



## Getting Wired

### Part 12 - Owt4free.com

It's amazing how much there is on the net that's for free. Free Internet access, free e-mail and free web site hosting have already been touched on but there's a lot more.

It's all part of the package

Both Internet Explorer (IE) and Netscape Communicator (NS) include wysiwyg web page editors and the latest versions are quite reasonable for basic page building. All sorts of buttons and drop-down lists come as standard in HTML and with a little ingenuity can be used to perform all sorts of tricks. Try this, for example, for a coloured button linking to your home page:

```
<INPUT type="button" style="background:'green'; color:'white'"
value="home page" onclick="javascript:location.href='index.html'">
```

For bigger buttons add ; font-size:12pt to the style expression. For NS browsers you will need to surround all this with <FORM> ... </FORM>, and alas there the button will remain obstinately grey. For brilliant java buttons visit imint.com.

#### Bells and whistles

Many facilities are offered by third parties free of charge, but you may have to include an acknowledgement or advert for their site. Third party products have a habit of vanishing so you will need to keep an eye on them. If your Internet service provider offers similar facilities 'in house' they are likely to be more reliable. You usually place hidden instructions in your code at the appropriate place on the page and these communicate with the provider's site when the page is loaded into someone's browser. These products come with full installation instructions so I'll just list the products and where they can be found. Search engines will find you many more.

Web counters to count the number of visitors to your site (place this on your home page):

[www.bcentral.com/fastcounter/](http://www.bcentral.com/fastcounter/) or, for more detailed info try <http://v2.superstats.com>. If you're not sure where to place your instructions, put some text where you want the display to appear and then in WordPad replace it with your instructions.

Guest book try [www.guestworld.com](http://www.guestworld.com)

Feed back for forms IE4 and later browsers need only a bit of configuring (we'll cover this later) but earlier ones need to run mini programs called cgi scripts which transfer to you via e-mail the data entered into your form on someone else's browser, so visit [www.freedback.com](http://www.freedback.com). Note the r!

Maps - for get-a-map service visit [www.ordsvy.gov.uk](http://www.ordsvy.gov.uk)

You can also get a domain name free, but check out for hidden admin charges before committing yourself. Try [www.freenetname.co.uk](http://www.freenetname.co.uk).

Tony Roberts, [tonylondon@lineone.net](mailto:tonylondon@lineone.net)

## Come and Join Us



Team members at the Xmas party.  
Photo by Lawrie Chivers

Not everyone comes every time, on time, but we do try to get started promptly so that we can finish around midday, having discussed the business and the contents relevant (or sometimes irrelevant, but amusing) to THE ARCHER's production. After the meeting, many of us stay and socialise at the bar, whilst others go off home or maybe to follow up a suggested story.

#### Mixed bunch

We're a very mixed bunch in every possible way, but we all have one thing in common, though what brought us together is different for each of us.

We rely on our voluntary distributors and invite them to

our Christmas party as a way of saying thank you. After a day on our stall at the East Finchley Festival we have a long night at our annual barbecue and THE ARCHER's February birthday celebrations get longer each year!

#### First move

We are always on the look out for new members and we know that making the first move can be daunting but hey, we all did it, so you can too. Whether you are interested in writing, advertising or would like to be involved in some other way, come right to the back of Madden's bar on a Saturday morning or phone 020 8444 8973 if you would like to chat about it.

# Paolo's Progress

By Diana Cormack



Paolo (centre) with some of his pupils

Paolo Macis, whose parents run "That's It" Dry Cleaners at 44, High Road, East Finchley, is well into his sixth month of voluntary work in South Africa. During his gap year Paolo is working for the Project Trust at the Ikhwezi Special School, Umtata, which caters for children with cerebral palsy and severe disabilities. (See *The Archer* June 1999).

In his newsletter he writes that Umtata is a lively, hugely overpopulated town where you have to queue for hours and be on the alert for pickpockets in its crowded, noisy streets. Litter abounds, particularly plastic bags, nicknamed "Transkei flowers", some of which come from the local supermarket where wild birds fly freely from aisle to aisle. Perhaps our pigeon corner isn't so bad!

#### Work detail

Paolo's normal weekday starts at 7.45 am with chapel. He teaches from 8 am until 12.15pm. This is followed by individual tuition until 12.50pm. After lunch he is involved in athletics, football, swimming, scouting and hand work; all this with severely disabled children on crutches, in wheelchairs, lacking limbs or suffering from cerebral palsy.

He gets one weekend off a month, plus school holidays, and is making sure he sees all the wonderful sights that South Africa has to offer. He has visited Cape Town and climbed Table Mountain, seen whales swimming off the southernmost tip of Africa where the Indian and Atlantic Oceans meet and he has done a night safari at a private game reserve. Looking at his workload Paolo deserves every minute of his free time!

Paolo's father, Toni, would like to thank everyone who sponsored his son and enabled him to go to South Africa.

## HEALTH MATTERS

### Advice from David Needleman

David Needleman practises homeopathy and has broadcast on radio stations such as LBC and written for national magazines like "Bella". If you have any questions which you would like him to answer, please write to him at The Archer, PO Box 3699, London N2 8JA, leave a message on our voice mail on 01426 923 549, or e-mail him at [the-archer@england.com](mailto:the-archer@england.com).

### Chilblains

This is the time of year when chilblains either recur in regular sufferers or may appear. In today's society, with large numbers of homes centrally heated, chilblains are far less common than when we had coal, gas or electric fires or just froze.

With a strong source of heat in the room, the tendency is to huddle close until we get too hot and have to move away, until we get too cold etc etc. This repeated exposure to both heat and cold, especially the cold, with our winters damp as well, can really exacerbate or even initiate the problem.

On exposure to extreme cold, the blood vessels contract and the skin goes pale and numb in the body's attempt to keep the vital parts warm, rather like a very mild frostbite. When the skin warms up, the blood flows more freely to the extremities, especially the hands and feet, the skin goes red and may become itchy and swell.

The problem of chilblains can be worsened by using uncovered hot water bottles and "toasting" the feet at the fire. The lives of the less well off and the elderly during a bitter winter can be made more painful by the misery of painful chilblains.

In the past there were many products available to treat chilblains, notably vitamin-K tablets and various creams; sadly most are no longer available. However, all is not doom and gloom, two remedies are still readily available: these are the homeopathic Agaricus and the ointment Tamus which is made by Nelsons and can easily be found, it should be applied 2-3 times a day as needed.

The remedy Agaricus is available in various strengths from dedicated homeopathic pharmacies such as Cory's. I suggest a starting regime of one pill (6C or 30C) dissolved in the mouth each hour for four hours, followed by one pill whenever the pain or itch returns.

I hope this regime works for you, but if not you will need to consult a homeopath - and, of course, I am available.

For the Helpline, call 09065 343404. Call charged @ £1.50 per minute. For appointments call 020 8444 9966.

CONTACT

CONTACT, East Finchley's Good Neighbour Scheme, is appealing for VOLUNTEERS to support the elderly and housebound who need help in the N2 area. Expenses will be paid and training given. Please call the co-ordinator between 9am and 1pm on 020 8444 1162.

CONTACT