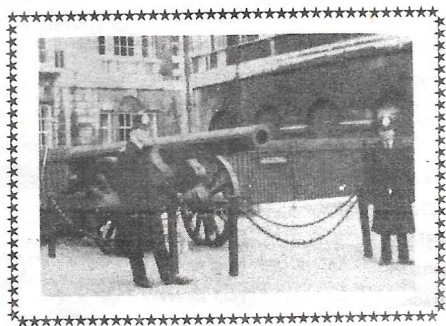


**PROJECT
LONDON**



FREE

MAKE WHAT YOU WANT
TAKE WHAT YOU NEED
THERE IS PLENTY TO GO ROUND
EVERYTHING IS FREE

(adapted from George Metesky)

This handbook contains information on how to obtain for free the following (main entries underlined):

FREE ACCOMODATION

FREE MAIL

FREE ACCOUNTS

FREE MAKE-UP

FREE BANKRUPTCY

FREE MATCHES

FREE CARPETS

FREE MONEY

FREE CAR-SERVICING

FREE PAINT & CANVASSES

FREE CLASSIFIED ADS

FREE PARKING

FREE CLOTHES

FREE PAPER

FREE DENTISTS

FREE PETROL

FREE DOPE & FREE FROM FUZZ

FREE PRINTING

FREE ENTERTAINMENT

FREE PULLOVERS

FREE FALSE ADDRESSES

FREE SALVAGE

FREE FALSE IDENTITIES

FREE SHOES

FREE FILM-FOOTAGE

FREE SHOPPING

FREE FOOD

FREE SOCIAL SERVICES

FREE GAMES

FREE SODA SYPHONS

FREE FUNERALS

FREE TELEPHONING

FREE HAIRDRESSING

FREE TOWELS, etc.

FREE ICE

FREE TRAVEL

FREE INFORMATION

FREE VETS

FREE JEWELRY

FREE WASH

FREE LEFT-LUGGAGE

FREE WORKERS

FREE MACHINES

ACCOMODATION:

Accommodation address: you can have an address at any post office, but the best one is Trafalgar Square; the actual address is c/o Poste Restante, T.S.P.O, King William IV street, W.C.2; can do it only for 3 months; you can also use the telephones there to have calls made to you by giving the number on the phone without the "X" and by being there at the prescribed time; you can accept reverse charge calls from your friends.

Another 24 hour address that can be used for mail and messages is BIT, 141 Westbourne Park Road, W.11, (229-8219 days, 229-7536 nights); negotiate with them.

Addicts: Rev Ken Leech can help find accommodation for addicts and others, also help by phone, 9am till lam, GER 5006; can also contact him through the Coffee Pot, 40 Berwick Street -- he leaves messages there where he is-- it's open 7am till 4am on Mondays.

The Simon Community, 129 and 154 Malden Road, N.W.5, tel 485-6639. No 129 is for first year people, for spirit-drinkers and drug people, and for people who come to the door. No 154 is the permanent residence.

Air Terminals: Brompton Air Terminal, (249 Brompton Road, S.W.3), or at London Airport: find out an early-morning flight coming in, preferably from the States, go there about mid-night, and you're waiting for a friend on the flight, say a reporter friend or an actor friend-- take cards along, an Equity one for instance. The chairs at the terminal aren't very comfortable.

Arts Lab: 182 Drury Lane by Covent Garden, (tel 242-3407). Open all night Fridays and Saturdays. Officially there's an entrance and membership charge, but if you turn up there at 3am, they'll probably let you in for nothing and turn you out at 7am for the first tube.

Arts Labs all over the country are good centres to approach for information on accommodation and food.

Brighton: St Albans School, wing C is a dormitory wing; can go in there, it's damp, but not being used. East of Brighton, near Rodean.

B.B.C.: (1959) Used to get a free kip at the 24 hour Bush House, the B.B.C in the Strand, W.C.2, (Aldwich)-- go into the building, avoiding porters, straight into the lift, 3rd floor (after midnight in darkness), keep going into offices till you get to one with camp beds, which are night beds for telephone operators and newscasters, etc.

Castle: Have your own castle-- act as a tenant for the National Trust; there's a National Trust village in Kent; you can get a cottage for 10/- a year if pay for repairs. Contact the National Trust.

Churches: Can sleep at St Martins-in-the-Fields during the day, (Trafalgar Square). It's tolerated-- about 20 sleeping there on an average day; in fact there's almost nobody who isn't. "Most vicars/priests etc. are very helpful and generous. See the yellow pages".

Communities: BIT information service seems to have a fair amount of information about urban and rural communities, but is cagey about giving it out: apparently most communities don't welcome hordes of visitors, and have room for only those new members who are dedicated to the community idea; write first in some detail, enclose an S.A.E and wait for an invitation. Try writing for instance to the Findhorn Trust, (Findhorn Bay Caravan Park, Forres, Morayshire, Scotland), "a pioneering group living for the new age under God's direct guidance", one of whose activities is successful organic gardening on a headland caravan site, using the help of nature spirits. At the least they will send you some literature-- they have prepared a press release called "The Findhorn Saga" and two books, "The Findhorn Garden" and "God Spoke to Me". ("We make no charge for any of our material, as we feel that voluntary contributions are more suitable for work of this kind").

Crash Pads: Again BIT (141 Westbourne Park Road, W.11, tel 229-8219) might be the place to try, since they claim to have a world-wide network of crash-pads (ie. free one night accommodation), even a few in London "for those who telephone in before 10.30pm."

Derries: A derelict building that 40 ex-Drury-Lane Squatters used is a cellar in Tavistock Crescent, on corner opposite the cafe, in the basement-- there's a padlock on the door but it doesn't work. Lots of derries down the south end of Lancaster Road, and hundreds at World's End also.

Essex University: Dossing. You can sleep on plenty of floors in any of the 4 blocks, steal food from the kitchens (except regulars are beginning to put their tridges in their bedrooms). If you can get a girl/boy there, you can have a room and a bed, all mod cons centrally heated, showers,

... .. good library.

... .. remain open during the vacs and can be used to sit around the fire, watching etc. and usually someone there would help another to kip down for the night.

... .. the luxury kind: ring bells and when answered over the system say you're sorry, you rang the wrong bell, it's so and so in flat X you want to see, and they'll let you in; can sleep by a radiator - especially easy round St Johns Wood; there's usually an emergency exit and a lift for the disabled.

Hotel St-Denis

Over BBC Air Terminal, Buckingham Palace Road, Victoria. Sit for hours watching lounge. Take free bus ride (see "Travel" section) to Heathrow and sit in gigantic airport lounge for hours.

Australian House, Aldwych: quite good if you can get past the doorman; luxury seats also two T.V.'s, lots of desks and magazines (Australian); the T.V.'s are put on especially during cricket; pens there too.

SEA, Ticket Sales Office, Dorland Hall, Lower Regent Street, mon-fri, 9-6; sat 9-1. "Abundant open-plan tangerine seating".

British Railways Travel Centre, Lower Regent Street, mon-fri, 9-5; sat, 9-12. "Plentiful lime-green seating".

British Travel Association, St James Street, Green Park. "Lemon-coloured chairs, self-service literature, talented assistance".

The Buildings Centre, Store Street, W.1. (for do-it-yourselfers, also 100 current periodicals on architecture and building).

Commonwealth Institute, Kensington High Street, W.8, mon-sat, 10-5; sun, 2.30-6. Plenty of comfy seats. 4 film showings daily (3 on Sat/Sun); library with more than a 100 Commonwealth periodicals: illustrated lectures (winter) mon, 5.45-7. Tel No is 937 8252.

The Design Centre, the Haymarket.

Government Office Bookshop, 49 High Holborn, W.C.1 (WAT 6977), Chancery Lane, mon-fri, 8.30-5.15, sat 8.30-12.15: "lime-green seating for 6. Daily list of government publications to hand."

Harrods Banking Hall, (mon-fri, 9-5; wed, 9-7, sat, 9-1): "has about 50 well-upholstered arm-chairs and sofas ranged down the centre...has something of the air of a London club".

New Zealand House, Haymarket, S.W.1, Mon-Fri, 9-5: "Reception area ultra-luxurious; panoramic view Haymarket/Pall Mall; spacious library; sophisticated cinema (holds 50 good documentaries, Tues-Thurs, 2.30)". Also all the daily papers, lots of folders about London, and none ever disturbs you.

24 Hour Post Office, next to St Martins-in-the-Fields, Trafalgar Square. Lots of seats.

The Public Records Office, Chancery Lane, W.C.2.

Wallace Collection, Manchester Square, W.1 (Mon-Fri, 10-5; Sun 2-5). "Secluded corner for 10 on first floor of this enchanting mansion, full of French furniture..Room 18 seats 8."

Museums: This section has been cut. Read any guide book or 'What's On in London' in your local W.H. Smiths for a list of museums. And for all that's left of this section, see under 'Left Luggage'.

Laundrettes: All-night laundrettes are mostly closing down, but there are, or were, ones in Finchley Road, S.2, Craven Rd, S.W.5, Clifton Rd, W.2, 92 Crawford St (off Baker St), and Kenway Rd, (opposite Earls Court Station, two roads north).

Leicester: The Hillcrest, Leicester, is a dossplace, (an institution with beds, run by the City Council; back of London Road Station).

Mental Hospital: Get some admission as voluntary in-patient in luxury mental hospital -- Bethlem for instance, do not search an admission: new patients get own room; good food; costs state £50 a week. If planning a lengthy stay, choose hospital with stimulating atmosphere, group meetings, etc., such as the Cassells in Richmond. Need doctor or psychiatrist to refer you, and have to get by an interview board.

Ministry of Social Security: Has a Reception Centre for people from all areas in Court Road, Cannon Row, and 433-437, rough accommodation.

The Police: Centre south of London Bridge, with an emergency office open

till 10.30pm every night: 96 Great Guilford Street, S.E.1, (tel 928-6870). Provides bed and board and 10/6 a week pocket money.

Mission: The 'Community', 116b Farringate Road, Chiswick, (Miss Simonon). Not really room for people to drift in, so may be best to collapse outside their door, or pretend to be a local. Has a hard core of 4 "stable" people, and around that core, people who drift in and out, tramps, drug addicts, etc. Christian ideas. It has been operating on and off for 4 years and has now got a grant from the West London Mission for its move from flat to house.

Oxford: Free shelter and food, from Simon Shelter -- over the footbridge from Beckett St, 9pm to 8am.

Parks: There's nothing to beat Port Meadows, Oxford, with its horses and cows and river. In London, a good park for sleeping is Holland Park. Walk up Holland Walk, and climb over the railings and bank north of the Youth Hostel, and you can sleep concealed from sight. Or if you don't have something like a sleeping bag, you can spread newspapers on a bench in Holland Park. The police won't move you on.

Piccadilly: A little community in Piccadilly, just behind a building belonging to London Transport; a doorway really set back; sleeping is on the steps.

Free Religious Retreats: 10 to 14 days at the Abbey, Caldey Island, off Tenby, Pembrokeshire; station Tenby, thence by boat; contact abbot J.R. Wickstead. There is also a nursery in Oxford which does free retreats -- the man to contact for arranging all retreats (including those which are prepared to take your genuine long-haired yippee) is a very cool monk called Brother Simon Tugwell, (Blackfriars Monastery, St Giles, Oxford, tel Oxford 57607).

Room: Pay the first week's rent, then can go on spinning it out; later give three weeks rent and landlord may hope to get more by keeping you on, in any case, he'll need a court order to throw you out.

