Ang, 233 Bukit Batok East Ave 3 #04-162, Singapore 2365. Tel/Fax 567 5553

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Feb 25-27 Interhash 1994, Rotorua, NZ. (Registration form in August On Paper)

## London H3

Contact 'Thunderthighs' (Jane Ackroyd) (H) 081 881-4379 or

'Nookie' (Jan Couldry) (H) 081-761-5679

Sep 7 Maida Vale, 7pm

Sep 14 Russell Square, 7pm

Sep 21 Hampstead, 7pm

Sep 28 Temple, 7pm (Say farewell to Dipso)

Oct 3 AGM run- Hornsey Club, 7pm (Disco afterwards)

Oct 11 Clapham South, 11am

Oct 18 Southall (BR) (with curry), 11am

Oct 24 Baker Street, 11am

Oct 31 Halloween and 950th. Acton Town, 4pm

(Old Actonians Cricket Club) (Details in August issue)

Nov 7 Cheam (BR), 11am

Nov 9 Loughton (Joint with FUKFMH3)

Nov 15 Morden, 11am

Nov 21 Amos Grove, 11am

Nov 29 Bethnal Green, 11am

## West London H3

Contact 'Menstrual' Nigel Collins (H) 081-968-6730 (W) 071-486-5544

[From Tube/BR stations on Thursdays at 7pm unless stated]

Sep 3 South Kensington

Sep 10 Ealing Broadway

## City H3

(Hotline 081-749-2646)

[From Tube/BR stations on Tuesdays at 7pm unless stated]

Sep 1 Sloane Square

Sep 8 Clapham Common

Sep 15 AGM - Water Rats Pub, Gray's Inn Road

Sep 22 Turnham Green

Sep 29 Holland Park

Oct 10 Highbury and Islington

## M.A.S.H. Hash House Harriers

(Contact: Russell (H) 081-316-0659)

Details correct at time of typing - if you hear of an alteration, please tell me. Send details of events to Andy Millard ('Hedgehog'), 52B Russell Road, SW19 1QL. If you want further info on a particular event. ask Thunderthighs, Menstrual or myself

BR often play with their train sets at weekends. Don't miss the run, check the train times by telephone.  
(For Victoria, Waterloo, Charing Cross call 071-928-5100)