Salvation Army: Girls can stay in the Salvation Army Hostel for Women, (clean sheets and mental hygiene), dormitory; meant to be 10/- a night, but if you can convince Major Roberts that you don't smoke and you're needy, you can stay a week free. In Argyll Street, near Piccadilly. Men are advised to read the last entry in the Free Wash section of this handbook, and then to ring the 24 hour number of the Salvation Army, 236-5222.

Saturday nights: Intake, Gr. Russell Street, (next to the YMCA), floor space every Saturday night and Sunday morning, 1.30am till turned out 7am for the first tube; run by the national association of youth clubs; cup of coffee 6d, and snacks; officially for those left stranded by public transport; a long-haired went there, having missed bus & tube, to be told: 'we just hire the place..we don't like you or your friends, "

Squatting: (& Housebreaking): Go to Estate Agent, be interested in new maisonettes or flats. They give you the keys. Take them to the locksmith. The main London Squatting groups are the Ilford Area London Squatters, (Ron Bailey, 128 Hainault Road, E.11, tel LEY 8059) are the North London Squatters, (Simon Mattan, 39a Petherton Road, N.5, tel CAN 3740), the Fulham Squatters, c/o Gordon Collins, 255 Fulham Road, S.W.3, and the Notting Hill Gate Squatters, (John O'Maley, 60 St Ervans Road, W.10, tel 969 6536).

Squatting and the Law: Jim Radford and Ron Bailey write: "If enough of us take action and squat, there is no doubt that the authorities, local and national, will be compelled to accept and legalise the situation, just as they did in 1946, when more than 39,000 people acquired homes in this way.."

General Advice: "Assuming that you want to squat or that you have canvassed the slums and hotels and found families prepared to, first choose your target, preferably council or church property that has been empty for some time. Make sure that it is not on the housing stock. You don't want to be accused of jumping the housing queue. Look at the development plan at the town hall to see what they intend doing with it and check the rating list to discover the owner. Respectable engravers can elicit information from Estate Agents or property companies."

Case it carefully - make sure you can get in easily, then move in openly but quickly. A furniture van excites less attention than a fleet of cars. Fix locks and windows but do not barricade downstairs. If attacked, upper storeys can be defended much more easily by blocking the stairs.

The first thing that should be understood is that there is no actual criminal law against squatting. Police and owners do not have an automatic right to evict squatters without a court order, and you can make it very difficult for them to obtain one. Below is a list of the various acts that they may try to use and the ways in which you can get round them:

The Forcible Entry Act, 1381: makes it an offense to USE FORCE to enter property, to CLAIM it and to stay there. It cannot apply to token occupations, since the claim element is essential, but for permanent occupations it is important NOT to enter forcibly. To enter by an unlocked door, window, by key or by means of a trick, is not forcible entry. If none of these are available, it is quite possible that a passing drunk, with whom you naturally have no connection, might conveniently break a window a few nights before you enter!

If you do break in, make sure that you repair and leave no trace of this straightaway. The Forcible Detainer, under The Forcible Entry Act of 1429: makes it an offence to hold a property by force, even though you did not use force to enter. To occupy as a dwelling, to shut the door in the face of the owner and refuse him entry, is not force under the act. There must be either physical force or show of force likely to intimidate him. This act does not prevent you from resisting any attempt at eviction without a court order.

Do not have an unusual number of people living on the premises. Additional people should be there only as visitors, and if the magistrates come to inspect - let them in, otherwise you are committing a forcible detainer.

Theft Act, 1968: Make sure that you cannot be charged with stealing anything in the property. Take readings of the gas and electricity meters and have a letter ready to send to the gas/electricity boards giving the readings and offering to pay for units consumed and the fixed charge.

Malicious Damage Act, 1862: cannot legally be used as a justification for eviction, but if you are charged under this act, the police may well use it as an excuse to get you out. So take care not to damage anything.

Breaking and Entering: is a charge you need not worry about since it is part of housebreaking and must include the intent to commit theft or other offences.

High Court Injunctions (Civil): These can be used to restrain you from committing further trespass, if properly served on the family in occupation they can be effective since they will probably restrain them from entering the premises pending hearing of the case, which will not be for some time. You can frustrate them by (a) evading service, (b) giving false names, (c) others accepting service, (d) rotating occupants.

Dangerous Drugs Act: Obviously this has nothing to do with housing but if the police are looking for any excuse to remove you, this is one of the more obvious pretexts that can be used, as indeed they have already done in Drury Lane. If they get a warrant and find nothing, they cannot remove you - but if they find anything they can arrest everyone present as accessories and effectively evict you.

County Court Possession Order: This is the owner's proper legal remedy, although he may try some of the others as short cuts because it can take a long time. If he doesn't give in and supply a rent book, however, he will eventually get a possession order.

The important thing to know about this is that, unlike the Forcible Entry Acts, which relate to property rather than occupants, a C.C. Possession Order is only valid against the family or persons NAMED. If you have not been sitting around waiting, you can have helped or encouraged several families to squat by this time, and simply by swapping them around you can keep sending the owners back to square one.

The most dangerous period is during or shortly after entry, because the owner or police will probably be ignorant of the law and may attempt to evict unlawfully. You must prevent this. Make it quite clear that you are occupying the premises as squatters. Fix a legal warning on the door and distribute leaflets. Copies are obtainable from the London Squatters, 128 Hainault Rd, E.17, (LEY 8059), who will also give advice on legal delaying tactics & counter-measures.

Waiting Rooms: Charing Cross: buy a platform ticket and stay till 1am when they shut down the station.

Waterloo Station: can be a bit cold and the cops are fierce, doing rounds at 12, 3 & 6.

Buston: a new station and the best place if you're looking more or less O.K.; fuzz come by every two hours, at 12, 2, 4 & 6 - best to have money so don't get nicked for vagrancy; between times, buy a platform ticket, or a ticket to somewhere like Wimbledon.

Alternatively, sleep in one of the trains, but choose an uncleaned one so that, if discovered, it will only be the cleaners; also for warmth, choose a first class carriage near the front.

A Home of your Own? This handbook is mainly concerned with Survival Tactics for the Urban Guerrilla who is Dropped Out and busy infiltrating the old society or launching new Alternatives. When the Urban Guerrilla retreats to his Rural Community, he might find the following useful: a gentleman in a commune on a cliff-top in St Agnes, Cornwall, built himself a geodesic dome home for free, by larding paint and cardboard. His way of going about it was as follows:

"Obtain sufficient cardboard of the type with two flat sheets outside & a corrugated centre, from large cardboard boxes, which are given away by the shops which sell washing machines,

diagrams and television sets; (or go to the cardboard factory direct and get the cardboard before it is made up into boxes);

Cut out 30 equilateral triangles of cardboard, the larger the better - 4' sides are ideal and will produce a dome which gives you good headroom - leave an inch flap on all three sides. (At this stage you can paste silver foil on the inside of the triangles so that they reflect heat and light from inside the dome - something the St Agnes gentleman could not afford - then if you stand in your dome in front of the foil, you can feel your own body heat reflected - the dome acts like a concave reflector with all its facets angled back at you).

Bend the inch flap in on all three sides (or stapling together). (When the foil-paste is dry) Paint on a first coat of an oil-based paint (or if you can hustle it, a polyurethane paint). Staple the flaps together with a heavy industrial half-inch stapler. Staple them together in make up your half-sphere.

When you stand the half-sphere on the ground, you will notice it's standing on 5 points. Cut off half the length of the points and put the bits you've cut off in the gaps, and you've got a perfectly flat bottom.

Give another coat of paint, which will run down the cracks of your dome and make it waterproof. If you use white paint, it will look like a spacecraft.

If you want more details write to Martin, c/o Box Free, and use the mailing address at the back of this handbook.

ACCOUNTS:

John Barnes; complete department store; go to Finchley Road L.T. station (Finchley Line), and it's right in front of you. Listen to people giving their names for their account. They don't use cards there.

Go into a big tool shop where they do credit. Stand about, and make sure you catch the name of a cat getting credit. Then return two weeks later and give his name (preferably a big firm).

BANKRUPTCY:

A little handbook called "a Debtor's Guide" is in underground circulation.

"If you have nothing you have nothing to lose". Order something, then let them repossess it; keep being out, and they can't break in; keep moving, you don't have to tell them.

CARPETS:

The East End Royal Docks, where they deliver all the carpets, free 10 by 8 rush matting which they package the carpets in.

Carpet underfelt is always being thrown out in W.1 area.

Decorate your floor with squares of carpet of different colour. See the buyer in store and ask for samples, say you're doing a thesis on, for instance, 'Carpet-Weaving, Tapestries & Textiles from the Middle Ages'. You can carpet a whole room by visiting about 3 stores.

CARS:

Free Testing at Aerodrome Road, Hendon, N.W.9. (No Phone). Under control of Ministry of Transport, (MAY 9494), (9.30-5.30 mon-fri; 9.00-12.00 sat).

A.A. Service: Take an A.A. sign off a car of the same make as yours, take a note of its number plate and, if possible, the name of its owner. Put the A.A. sign on your car; when you're broken down, and over the phone they ask you for your membership number, can say: "I haven't got my card on me; my car is make so-and-so, and my number plate used to be X, (but was changed because someone who stole a car used that number), etc." (field-tested).

FREE CLASSIFIED ADS:

There is a special sheet in Hapt, a very good free magazine with a free classified service, 3 Merryfield House, Grove Park Road, tel 851-9964.
Freedom also Anarchy, 84a Whitechapel High Street, E.1. (BP 3015).
Gandhi's Garden, 1 Daxtery Terrace, World's End, King's Road, S.W.10, (FLA 6156). - free service called 'Breaking Ground, a seeker's guide to gatherings'.
Ling Magazine, (East End), free classified, c/o Durning Hall, Barham Grove, Forest Road, OZ, 52 Princedale Road, W.11. Free Classified depending on the thing.
Rolling Stone, free for musicians column, 19 Hanover Square, W.1, (tel 629-5286).

News, 5 Caledonian Road, (TER 4473). Free 'What's Happening'.
U.K. What's Happening columns, (27 Endell Street, W.C.2), tel 836-3727.
Time Out in London, 70 Princesale Road, W.11, BAY 1121. All editorial content free.

CLOTHES:

Collect clothes and materials from the dustbins behind shops in Camaby Street.

Clothing free, especially for ex-prisoners, at St Botolph without Aldersgate Church, St Martin-Le-Grand, Little Britain, (nearest tube St Pauls). Director of this "diocesan after-care centre" is the Rev Meredith Davies, tel 606 1053. Probably worth trying here first, because they then give you a ticket which eases your way one of the local branches of the following:

The Church Army, (Clothing Department Number is 965 3488).
The New Gallery Evangelistic Centre, 123 Regent Street, W.1., tel 734-8888. They do prefer a letter of introduction from a responsible organisation - ie. St Botolphs or BFT or the Notting Hill Neighbourhood Service or whatever - they have clothing sessions on Tuesdays from 11 to 12, run by a Mrs Wilson, and on Wednesdays from 10 to 3, run by a Mrs Rose. Incidentally, they have a "clinic" for Alcoholics and Addicts on Thursdays from 6 to 8.00, with a doctor and one or two "councillors" in attendance.
The Salvation Army; ring 236-5222 for local branch. Good chance too of free food & bed.
The Rev William Parkes, 279 Whitechapel Road, E.1., tel 247-8280; free clothing for men and women, morning or afternoon, not evening. *****

DENTISTRY:

Free on the spot, telephone first: Royal Dental Hospital, 32 Leicester Square, W.C.2, tel 930-0597. *****

DOPE, FREE FROM FUZZ-INTERFERENCE:

Woodrose: obtain 1/2 a dozen to a dozen seeds: "cost a tanner, like swallowing a lump of opium".
Dr Collis Brown - morphine, etc., delicious.

Dimytil, stuff containing heroin, from the chemist, a cough medicine.

Vegetarian Psychedelics: as researched by General Mydratics: "All you have to do is get a picture of the plant from the library and search the garden, it's easy".

HENBANE, hyoscyamus niger, Synonym. Hogbean.
Parts used----- Leaves.

Action----- Narcotic, anodyne.
Preparations----- Powdered leaves; dose 2-10 grains. Fluid extract; dose 2-20 drops, seeds and capsules can be smoked. Can be dangerous if overdose is taken.

HORSE CHESTNUT, Aesculus hippocastanum, Synonym. Hippocastanum vulgare.
Parts used----- Bark, fruit.

Action----- Narcotic.
Preparations----- Fluid extract, fruit; Dose 5-20 drops, fluid extract, bark, Dose 1/2-1 drachms, infuse bark in boiling water, 1 ounce to 1 pint, take by tablespoon (4-8). Can be dangerous if overdose taken.

GLEDITSCHIA, Gleditsia triacanthos, Synonym. Gleditschia ferox.
Parts used Leaves and twigs.

Action----- Narcotic, anodyne.
An alkaloid "gleditschine" also named "stenocarpine" was introduced at the end of 1870 as a local anaesthetic. Since then very little has transpired about its properties and use. More research needed.

LACANTHES, Lacanthes tinctoria, Synonym. Spiritweed, Wool flower.
Parts used----- Root, herb.

Action----- Stimulating, hypnotic.
Preparation----- Fluid extract, Dose 1-5 drops.

DAMIANA, Turnera aphrodisiata.

Parts used----- Leaves.
Action----- Aphrodisiac, diuretic.
Preparation----- Solid extract; Dose 10-15 grains, Fluid extract; Dose 1/2-1 drachm.
This has a pronounced aphrodisiac action.

Marijuana seeds: construct a planting box with a light bulb or artificial growing lamp. Best to germinate seeds in absorbent damp paper and plant, shoot down, under light layer of soil. Get a stronger, bigger plant this way. No matter how high the shoots get, they are smokeable if dried out. But it is best to let them grow to maturity (when the flowers bloom). This takes 3 to 4 months depending on soil conditions and light.

U.S.A. suggestion: "Some people claim you can get high on cabbage centres. Others claim cigarette tobacco mixed with powdered aspirins will do the trick. A hint on grass: boil the twigs and seeds and make a groovy tea - sort of a tea-tea."

ENTERTAINMENT:

Americans: getting to know naive Americans and guiding them round swinging/underground London.

Anti-University: What's left of it, meeting in private homes. Contact Bill Mason, 1 Sherwood Street, W.1, (289-0998), for information - this is just his mailing address. (The David Cooper group still meets every Friday; for details can ring Dorothy Clifford, Kingston 7968, between 2.30 and 3.00pm; Dr Jerome Liss' sensitivity group operates occasionally; his work number is 727-7708).

Children: Adventure Playgrounds are in fact open to all ages, though they are unwilling to publicize this. A complete list of them is obtainable from the National Playing Fields Association, 57b Catherine Place, S.W.1, (tel 834 9274); if play with children at the Notting Hill Neighbourhood Service Adventure Playground, especially during school holidays, likely to be pleased with free coffee and sandwiches, (the address is Mrs Lasket, 34 Tavistock Crescent, W.11, 727 9883). Here are the addresses of one or two others:
St Johns Wood Terrace, N.W.8,
Ampton Street, Gray's Inn Road, W.C.2, TER 4536,
Parkhill Adventure Playground, Haverstock Hill, entrance in the triangular space by 31 Parkhill Road; it's run by Mike Buckley, tel 722 0331.
Notting Hill Adventure Playground, Telford Road, run by Pat Smythe, tel LAD 7919.
Number 2 Cumberland Market, Albany Street, run by Don Brais.
London Adventure Playground, 4 Lansdowne Road, W.11.

London Education Authorities have free play-centres (139 during normal term-time open from 4pm till 6.30pm, for children ages 5-11); 66 Junior Clubs (open 6.30pm till 8.30pm, ages 11-15); play centres open 9am till 5.30pm during school holidays. Phone WAT 5000, County Hall.

More than 600 shows for children in GLC parks from June to September: punch and Judy shows, conjurers, clowns, pantomimes, puppets, Pied Piper players, open-air cinemas.

Local library Children Departments often have films, stories, lectures and so on.

Churches: sermons and church music for free (see list in the Times every Saturday); whilst in church needy can take from the poor box ("it's yours anyway"), or from the collection - (some churches encourage the idea of some people putting it in and some taking it out, especially in the States).

Organ recitals and recorded music in City churches at lunch-time (details from City of London Information Centre, St Pauls Churchyard, E.C.1, MON 3030).

Courts: (see also 'Soho' in this section) Magistrates Courts; County Courts; the Old Bailey, (10.45-4pm), E.C.4, St Pauls; Royal Courts of Justice, Strand; Bankruptcy Court (from 11am).

Films: Filmshows free at the German Institute in South Kensington; at the Canadian Immigration Services in Green Street; at the Australian Immigration Place; at New Zealand House (tues-thurs, 2.30) in the Haymarket, S.W.1; at the Natural History Museum, (lectures and films daily from 3pm - not sun); at the Commonwealth Institute there are 4 film shows daily (3 on sat and sun), tel 937 8252; free films and discussions at the Stock Exchange.

The BFI show films like 'Dutchman', 'Daisies', 'Simon of the Desert' at their quarterly viewing sessions in the National Film Theatre - for all film societies. From 10am to 10pm they show 16mm and 35mm shorts and features. They never check tickets. Ring up Brian Baxter, their press officer (tel 437-4355, 81 Dean Street, W.1) and ask when the next viewing sessions are, and say you're from some film society that has 16mm equipment.

Paris Pulman in South Kensington, on some Saturday mornings run through old films for those who are members - they don't check up though. 65 Drayton Gdns, S.W.10, 373-5898, about 11am.

Open Films, Jane Grant, 14 Neals Yard, W.C.2, 240 1864 (day), 226 9993 (night) - free filmshows for the workers, mobile cinema kit; access to projection, editing, film-making equipment; access to feature and documentary films.

Getting in free to other cinemas: In cartoon cinemas can want to give an urgent message to friend X in the front row.

In between films when people go out to buy fags, pretend to be one of them and ask the doorman "do they sell cigarettes in the foyer" and he'll remember you and let you in. Also there is the "I've left my hat" line.

Can send in one person who buys one ticket, goes to emergency exit, lets friends in. In continuous programmes can wait till someone comes out of emergency exits. Go into foyer, pick some nice friendly people, get their ticket stubs, and say you've already been in; especially if it's a full performance.

For film premieres, see the 'Magazine' part of this section.

The Arts Council have recently been allowing free use of their basement cinema in 105 Piccadilly, W.1, tel 629 9495. There is a Projection Room but no projector.

Film-Viewing Services, use of projection room to view slides or films; Dolland and Newcombe, 40 Old Bond Street, 493 3961.

Free films for filmshows from big organisations such as I.C.I. and also from embassies - most worthwhile are the films obtainable from the Cuban Embassy, 22 Mount Street, W.1, 629-6636.

Glassworks: Whitefriars Glassworks, Tudor Road, Harrow, Midds., (Harrow & Wealdstone): fascinating to see glass being blown and shaped into vases and bowls. Write or phone HAR 1527; no children under 14.

Hare Krishna Chanters: at the Macrobiotic, 136a (basement opposite Church) Westbourne Terrace, (actually round corner in Bishops Bridge Road), 6.45pm onwards every Tuesday night.

The New Krishna Temple is at 7 Bury Place, W.C.1, tel 242 0394 - it's near British Museum.

Inter-action Trust: is a community arts centre. It includes: training section for group leaders, resident youth group, various arts and crafts activities for young people and adults each evening, film-making and photography, folk-singing and dancing, group sessions, community drama workshop, metal sculpture and carpentry, clay modelling and pottery, jazz, free music and poetry. They are also planning a summer camp. More volunteers and participants required. 72 Chalk Farm Road, London, N.W.1, tel Gul 9524, (run by Ed Burman).

Lectures: at Oxford and Cambridge and every university - for instance the University of London (Publications Department, 50 Gordon Square, W.C.1, tel 636 8000) issues a big booklet about all its lectures.

At Sussex University, for example, a list of main lectures is printed each week in Union News. At the Anglo-Continental School of English, Wimbourne Rd, Bournemouth, from the end of June to early September, there are 2 or 3 lectures proceeding all day from 9.10am to 8.30pm approx on a variety of subjects ranging from Education to Wordsworth. The very advanced lectures = 2nd or 3rd year University level. Longhairs, note that it's basically "a bourgeois establishment, charging vast fees from foreigners."

Evening Courses run by the Inner London Authority; for further information read a copy of "Floodlight" in newsgazette.

free lectures at: Gresham College; the Society of Genealogists; the Royal Institute of British Architects; the Commonwealth Institute; the Royal College of Art; the Royal Society of Arts; the British Museum; the Science Museum; the Natural History Museum; the Courtauld Institute of Art; the National Gallery; the V. & A.; the Geological Museum; the Tate Gallery; and many in the City (details from MON 3630, the City Information Centre).

London School of Non-Violence: in the crypt of St Martins-in-the-Fields, Trafalgar Sq., and postal address c/o 104 Newgate Street, e.c.1, tel 606 6123.

Magazine: invent a mythical magazine (or choose an existing one), ring up the Press Office and get invited to premieres. Can get almost any commodity (records, radios, etc.) by saying you're doing a review of them.

Could try calling up L.T. (836-3727) and asking if there are any review tickets, books, art gallery invitations or records they are not using. The worst you might have to do is write a review.

Music: (see also 'Churches' in this section) the music performances at schools of music are free: ie the Royal College of Music and the Trinity College of Music.

Jazz: free folk/blues every Wednesday at the Bottleneck, Railway Tavern, Angel Lane, E.15, 8pm.

Free jazz at the Imperial College Jazz Club, Consort Road, (details from Bob Davenport, student, HEN 2963, or 874 5757): every Sunday; and musicians are encouraged to play, (no fee). White Hart, Drury Lane: free jazz every night.

Free records: Imhof in New Oxford Street: they give you the record to play in your own booth - you can easily give back one of your old ones.

HMV at 363 Oxford Street, (tel 629 1240): can stay all afternoon listening to a complete set of Lenny Bruce, etc.; the assistants hate the management because such bad pay and very small commission. Might well slip in an extra record or somesuch.

Open Air Art: Along the Bayswater Road every Sunday from Lancaster Gate to Queensway, can display paintings.

Green Park side of Piccadilly on the railings.

Victoria Embankment Gardens, 2nd May to the 14th May.

Richmond Art Group, weekends, 21st May to 12th June.

Heath Street, N.W.3, every weekend, June to August.

Pavement Artists: outside the National Portrait Gallery & the National Gallery & on Embankment.

Pageantry: Can sign & write in Buckingham Palace Visitors' Book; a message for the queen, who reads it regularly? Go round the back. Or try going round the front and asking for a glass of water.

Trooping of the Colour, beginning of June: the Queen riding up and down Horseguards Parade on her Official Birthday.

Cabinet War Rooms, Churchill's war-time base under Whitehall, two visits a day, phone WH 5422, Ext 96.

Fireworks - the Evening News sponsor a fireworks display every two years on the river; go to the embankment; the next one is due August 1970..

GLC Council, meets fortnightly on Tuesdays; watch local council at work.

Parks: Their gracious highnesses the GLC, issue from their headquarters in the Charing Cross Road, (Cavell House, 2a Charing Cross Road, tel 836-5464) a leaflet mapping all the London parks including the Royal Parks which aren't under their control.

Listing a whole array of free things is the GLC's 'Open Air Entertainment', a 100 page 1/- book, the 1969 version of which can be read at Smiths. For instance:

During the Summer, bands and dancers perform twice daily (weekdays 12.30 and 7.30, sats and suns 3.00) in Victoria Embankment Gardens.

Lincoln's Inn Fields has the Metropolitan Fuzz Band at luncheon during the Summer; every Tuesday and Thursday it's either them or the London Fire Brigade Band.

Scottish Dancing for joining in (Holland Park on the yucca lawn at 7.00, Weds, from the 30th July to 27th August.

Throughout the year, from 1.00 to 4.30pm, one o'clock clubs in the parks are held for all kids under 5 - (Story Time, painting, curiosity box, sand & water play, dressing up games).

Battersea Park Concert Pavilion has plays for children in the summer, mons to sats at 2.30 & 4.00, (week starting 4th August, Just So Stories; 11th August, Aladdin; 18th August, the Arabian Nights; 25th August, Cinderella.)

For more details of dates and places in the park, phone the Acting Chief Officer of the Parks Department, tel 836 5464 ext. 143.

Poetry: Every month in library in Robart Street, N.W.1, there are poetry readings which are free, organised by Tribune(253-2994). Also see 'Free Food' under 'Avatar' section.

Reading: Free bibles from the Gideons International, 38 Great James St, W.C.1, tel 405-9193 - maybe though you have to say it's for a hotel bedroom, and maybe a bed & breakfast joint would qualify.

Mao's Thoughts: free copy from the Chinese Embassy in Portland Place, (half way between BBC & Regents Park), just ring on the door.

Also write to Radio China, Peking, China, and ask for a few details on the cultural revolution. It will come by the ton, all in English, all free.

And write too to Radio Berlin, Berlin, G.D.R., for such epics as the 400+paged Brown Book on Nazis still in power.

University Bookshops are good for browsing in and nicking from; for instance Dillons, 1 Malet Street, and Blackwells in the Broad, Oxford - here no attendant will ever come up to you, at least not whilst browsing; likewise you can guarantee never to be disturbed, in Foyles, Charing Cross Road.

Indica, 102 Southampton Row, HOL 5284/5, have a FREE NOTICE BOARD, as do BIT, 141 Westbourne Park Road, W.11, (can place notices here by phone: 229 8219 days, 229 7536 nights), the Arts Lab(182 Drury Lane), the Macrobiotic Restaurant(136a Westbourne Terrace), and Release(50a Princesale Rd, W.11).

Indica is good for browsing through poetry, posters and magazines.

Occult books can be browsed at Stuart & Watkins, 21 Cecil Court, off Charing Cross Road, W.C.2, also Battersea Public Library, 265 Lavender Hill, S.W.11, (228 8899, ext 257), specialize in the occult.

Charities Year Book: useful preliminary reading for hustlers, lists what the different charities do; they've got it in the Central Reference Library, Westminster, (just off Leicester Square).

I.C.A.: issue a small paper free, at the I.C.A. and at bookshops in the Charing Cross Road. It is mainly a programme for them, but it has some nice information besides.

Magazines: the free ones range from the very fine 'Hapt'(13 issues so far: can be read at places like BIT or the Arts Lab, or write to 3 Merryfield House, Grove Park Road, S.E.19, tel 851-9964, after 6pm) through house journals such as 'Think' from I.B.M., to the outrageous extremist right-wing religious magazine, 'The Plain Truth', (address Box 11, St Albans, Herts; they also print books such as 'Hippies, Hypocrisy & Happiness' and their 'God speaks out on the New Morality' is 300 pages long, laying down the Christian approach to bed and masturbation. International Times(27 Endell Street, W.C.1) is sent free to mental patients and prisoners (although Darham jail for instance, won't allow IT).

Newspapers: All reference and ordinary libraries have them - some are better & comfier than others; Barclays Bank near Trafalgar Square, have a whole room for visitors containing foreign papers. Can pick up a free copy of the Financial Times in Selfridges, Lewis' Bank. Or go down to a place like Canada House, take in an old newspaper, and bring out a new. Newspapers and food out of litterbins and cans, and off train seats. Soho is a good area for picking up newspapers - a tremendous transient population.

Pornography: Pretty hard trying to read pornography and the like in Soho; all they seem to be interested in is money; stick to Shepherds Bush. And Nudist Clubs will send erotic books, brochures, etc. for free.

Public Libraries: especially Labour-controlled ones, are now issuing 'What's Happening' booklets; if you have friends at University, can normally wangle a ticket to the reading room of the British Museum: in any case, can get into the British Museum for one day with no hassle. Free books from public libraries of course, & returnable during amnesty weeks.

Scientology: can get a stream of literature from 37 Fitzroy Square, W.1, (530 3601).

Soho: in Marlborough Magistrates Court of a morning, Soho Ladies are hauled up in court.

Swimming: Free, up till about 10am in the Summer, (and all the time in the winter - 26th April - 21st September), in the following places, (besides the Thames which is free of course): Lidos: Brockwell Park, Parliament Hill, Victoria Park.

Baths: Eltham Park South, Highbury Fields, Hornfair, Kennington Park, London Fields, Peckham Rye Park, Southwark Park, Tooting Common.

Ponds: ("for competent swimmers only") Hampstead Pond (men/only); Kenwood Pond (ladies only); Highgate Pond (men only).

Details of swimming arrangements from the Acting Chief Officer of the Parks Department, tel 836-5464, ext. 143.

Telegrams: Fishery Library has a T.V. and one can get tickets any time without trouble; also there is a T.V. at the L.S.E.

Theatre: George In Courtyard for Shakespeare plays, can stand at the back for free; it's in

Southwark during the Summer - "dreadful".

The Embassy Theatre, Swiss Cottage; the plays that are put on by the Central School of Speech & Drama for the examining boards are free - (in the afternoon in the summer - phone 727 3454 for details).

The Royal Court Theatre used to give away free tickets for poorly attended shows. Other theatres will do the same occasionally.

Tickets: For radio or T.V programmes, write to BBC Ticket Unit, Broadcasting House, W.1, or to the ticket unit of the relevant ITV company. They don't admit children under 10, Some special programmes pay travelling expenses..

Zoos: Regent's Park Zoo: From the Baker Street Entrance walk across Regents Park toward St Johns Wood; blocking your path you should find the Zoo. Now you can either walk round the front and face paying 7/6, or you can stay outside, see lots of animals, and have the added joy of seeing lots of fenced-in people. If you choose the latter, start from the left-hand corner and head for Camden Town.

G.L.C runs four Children's Zoos (containing many animals that children can handle): one in Battersea Park (opens daily during season from lunch-time; closes at 6pm on weekends, 7pm at weekends; bank holidays open 10.30am till 7pm); and the other is at the Crystal Palace, (open to fri in term-time, 1.30 till 5.30pm; school holidays, weekends and bank holidays, 11am till 6pm). The GLC also run Mobile Zoos, for details of dates and places that they visit, phone the Acting Chief Officer of the Parks Department, 836 5464, ext 143.

A good zoo for free is the pet shop in Harrods; and the Regents Pet Stores (palmers), 35 Parkway, N.W.1, (tel 485 5163), closed Thursdays at 1pm; the latter has cranes, grass snakes tropical birds, flamingoes, monkeys, etc. *****

FALSE ADDRESSES:

Imaginative ones include this one, much used on trains to Portsmouth: 39 Wynter Way, Alverstoke, Gosport, Hants, which was bombed out in the war. Noone gets hasted this way. *****

FALSE IDENTIFICATION:

What's needed is a big communal collection of out-of-date, untraceable identity evidence: (ie. build up a private collection or a free library of old student cards, medical cards, driving licences, club membership cards, library tickets, etc., maybe even passports and birth certificates - for the latter, see 'Marriage' in the Section on 'Money'.) *****

FREE FILM-FOOTAGE:

From trashcans around Wardour Street. A whole film was made this way. *****

FREE FOOD:

Airports: Cocktail parties in big Airports. Also at London Airport, see when plane delayed for long time. Get a free meal ticket along with the Complainers - meal tickets are given to friends of the Delayed too.

Amsterdam: At about 1am every night, trucks bring milk, yoghurt, (plain & fruit), chocolate and vanilla pudding, etc., which are left in front of all dairy shops in Amsterdam, until they open next morning.

There are about 5 student restaurants in Amsterdam - normally you pay 1, 9 Guilders and get a ticket, which you give up when you get your food. But the ticket gives you the right for second helpings. So all you do is take a used plate from the pile in one of the corners and go round to get your "second" helping. (You can go round as many times as you like).

Art Galleries: 'Time Out' Magazine (tel 229-1436) should know when the Private Viewings are; can walk in and get sloshed on champagne.

Association for the Prevention of Addiction: Free food and day-time shelter (10.30 am till 10.30pm) at the A.P.A. Stay Centre, 15 King Street, W.C.2, tel 836 3781, "an advice and referral service for all those with drug problems (the registered can fix here); friends and relatives welcome to call." Run by Kathy, Bettie and Mary. Also South Laboratories; supply APA with cut-price vitamins.

Avatar Reading Room: 52 Victoria Road, W.8; informal readings organised by Oliver Cox are held on the first Monday of every month; free cheese sandwiches and order if you contribute in some way to the poetry, folk music, discussions, etc. And occasionally they have films.

Blenheim Project: Free lunch on Sundays at their open house, 269 a Portobello Road, W.11, tel PAR 3163. This is a Christian Community House, helping drifters from out of town to find

employment and to sort out National Insurance (or to help drifters in returning home).

Blood: Free cup of tea and biscuits if you give blood.

Bread: Wardour Street Bakery, St Annes Court, can pick up one day old bread. At St Marks in Queens Crescent, N.W.5, or any baker shop, can go in, and say you're running an experimental sports community for alcoholic heroin addicts with black Jewish mothers, and have they got any smashed stale loaves by any chance.

Breweries: Courages: Refreshments & snacks after evening tour at Horselydown Lane, S.E.1, (foot of Tower Bridge). Have to write to P.R.O. & it's meant to be for parties of 15 to 25 people. Suppose it might be possible to mix in with a group outside: tours start about 6.30pm. Their bottling factory, "the most modern of its kind", provides 3 visits a day with either refreshments plus fork lunch, afternoon tea or evening snacks: write to P.R. Manager, Anchor Terrace, Southwark Bridge, S.E.1.

Whitbreads: trip round the brewery, drink at the bar, (cup of tea as well in the afternoon); also film show. Write to Mr C.E.A. Rudman, Whitbread & Co Ltd, Chiswell Street, E.C.1. Guinness: drink, snacks included and a small souvenir; "record stands at three visits in one day"; write to Visits Section, A. Guinness & Co, Park Royal Brewery, N.W.10. Booth's Gin, need 3 months' written warning: get a drink; write to Trade Liaison Officer, Booths Distilleries, 57 Clerkenwell Road, E.C.1.

Butchers: "If you have a dog, you're worth a fortune" - go into butchers and ask for bones for dog, (may want to charge you 6d). Then boil up with cabbages and carrots - a soup with lots of vitamins.

Cambridge: Free bread left outside in porch at Sidgwick Avenue Buttery at 7.40am. Caretaker arrives at 8.15am.

Vast numbers of crates of milk left outside colleges in Cambridge, between 5 & 6am.

Canteens (not free but cheap): Brighton College of Education, Falmer (opposite Sussex University) in the coffee bar - big bowls of soup 6d, and lunch and coffee served in the refectory 3/-; (12 till 2pm, and 5.30pm till 7.30pm).

Indian curry, genuine, and at canteen-subsidized prices at the Canteen for Indian Embassy staff; (at the back of the Playboy in Park Lane); walk in and no questions asked.

London School of Economics, Aldwych: 3/- to 4/- for a four course meal, whilst L.S.E in session, also "somewhere to sit & chat without having to buy a coffee" - (N.B "good entertainment from Council/Union meetings here" - Can sleep in at L.S.E during sit-ins - and can always use their sitting-room for T.V).

Newspaper Offices, at the back, have canteens open late into the night. At the Daily Express canteen, for instance, can buy a meal for 4/.

Subsidized meals at the Regent Polytechnic, Regent Street, open to the public. Costs about 3/- for meal + sweet. 12 till 2pm.

Catering: Get a friend working in a catering dump to smuggle out food.

Catering schools try out their food on people - try slipping into the refectory of the Hotel School of the Westminster Technical College, (Vincent Square, S.W.1), at lunch-time, (tel TAT 6951).

Churches: 12.00 free meals via St Martins in the Fields, Trafalgar Square, side entrance: can get a meal ticket to go down to the Craven Cafe in Craven Street by Charing Cross Station. Soup and bread in the church crypt on Sunday mornings (10.30 to 2.30) - Tomato, oxtail, pea soup, the same concentrated stuff they give to Oxfam.

Sunday teas at the Rev William Parkes' place at 279 Whitechapel Road, E.1, (tel 247-8280).

Sundays at 5pm, for down & outs - tea, many sandwiches and a meal - come at 3pm, watch T.V for 2 hours before tea and for some time afterwards.

St Botolph, Aldgate Crypt, E.C.3, (tel 283 1670), Mondays, Tuesdays, Wednesdays, Thursdays from 6 till 9pm, a soup kitchen for drop-outs.

After the Wednesday afternoon services at the Tower Hamlets Mission in Whitechapel Road, you get sandwiches.

Cider: Officially, one glass of cider free from Marydown Cider Co, Horam Manor, Horam, Sussex. Tours during normal factory hours, doesn't need to be booked.

Canteens: One in Brerford Street (?) has early morning breakfast queues between 6 & 7.

Canteen in Victoria, (Marshall Street), free meals from 12.00.

Four Cakes in Westbourne Park Road gives free meals.

To fact all canteens will give you a sandwich and a cup of tea. See the ordinary telephone

directory under 'Convent' for a column-full of them.

Deliveries: Food and newspaper deliveries left on doorsteps.

Department Stores: The Food Hall at Selfridges is on the ground floor, can get free drinks at the wine store, and lots of minut biscuit/ fish etc. samples; can normally pick up a cheese biscuit at Fortnum & Masons; often, if not regularly, food and drink samples in branches of Oakeshotts.

Also take the newspapers, (evening ones), for announcements of Danish Week, etc.

Get onto the Head Offices of David Griegie, Sainsbury, Marks & Spencers, Fine Fare, etc., with a variation on the "therapeutic community" line (see 'Bread' earlier in this Section), and this will ensure regular car-loads of food; can take the car on to Covent Garden and collect bags of cabbages, etc, left lying out.

Disabled: Free meals on wheels for the disabled. Run by the G.L.C.

Eggs: Egg-packing stations for sub-standard eggs.

Exhibitions: Daily Mail Ideal Home Exhibition, very good for food.

Fish: Can get hard chips cooked 6 hours ago from Fish & Chip shops at closing time.

Fishing in Millbank Pond across the street from Parliament Buildings.

Also in season (June 16th-March 14th) in Long Water and Rick Ponds, Hampton Court: Leg of Mutton, Diana and Heron ponds, Bushey park; the Serpentine, Hyde park; Osterley park; Fern ponds, Richmond park. Also in GLC Parks: Battersea park, Bagle park, Clapham Common, Hampstead Heath ponds, Tooting Common Lake, Victoria park, Clissold park. Also the Thames between Staines and Richmond especially.

Greengrocers: Greengrocers have got lumps they cut off vegetables. Go into greengrocers, or better still, send a child in: "Could I have some old cabbage leaves and carrots for my rabbits?" (If you do it regularly, they may expect you to spend some money).

Hotels: The big ones (eg. the Westbourne in Conduit Street) will not keep meat overnight.

Lyons: Tea Bakery visits: cup of tea, bread and jam afterwards; and a little parcel of tea/coffee to take away. Up to 40 adults and children over 12; write to Personnel Officer, J. Lyons & Co Ltd., Oldfield Lane, Greenford, Middx. Lyons Bakers: Parties (max 30), adults and children over 12, samples and souvenir packs: write Tours Centre, Cadby Hall, W.14.

Macrobiotic Restaurant: 136a Westbourne Park Road, (actually in Bishops Bridge Road, opposite the church, in a basement), tel 723 7367 & closed Mondays, otherwise open 6.30pm till 12pm. They have two regular free meals on the menu, but you may need to help in the kitchen for maybe 20 minutes.

Markets: At food-markets can ask stall-holders as the market is closing. Pick up off the streets at Covent Garden, 3 or 4 in the morning.

Camden Town Market in Inverness Street near the Tube, wednesdays and Saturdays as it's getting dark: half good food and junk - haven't got to be too proud because they tend to yell at you as you pick it up.

Berwick Market, Soho, W.1; nice atmosphere, lots of colour, fruit and veg. Chapel Market, Islington, N.1; Sundays.

Club Row, Schlatter Street, E.1, (behind Liverpool Street Station), Sunday mornings, also for pets and antiques and cheap (stolen?) bicycles.

Portobello Road, W.11, antique, fruit and veg galore and junk, Sats only, (all day).

Leadenhall Market, E.C.3.

Leather Lane, Holborn, E.C.1, for browsing with office workers, 1-2 weekdays.

Petticoat Lane, E.1, everything here and every tourist in London, Sats. only.

Smithfield Market & Chancery Street, E.C.1, meat.

Spitalfields, E.1, fruit and veg and tramps, weekdays only.

Billingsgate, Lower Thames Street, E.C.3, (St Pauls); fish and shellfish every weekday morning early.

Milk: Watch milkman go into a block of flats: steal it off the van - most milkmen, however, will give a small carton of milk if you ask.

Missions: Definitely can go every Sunday morning at 8am to Bethnal Green Mission, opposite Bethnal Green Tube station, and at 8.15 they give out sandwiches (about 2), and 2 large mugs of cocoa. Everybody welcome.

Monday night, Thursday night, Sunday night: Webb Street, next to old vic National Theatre, Tues, everybody welcome, free, no age limits, mostly men, but a few girls are allowed in. Mission Enkmission Mission run in- 4 biscuits and a cup of tea.

Sunday evenings at 8.30, for junkies only. Rear of Boots, Piccadilly. On the steps, 2 young ladies, Joan and Anne, attached to the Orange Tree Mission, give food away. Also give general social help.

The East End Mission in Cable Street, tel STE 3366, run by the Rev David Moore, (who tends to advise young people to leave the area, and if they've come down from somewhere like Manchester expecting the big time, then may advise them to go home; nevertheless:) for all ages, every evening apart from Tuesdays or Thursdays, soup served at 6.30pm, tea and sandwiches at 8.15pm, closing just after 9.00pm, 60 or 70 there on average every night.

Ocean Cruises: U.S.A suggestion: "If you are really looking for class, check news in the papers designating ocean cruises. On every departure there is a bon voyage party. Just walk on a few hours before sailing time and start swinging. Champagne, caviar, lobster salad, all as free as the open sea. If you get stoned enough and miss getting off you can wiggle a free boat ride, although you get sent back as soon as you hit the other side - but it's a free ocean cruise, even if it's in the brig."

Pigeons: Free pigeons in Trafalgar Square etc., maybe sell to restaurant.

Restaurants: At restaurants with a continual flow of people, such as the Golden Eggs and the Wimpy Bars round Oxford Street, order in two separate goes, and pay only the second bill; be warned that a little '1' or '2' is sometimes put in the R.H top corner - carry a rubber.

Similarly, go into a cafe knowing what time the waitresses change over; in a two hour stay, pay only for the half-hour since change-over.

Try eating half a meal and saying the other half is off.

Bring own insects, wire, etc. into cafe to sabotage food with.

Borrow a waiter's jacket, and at a busy time, such as 9pm, go into the back ways of a big restaurant such as Fortes at London Airport. Eat food there.

The Beverly Vegetarian Restaurant in Binney Road off Oxford Street (Bond Street station) gets rid daily of large quantities of food and sweets which remain unsold after lunch. Free bulk disposal of same could be arranged with the cook on weekdays (they are shut weekends and evenings) if you go there just before 3pm.

Silver Lady: a van driving round central London giving free tea and meat pies and fags; they don't want hippies. Silver Lady was formed about 1948 after the war because it was realized there was a need for people called dossers: "these are people considered socially inadequate" - Silver Lady's business drops off sharply on dole day, Friday. It's run from 164 Queen Victoria Street - it's a trust fund, Mondays, Wednesdays and Fridays. Has an allowance of 5 young people - or the old dossers would go without. Temple Tube Station, 3.30pm. Usually a meat pie, a cup of tea and a cigarette, then a cup of tea, 2 biscuits and maybe another cigarette.

Soup Community: Soup run to Waterloo station. Midnight every night almost. Then down to Charing Cross on stall 1.00am. About 2.00am to Henrietta Street, opposite the hospital, Covent Garden.

Snacks: Bulking Bar, before lunch, at the Royal Garden Hotel, anchovies, things on sticks, particularly good. Pickled onions, biscuits, stuffed olives, sausages and bowls of nuts and olives from 'well-appointed' pubs and hotels (in the morning) around Park Lane and Mayfair. Keep looking at your watch. Old ladies, very well dressed, do the hotel-snacks to supplement the pension they're surviving on.

Social Workers: Every Tuesday evening, St Annes, Soho, a meeting of 'social workers' for tea and biscuits.

Supermarkets: U.S.A suggestion: "also recommended is picking up food in a supermarket & eating it before you leave the store. This method is a lot safer than the customary shop-lifting, in order to be prosecuted you have to leave the store with the goods. If you have eaten it, there is no evidence to be used against you." Their supermarkets are bigger.

Synagogues: In England, a very good one is the reformed synagogue in Temple Fortune, Albyn

Gardens, N.W.1, (No 245, 260, 2 bus). Free glass of wine and biscuits, Saturday morning about 11 to 11.30, wear suit and hat.

U.S.A suggestion: "Invest in one of the Jewish dailies and check out the addresses of the local synagogues and their schedules of Bar Mitzvahs, weddings and testimonial dinners. Show up at the back of the place about three hours after it is scheduled to start. There is always left-over food. Tell them you're a college student and you want to bring some back for the others. Jews dig the college bullshit. If you want the food served out front, you naturally have to disguise yourself to look straight. Remarks such as 'I'm Mazin's brother' or - learning the bride's name from the paper - 'Gee, Dorothy looks marvellous' are great".

Vulnerable firms: Find stale food (in attics etc.) and send back to manufacturers.

Make food stale in oven and get the manufacturer's selection box. For cigarettes, take out the foil, wrap in tin foil, bake in oven, tell manufacturers that been smoking them all your life, that you had thought you might take it up with the Consumers Association or with the Public Health Department.

Rakuson (crackers, nuts, etc.) Jewish firm with pride on cleanliness. (use beetles?)

Cadbury's Snack. Say you're not getting enough in the packet. They know this.

Send back Birds Eye Frozen Dinners especially (found hairpin in it?) - because of their bulk, get £1 note instead of replacement.

Window Ledges: Beer and food.

FREE FUNERAL:

This is all you get for selling your dead body to medicine: (whereas in the States you can sell your body to the universities and get 150 to 600 dollars in advance, and their only guarantee is the tattoo they put on your feet - there was a plan to take a bus round from university to university with a tattoist on board to take out the tattoos). In England skeletons are worth money if you can get hold of one.

FREE GAMES:

There are some cunts in Paris who take cigarettes out of the packet and put the packet back in the machine. Do this only in such places as VIP lounges.

Telephoning: private exchanges include LTR (London Telephone Region) + (Make up any number) Extension, and FED (Federal), which can be rung through the operator from a call box for free - for hurling obscenities on a Sunday afternoon.

Chaos: ring SKY 4321, ask for the airport police, tell them to stop someone going on a plane, quote A.4 security, and fire a cap pistol at the same time.

Free Enoch Powell - a 4am call to 01-SLO-0088, or write (without a stamp) to 38 South Eaton Place, S.W.1. Other fuck-the-system useful numbers: 444 4432/2, 10 Downing Street, and Wedgewood Benn, office VIC 2255, home PAR 5503, Minister of Technology.

21 Queen Anne's Gate, S.W.1, is the residence of one of the Secret Service, and Sentry House near Waterloo Station, if you can find it, is head of M.1.6; M.1.5 is in Curzon Street.

Underground: with the new magnetic automatic tickets - rub on pullover, build up static electricity, and jam the machine.

Automatic systems fucking in general: Lay a piece of selotape over the magnetic coding of your cheques, to ensure that they are dealt with by hand.

Putting stamps in the middle of an envelope or putting wood inside an envelope fucks up the automatic sorting machines.

FREE HAIRCUTS:

60 Great Tichfield Street, W.1, LAN 3808, free haircuts weekdays by students at this haircutting college. Try too the London Institute and Morris School of Hairdressing, 6 Shaftesbury Avenue, W.1 (GER 3693) or 43 Great Windmill Street, W.1, (GER 5172). Other hairdressing Schools (from the Classified) have the following phone numbers: RIV 9455/ LAN 3808/ MUS 7119/ AMH 2654/ BAT 0241/ GER 8191/ WEL 4579/ REG 2431/ GRA 9433/ ELG 5603/ RAV 0258/ LEE 7693/ TID 6996/ GER 2242/ MUS 7453/ MAY 2144/ MUN 1088. Choose one in your area, see if they do 'em.

FREE ICE:

Free unfishy ice from Harrods Fish Department, if you take along a plastic bag.

FREE INFORMATION:

Agit-Prop, contact through the Poster Workshop, 61 Camden Road, tel 722-3279, for all revolutionary information. (Stop-press-better number for the Workshop: 240-1864).
BIT, 141 Westbourne Park Road, W.11, tel 229-8219 (days), 229 7536 (midnight to 10am), a 24hour information, referral and assistance service. Free agency for jobs and accommodation.
Oxford BIT, 37 Leckford Road, Oxford, tel (0865) 56355, mostly active from 2pm till 12pm.
Central Office of Information, tel 928-2345.
Central Information Bureau, 16 Great Russell Street, W.C.1, tel 580 0478. Advice about lodgings, social clubs, etc. to all girls who are coming to work in London.
Citizens Advice Bureau: head office is 26 Bedford Square, W.C.1, tel 636 4066 - offices are all over London and they will give advice on almost any problem.
Daily Telegraph Info Bureau, tel FLE 4242, 9.30am till 5.30pm, weekdays only.
Newscaster: sit in Leicester Square and watch the Swiss Centre Newscaster - also at Waterloo and Piccadilly Circus.
Reference Library, WES 2542, the Kensington & Chelsea one, which is large and helpful.
United Nations Information Centre, MAY 3816, 14/15 Stratford Place, W.1, covering the United Kingdom, Eire, the Netherlands and the British Dependencies.
Weather, on the Daily Mirror Building, (Holborn Circus), the London Weather Centre (284 High Holborn), or can dial 01-284-8091.

JEWELRY:

Go into a shop, select expensive ring from tray; when assistant isn't looking, can stick it under the counter with chewing gum. Chick goes in an hour later, buys a cheap bracelet and picks up ring. (This is an un-field-tested Robin Hood Agency project).

LEFT LUGGAGE:

Go round Leicester Square Left Luggage Office, some of the lockers (2 for sure) are permanently open; (shut it, turn the key to the right, then unlock it again, without paying 1/).
Can leave baggage in the cloakrooms of the bigger museums for days on end, and for free.

MACHINES:

Experiment with washers, (covering one side of hole with selotape, etc.) and linoleum and the use of foreign coins in place of British: ie, German 2 Pfennig piece is the exact replica of 6d, but itself costs less than 3d, and the French 20 centimes often works O.K for a shilling, at least it does in telephones. The American 1 cent piece is exactly the same size as 6d, and works sometimes in for instance, parking metres and telephones.

amusement arcades: Pick up coins off the penny-piling-up-topple machines, where the vibrations after 10 minutes not in use automatically cause pennies to fall out into exit tray - 2/- an hour with money from other machines.

In one armed bandits (actually this trick is better worked in a club with a group of friends standing round the machine, too many sharp eyes in an amusement arcade, as anyone who has ever tried to kick or tip a machine will know) - the one-armed bandits which have plexiglass for the three windows where the cherries/bells etc. appear, fix the first jackpot picture to appear with a pin through the centre of the window, (can drill small holes with Bradawl beforehand), fix the second likewise and then wait for the jackpot. Fix the jackpot till the machine is empty. (field tested).

chocolate machines: Ring up British Automatic Company, say you've lost 6d in such & such underground machine, and they send you the 6d you "lost" + 4d call. Or say you're a regular customer and present half-yearly account of about 14/-. And report a broken-down machine once, this will endear you to them for ever. (tel 247-8176).

Cigarette machines: Free from the wooden machines by simply select brand, (borrow penny), pull drawer out a bit, drop penny in, simultaneously push drawer back in and out suddenly.

Or this way, buy one packet first. Let the drawer slide back two clicks: most machines are now in a position to allow you to flip down the next packet with a penknife and still pull out the drawer again. Repeat until empty. This is easy on wooden-cased machines, only works in metal machines if almost empty. Works well with cigar machines, at least the Tom Thumbr brand, ("so you've got the drawer open; then with a thin, shortish penknife, edge all the packets out.")

Meters: Parking ones: American single cent pieces = 6d (Parking meters don't work on weight but size). The last two windows in parking meters show, so put in say 4 cents and 2 sixpences.

Pull money back out with tweezers. Linoleum works instead of shillings.

All parking-meters have or used to have the same key, Nick the head off one, open them up having figured from this one the right key; take the little money boxes from inside; look official. (field-tested and the man got nicked!).

Other meters: Gas/Electricity, take the appropriate coin, make ice replicas of it in the freezer of a refrigerator, use these for the slot meter. They work and the only trace is rust. On the electric slot meters, the electric current is measured by the flat disk in the centre spinning round. I'm told you can loosen the 4 screws on the glass front, use paper to wedge the wheel, or you can slide a piece of paper down through the side, between the back and the front piece of the meter.

On meters of metal, if get a powerful magnet, it stops the disc going round, which may be why they're being made in alloy now.

Milk Machines: Free milk from the top of Kensington Church Street, East side of the road, if you kick the machine.

Two cartons of milk for one sixpence - just as the coin drops and the light goes out, press the button again.

Walk the streets late at night, watch out for the milk machines with the bulge in front: press all three buttons and hit/kick below the buttons.

Multivending Machines: (the type with a telephone dial, and a chain-operated lift for all the trays); these are vast pie and yoghurt machines and once a version of the following could give anything for one coin such as a 3d bit: Dial number of what you want, followed by dialing '1' or any number, quickly afterwards.

Shaving Machine: 2 Pfennig piece will give you use of the 6d-in-the-slot electric shaver at the 24 hour West London Air Terminal.

Soft-Drink Vending Machine: A large number of these will give untempted cups of fizz for 6d, if one keeps the press-button down - ie, the cycle repeats itself.

Underground Machines: 1 Franc and Italian 100 lira both work in the 1/- slot of underground machines, but bear in mind that these coins are worth more than 1/-.

Put a 3d into the 2/- machines on tube stations - if you flick the coin sideways round about a bit, the slit inside takes it for a fat 2/- bit.

FREE MAIL:

Buy a toy-land Post-Office Kit for 1/6 complete with toy-land stamps; write your letter; seal it; write the address on the envelope very childishly; the Postmaster General has given instructions for these letters to be delivered.

FREE MAKE-UP:

Cosmetic range at BOAC Departures at Victoria for women: cloakrooms at Mayfair Hotel for gents - both these are good, free facilities.

FREE MATCHES:

Among many places, the Regents Palace Hotel, books of them for free from the kiosk; also in the Cork Club, Inverness Street, Bayswater, W.2.

FREE MONY:

Amsterdam: For U,K travellers in Amsterdam the 2½ guilder piece is approx. the same size as a half-crown, and worth more. Take along a supply of half-crowns.

In Amsterdam, you get paid for bringing back empty bottles to shops. Find some during the day, or, at night, you'll find empty milk bottles in front of all dairy shops.

Bugs: Go up to, for instance, a dish-washing company, and ask for a job; go well-dressed. The next day, turn up in old clothes and start washing dishes. After a couple of hours, scratch inside clothes, looking for bugs. Let the boss see you, but don't say anything, and you'll be out of the job with a week's wages.

Cash Register: Get a friend working in pub; order coming to 12/6, he cashes up as 2/6, his excuse: "I cashed up 10/- a couple of minutes ago, I'm just catching up". Have him keep a note of all the 10/-'s over the evening.

Cheques: Go round offering to pay everything by cheque - man in Paris tested this for one day and got free cinema, taxi, swimming, underground, buses, cigarettes, bread, etc.

Cigarette Coupons: Pick up cigarette coupons; Embassy for instance are worth about 2½d each.

Commission: Geneva or somewhere, two of you follow an American to a jewellers; one goes in and listens to him buy £20 of goods, and afterwards the other goes in, waves a file around with tickets, etc., and says he's the courier on the American's coach trip, and claims 10% commission.

Courts: Put £2 in account - go into shop and hire say a fridge, £30. They have to take you to court - ignore the summons and the bailiffs because unless you go to court it doesn't matter. But can be put in jail for contempt of court if don't pay and have the money.

If under 21, parents have no legal necessity to pay your debts (except for essential clothing?) - if have a cheque book, can order what you like... Shops have firms like 'Trade Indemnity' who follow up the debts and will try to hassle you.

Gold: Panning for gold in N. Wales near Dolgellau. The worst that could happen is a trip to Wales.

Grants: If what you're into, qualifies at all as a New Artistic Activity, send in an application to the New Activities Committee, Arts Council, 105 Piccadilly, W.1; it is said to be in the majority control of a group of heads, who have £15,000 to play with this year.

This year, a woman in Paris has been giving out money, £800 to £2,000 a time, to anyone she fancys, "Hermine" in L.T. 54 writes: "Silvina (the woman in Paris) doesn't enter the philanthropy stakes... How much will you need? O.K. No strings, no medals, no bread-and-butter letters. Only a Japanese delicacy... She is spending her capital, Less and less is safely invested in the system. She's decided not to play that game." The people who would know how to contact her are the Exploding Galaxy.

Marriage: Worth knowing is that you can get a false birth certificate from Somerset House very easily; pick on someone your own age, say you've lost your own, have it sent to your temporary accomodation.

There are hundreds of Americans of both sexes running around London, looking to marry a U.K. resident, in order to score passport privileges. It also works in reverse. (Note: stick to Americans; for instance, the going rate that Polish girls are prepared to pay is £60, whereas an American girl will pay up to £200. Or do it for free). U.K. residence is not automatic upon marrying a U.K. citizen, but, in most cases, there are no hang-ups with remaining in this country.

National Assistance: Can be got from three different towns by using three different addresses, as long as got three different rent books.

Get self diagnosed mentally ill, £6,10,0 per week off the National Assistance.

Notes: Tear a £1 note in half; carefully stick on another half of paper with glue, then fold so that the genuine half is uppermost; ask wealthy person in the street for four half-crowns and a 10/- note.(?)

Pund: Whitestone Pond, Hampstead Heath, in the summer Americans throw money in. 12/- was collected by two people in 1½ hours.

Security: U.S.A. suggestion: "For this trick you need some money to begin with. Deposit it in a bank and return in a few weeks telling them you lost your bank book. They give you a card to fill out and sign and in a week you will receive another. Now, withdraw your money, leaving you with your original money and a bank book showing a balance. You can use this as an identification, to prevent vagrancy busts travelling, as collateral for bail, or for opening a charge account at a store."

Tax-Avoidance: If the job you want to take pays £15 a week and you're only allowed to earn £12 a week tax-free, you can demand as a condition of taking the job, that £3 a week be paid to a charity of your choice. Or less altruistically, can insist your employers hide that £3 a week away - as your allowance for fares, or luncheon vouchers or expenses or something.

Claiming a housekeeper as a necessary dependant (to look after the kids, etc.) reduces taxation: arrange to have a nice Swedish au-pair girl come over. Or arrange it with a bird to marry her in a Common Law ceremony, and claim her as a dependant.

Xerox: Xerox both sides of a £1 note, paste together, and use on £1 change machines. (A thin metal strip was added, and this was successfully field-tested at Hammersmith Station - where there's a machine the other side of the box from which get tickets.)

FREE PAINT & CANVASSES:

At St Martins School of Art. Say you're a teacher, they get free supplies. Or find out the name of a visiting art lecturer.

PARKING: (see also 'Meters' in the 'Machines' Section)

Can obtain your Union Jack sticker overprinted 'Visitor to Britain' from travel agents and car-hire firms, or can steal one from another car; when challenged by wardens etc., assume American accent.

FREE PAPER:

Paper and material out of Soho garbage and garbina bags at night.

Paper from any X-Ray department of any hospital. Yellow or double foolscap, just go in & ask. Or try Newspaper Printers.

FREE PETROL:

Syphon the petrol out of another car (ie. suck the stuff up into a hosepipe to get the flow going from his tank to yours - and remember that officials' cars are always full of petrol and that one doesn't want to syphon from one's friends).

FREE PRINTING:

The free use of duplicator can be arranged for use by appointment at the Notting Hill Neighbourhood Service, 34 Tavistock Crescent, W.11. (Phone Mrs Laslett at 727 9883).

BIT, (229-8219), says it has a long list of printers and one or two Xeroxers favourable to left-wing/ underground movement. BIT has recently acquired a Gestetner.

Free printing at the Digger Printing Service: Brian Mc Grath, 27 Arundel Gardens, W.11, provided giving it away for free. Not a very active service as far as can discover.

Most Student Unions have their own duplicating facilities. Get contacts and you will have paper at cost price and free use of Gestetners, etc.

FREE PULLOVER:

Go up to the counter at Marks & Spencer on a Saturday morning when it's busy, and when the girl's not looking, pick up a size 38, and say you're returning it because it's too small: (you need a crumpled M & S bag). Once the supervisor has checked it out, you'll get your 42.

SALVAGE:

Charles Hall, 6 Botolph Lane, E.C.3, tel 626 3112: Salvaged carpets, furniture, material, shoes, almost anything, stock varies considerably. Not free but cheap.

Late Saturday night in Portobello Road at Cambridge Gardens (between the motorway and Goldbourne Road) is where the Totters are. If they can't flog it on a Saturday, they leave it here. Metalwork, wood, wardrobes, etc.

SHOPPING:

As in restaurants, so in big shops, pay only minute second bill.

Look out for places just opening: at the moment, free sauna baths in Marylebone and 1 free Xerox copy in Marylebone High Street opposite the Health Food Store.

SKILLS:

Anyone can attend a Ministry of Labour Training School and obtain a Maintenance Grant of about £8 a week (if single). After 6 months' training can get a qualification. The Clause you have to sign agreeing to work in the same trade afterwards and not go abroad - this is all a load of bullshit. The skills you can learn include: Building, Shoe-Making, Carpentry, Catering, Mechanics, Electrics, Hairdressing, Printing, Photocopying. Apply to nearest Labour Exchange - ask to see the Training Officer.

FREE SOCIAL SERVICES:

Free Advice, etc: St Martins-in-the-Fields Welfare Office, Trafalgar Square, tel WHI 1732, 24 hours - useless advice; might give voucher for hostel. Can go and cry on their shoulder.
Ken Leech (see section on 'Accommodation' under 'Addicts'), 9am till 1am, help by phone, GER 5006.

New Horizon, sponsored by Lord Longford, a young peoples' social service unit, c/o the Parish Hall, St Annes, Soho, (57 Dean Street, W.1, tel 734 6400). A large room and a kitchen, open 10.30am till 6pm every day. "Advice and general help for young people", which means you can get a free meal there and do things like paint, write or play the piano. Nearest tube is Piccadilly Circus.

For the suicidal or depressed, and others, free coffee at St Stephens Church, Walbrook, in the city; (Coming out of the Bank Tube by the Walbrook exit, the church is opposite). (Tel MAN 9000, their 24hour Samaritans Service).

Young People's Consultation Services:

- (1) The London Borough of Brent Youth & Community Service for the study of Adolescence, 51 Johnston House, Winchester Avenue, N.W.6, (tel 238 0918).
- (2) The Halffield Clinic, tuesday evenings from 5pm, (tel Westminster City Hall for appointment, TAT 8070, extension 415).
- (3) The Marylebone Town Hall, tuesday afternoons between 2 and 4.30pm, (tel Youth Advisory Service, WBL 7766, extension 325).
- (4) The Student Advisory Centre, (tel 723 4247 or write 142 Piccadilly, London W.1), help homosexuals, both male and female, schizophrenics, young people needing psychiatric advice, problems with exams, what courses to study, etc. Have people coming to see them most hours day and night.
- (5) Dr Lawton, tel MUS 6232.
- (6) Richmond Youth Advisory Service, thursday evenings 5.30pm onwards, (tel TED 4411).
- (7) Tavistock Consultation Service for young people in the North London area only, 121 Belsize Lane, N.W.3, (tel 435 7111).

The Albany Trust: "Help with psycho-sexual problems of all kinds, especially homosexuality", 32 Shaftesbury Avenue, W.1, (tel 734 5558 or 734 0960).

Sex: write off to the following two people for sex information, and compare results; Dr John Tumble, ("working under a research grant programme, a professional and experienced sexologist"), Ref SEM, P.O Box 10443, Washington DC 20021, U.S.A. And also Dr Schoenfield (the doctor with the Hippocrates column in Oz magazine), who welcomes your questions, c/o P.O Box 9002, Berkeley, California, U.S.A. Mark your letter 'Project Free London'.

Children: Contraception and Abortion advice from the Student Advisory Centre, (phone 723 4247 or write 142 Piccadilly, W.1). Then there's:

- The Pregnancy Advisory Service, 40 Margaret Street, W.1, tel 629 9575.
- Family Planning Association, 27-35 Mortimer Street, W.1, tel MUS 9135.
- Brook Advisory Centre, 233 Tottenham Court Road, W.1, tel 580 2992.
- Birmingham Pregnancy Information Service, 021-449-3791, 36 School Rd, Birmingham 13.
- National Council for Single Women with Dependents, 166 Victoria Street, W.1, tel 828 5511.
- National Council for the Unmarried Mother & her Child, 255 Kentish Town Rd, N.W.5, tel GUL 8383, for help in continuing pregnancy.
- Children's Officer of Local Council, (inquire local Town Hall), for help in continuing pregnancy.

Drugs: Seminars on drug use and abuse every Tuesday at St Annes House, 57 Dean Street, W.1, 9pm; details from the Rev Ken Leech, tel 437 5006; (no seminars July and August).

Release: 603 8654. Call this number if you are busted or you need legal advice on drug cases. Office 50a Pricedale Rd, W.11, (Holland Park Tube), tel 229 7753, 10am till 5pm weekdays.
Free legal advice service for all legal problems (accident claims, tenancies, divorcees, etc. at Release from 7 till 9pm every Monday). (Citizens Advice Bureaux, see 'Free Information' section, and the Notting Hill Neighbourhood Service, see below, also do free legal advice).

If you are arrested you are advised: (1) To insist on calling 603 8654, the emergency number of Release, to ask for assistance. (2) To make no statements. (3) Not to discuss the matter with which you are charged. (4) To request that any property taken from you is packaged and sealed in your presence. (5) To be polite to fuzz-officers.
(Facts arising out of the Judges Rules and Administrative Directions to the Fuzz, January '64: (1) You are entitled to telephone your friends or solicitor. (7a). (2) You need not make any statement unless you wish to do so. (11). (3) You should not be harassed by the police into making a statement. (e).

(4) Reasonable arrangements should be made for your comfort and refreshment. (3).)

National Council for Civil Liberties, 4 Camden High Street, N.W.1, tel EUS 2548. If you believe the treatment you have received at the hands of the authorities is unjust, you can call them.

Homeless: London Welfare Office for the Homeless, 12 Northumberland Avenue, W.C.2, tel 930 8907. Helps individuals only, not families.
Nottinghill Housing Trust, 46 All Saints Road, W.11, tel 229 7777. Mostly for helping families in overcrowded situations.

Catholic Housing Aid Society, (helps all races), 137 Holland Rd, W.14, tel 603 6392, (miss Anne Mc Carthy).

Nottinghill Neighbourhood Service, 34 Tavistock Crescent, W.11, tel PAR 9883. Daily 9.30am till 11pm. Housing Problems: if they agree your rent is unfair, they may be prepared to represent you before the Rent Tribunals and the Rent Officers; they generally try to educate people of their rights under the Rent Act, etc.; also a legal advice service. (Besides an Adventure Playground, Family Welfare, Old Peoples Club and Young Wives & Mothers Club).

Prisoners: Apart from St Botolphs (see 'Free Clothes' Section), the Goldbourne Centre for discharged prisoners, provides accommodation at 92 Goldbourne Rd, W.10, tel 969-1650.

Therapy: Free Reichian character analytic psychotherapy for emotional disturbances for the genuinely poor. Tel 874 6039 for details.

Trips, hummers: U.S.A suggestion: "The best method for bringing a person down from a bad trip is calm, understanding talk by a sympathetic soul. Generally this works. Orange juice and sugar works well. A cup of sugar to a quart of orange juice. Drink as much as you can.

Niacinimide, a vitamin B Derivative, also works. You need 1000 milligrams for every 100 micrograms of L.S.D. If you do not know the L.S.D dosage, assume 500 micrograms and use 50 tablets of Niacinimide. Too much Niacinimide cannot hurt you (SOMA in London, tel 385 4832 is said to have a supply of these extra-large tablets). And these are some of the Late-Night Chemists you could try: 24 hour Boots, Criterion Buildings, Piccadilly Circus, WHI 4761; Boots, 23 Aldgate High St, E.C.3, BIS 9979, (open 8am till 11pm).

Bliss, 54 Willesden Lane, N.W.6, MAI 8000.
John Bell & Croydson, 50 Wigmore St, W.1, WEL 5555, (close 10pm, 7 days a week).

Bayswater Pharmacy, 108 Westbourne Grove, 727 4083, (close 11pm mon-sat, 8.30pm sun). // Landing time for both the orange juice + sugar method and the Niacinimide is between 30 and 40 minutes. Niacinimide has better results. It is available without a prescription and is fairly cheap. As a last resort you should call in a doctor who can administer a tranquilizer, generally largactil (thorazine in the States). Mental hospitalization should be considered a very bad trip indeed."

V.D: U.S.A: "Clap comes from balling. There are some that claim they get it from sitting on a toilet seat, but that is possible only if you dig that position. Generally, using a prophylactic will prevent the spreading of clap. If you don't use them and you ball a lot, your chances of picking it up are pretty good. Syphilis usually begins with a sore which may look like a cold sore or any other kind of sore or pimple around your sex organ. Soon the sore disappears, even without treatment, and is followed often enough by an inflammation of the mouth and throat, and rashes on the body. These symptoms also disappear without any treatment, but even if these other signs disappear, the disease remains if untreated. Years later it can cause serious trouble such as heart disease, blindness, insanity and paralysis.

Gonorrhoea is more common than syphilis. The first sign of gonorrhoea is a discharge from your sex organ. It may not be noticed in women. In men there is usually itching and burning in the affected areas. If untreated it can result in permanent damage to sex glands. But syphilis and gonorrhoea can be cured in a short time with proper medical attention. The doctor's instructions must be followed to the letter if you want to shake the disease. Sometimes, someone will get a shot of penicillin, go home and wait three days, and seeing no change in his condition, will assume the treatment is not working, and not go back for more. Some strains are resistant to penicillin but will respond to other medication. Keep going to the clinic until the doctor says "No".

St Mary's Hospital V.D Clinic, Paddington, is said to be old and shifty, where you are treated as a number; the University College Hospital has a special clinic in the basement in Gower St, W.C.2, tel 387 5050, which is said to be great, and the James Frangle House one in Charlotte Street, W.1, tel 636 8333, is very modern and has been described as "worth catching V.D for" (?).

SODA SYPHONS:

Old ones worth 7/6 each.

FREE TELEPHONING:

Fiddling can be risky, but an engineer who catches you without specific authority from his superior can lose his job. The Telegraph Act of 1868, ch 110, clause 20, provides that any post office person who discloses or intercepts a call can be convicted for a year. Also one is supposed to act by the advertised instructions which are seldom clear and often missing or incomplete.

alarm calls: "For what you can afford" - BIT (229 8219 or 229 7536 nights) used to do alarm calls; still seem to do so periodically on a donations only basis. The G.P.O charges 2/-, you're better off dialling INF and asking for a fixed time call to any number (for instance the Speaking Clock); booking this way costs 8d.

America: The metres for S.T.D calls to America are not connected up till 1970; till then, anyone who can discover the code, can call America, and be clocked up for a local call only.

Bills: The Telephone Exchange allows for a margin of error of 2 misdialled calls per 100; if you can claim more than this, can challenge the authenticity of your account. **This & asking to have your long-distance calls itemized, will delay the paying of your bill.**

Country Boxes: One can tap out calls on these black (non-STD) coinboxes, (as one can on private phones which have been padlocked): Insert 4d and tapping buttons, dial number required thus: 1's, 9's, and 0's can be dialled - 2, 3, 4, 5, 6, 7 & 8, tap the receiver rest rapidly the number in question; eg 222 1230: 2 taps, 2 taps, 2 taps, 1 tap, 2 taps, 3 taps, dial 0. At end of conversation, press button 'B' to regain 4d. This is very "tame" but normally 100% effective ... From country boxes can dial into the S.T.D system.

Credit Card: Go to London airport and listen to businessmen as come off plane and telephone from public booths - overhear the number as they tell it to the operator.

Find out an American rather than a British Credit Card number if you can, as operators won't know all its ins and outs.

For overseas credit card calls and inland credit card telegrams, they want an address (which is not checked on?) - best to give a London one.

Till December '69, valid credit card number is 311 53B 005 . . . (any three numbers here; such as 721). Be careful how you do this though, don't give your right name, address or telephone number.

Customers: You can go into lots of places and ask to use their phones - the following places are among those which have phones available for "customers":

Sabena & BOAC & Pan Am, all in Piccadilly.

BEA, 101 Cheapside.

Barclay DCO, 1 Cockspar Street.

Banco de Bilbao, Cranbourne Street, off Charing Cross Road, W.C.2.

Chestertons, 116 Kensington High Street.

Selfridges, Oxford Street.

1 Knightsbridge Gardens.

Ravel by B.P.H, Oxford Street, W.1.

Athenaum, by Trafalgar Square.

Aer Lingus, Brompton Road, S.W.3.

Alitalia, Oxford Circus.

New York Chemical Bank, Davies, W.1.

Hilton, Park Lane ("Here they don't have the private lines to spare, so they give you 6d" - can always ask anyone to lend you 6d to make a phone call).

Exchanges: Free telephone calls through a vast chain of local rate trunk calls to all parts of G.B, Europe and U.S.A etc., are possible from most exchanges in London and the provinces, but the numbers dialled are numerous and vary from exchange to exchange: eg in 1968, Cambridge to London used to be 95818399590 (instead of 01).

Hotel Reservation Phones: The BOAC Air Terminal opposite Victoria has a bank of phones with free, direct lines to Hotels, for all to use. They have strange letters-only dials. Actually though these are regular phones, only free, and it might be best to take along a diagram of the regular phone-number dial, so you'll know which numbers the letters refer to - this works for long-distance too, take along the dialling code numbers for S.T.D.

HOW! : From public or private phone calls, for local or long distance, dial HOW9 (or the STD equivalent to this - which actually works better: 804 9) then the number you want, for free.

Leave a short gap (till you hear the click) after the first part of the number, (ie. after BAY, in

BAY 2964 and after 010 when dialling Paris). Works 3 times out of 5. Please keep knowledge of this to trusted friends for as long as possible - it's been going ever since a strategic piece of sabotage early this year.

From a public box, for America say, dial HOW 9 then 108, which puts you through to an operator who can't tell it's a call box. Though the exchange you're using (804) may puzzle her. Only for emergency use by telephone heads.

Mending: If want phone fixed in the middle of the night or some time like that, ring up the engineers (ENG) and say you're in the process of getting an Emergency rating for the line, as a doctor or whatever.

Messages: Can use BIT (229 8219, 229 7536-nights) as a place to leave messages for people.

Public Boxes: A friend writes: "Be careful on public phones, the new alarm-system anti-vandal ones".

What used to work, is get through to operator, ask any question, such as the dialling code for X; when given, don't hang up, press the buttons up and down 3 times very slowly, and the operator rings off but you don't; you then hear an open line, then it rings through to a new operator who puts you through, not knowing you're a public box.

Pay coin boxes in public places are OK for accepting reverse charge calls in (local calls, overseas calls, etc.) if the pay coin box is in a private place, remember that the person or preferably firm who owns the place will have to pay for your call.

From a call box, get a free local call if you tell the operator you've just wasted 6d.

For the "I-got-cut-off" calls from a public box via the operator, in case the operator checks with the people you're phoning, a foolproof method is to ring once, put no money in, and let it peep peep itself out; then the people will back up your story to the operator.

Safe arrival calls: If you want to phone your mother to say you've arrived safely, without the call costing either of you money, pre-arrange with her that she refuse to pay for your reverse-charge call. Or you could work out a complicated code, with the variations on your name which you give the operator meaning many different things.

Service Calls: For local calls from a call box, can dial 100 (only between 8am & 5pm?), and then the technique is to say, very throaty: "Service call to 969 7431" or whatever, and if pressed can claim to be a T.O.1 - or 2 - ie. "Technical Officer".

Shared Service Lines: If share with a proper cunt, the following is a dastardly trick: "Call exch. E+N has 3 wires Grey, Blue, Brown. Swap Grey & Blue over. You'll receive your own calls, but your calls will be charged to the other bloke."

Speaking Clock: Free TIM Time from any STD (Grey) coinbox telephone: dial HEA 8166 (in London), 01-HEA-8166 (elsewhere).

Telegrams: Ring a telegram, giving the first 3 letters/numbers correctly - this part of your telephone number is all the operator knows - and for the rest of the number use that, say, of a local state institution. (In fact on all occasions when telephone-fiddling give out a false set of last 4 numbers if you don't want to pay the bill.)

One can telephone say Edinburgh using this method of the false 4 numbers, telling the operator "I'm having difficulty getting through on S.T.D, can you put it through" - but cannot make overseas calls where the operator calls you back.

Testing: For testing your phone, dial 175 and then the last 4 figures of your number - a machine will say "start testing": replace receiver: bell will ring (Silence at the other end) (or if it doesn't ring back your phone may be tapped (pick up the receiver), dial 1305 and hear another machine tell what's wrong with the phone).

Tracing: Dial 999 and the tracing is that you hang up and find that you can't cut them off. But apart from this 999 tracing, it takes 7½ minutes + to trace a call.

Haven't got a telephone? Don't despair: go to the Press Room for Exhibitions at Earls Court (where incidentally can make free local calls). Rip off a telephone and put it in a briefcase. (Field-Tested).

FREE TOWELS, etc:

Besides the classic coat-hangers, a night in a hotel should liberate towels, sheets, blankets, electric fires, televisions, etc.

FREE TRAVEL:

All Public Transport has to carry you free if you provide your name and address.

Buses: Simply behave in all respects as if you've already paid your fare. Sit in stony silence if questioned... Pick up an old ticket, let the man see you've already paid... on a crowded bus only, and if the inspector gets on, you get off... on a bus whose top deck is empty, can often slip upstairs without the conductor noticing and sit at the very back to avoid the mirror... can get on a bus and ask for a stop in the opposite direction - distance depends on how far you get before conductor asks for fare, so watch which direction he's collecting in as you get on. Especially recommended to those with foreign accents...

All buses and all vehicles can be stopped by the pedestrian prepared to stand in the middle of the road making police-type stop signal... can catch bus too as it speeds away from the pedestrian crossing on which one was standing.

For Red Arrow Buses, just walk in the middle door at a busy stop when the driver's not paying attention... (the average human can slip through the turnstile of a one-man bus, but the jerks who paid their sixpences will scream like bats').

Get onto Greenline bus at Victoria and giving false name and address can travel without money about 40 miles out of London in any direction - (Pick up a free greenline map at a local underground) - Can get to Dertford, Reading, etc. this way. The same must apply to trains. And going from Cornwall to Margate on a series of local buses was field-tested recently without money, giving false name and addresses on each bus.

£5 or £10 notes ensure a free journey on short bus rides, again the foreign accent helps.

Car: If over 21 with a clean driving license, can get to Dagenham (or from New York to San Francisco) delivering cars.

Coaches: Phillips Son & Neale Ltd, 7 Blenheim Street, New Bond Street, W.1, tel GRO 8541, a firm of auctioneers, have a coach to their branch in Marylebone, (Hayes Place, N.W.1, tel PAD 1118), whenever sales are on there. May also be possible to get a free ride on the coaches Whiteleys operate from some hotels to their store in Queensway, W.2, tel 229-1234. And it's worth bearing in mind that coaches take (Irish) labourers out to their sites in places like Twickenham from Kilburn and the area around - ("be sure to carry a pickaxe").

Free coach to London Airport: take a double-decker from Victoria to Heathrow, from the BOAC Terminal opposite Victoria Station: they check the tickets inside the building, then bags are put in the back, then they come round to the front - get in with them at this point. Or if you want to get to the Airport from the West London Air Terminal in Cromwell Road: arrive at the Gloucester Road Tube, get out for free up the emergency stairs, get to the place in the Cromwell Road, keep on the ground level, walk under the building to where the buses are, the tickets are collected at the top of the stairs on the first floor - Climb on a bus that is filling.

Coach tours round Europe needing pre-university males to act as guides, are often advertised in the Personal Columns of the Times.

Disabled: Free transport for disabled people from the GLC.

Embassy: Sell or give away passport in sea-port or overseas, and the British Embassy always pay fare back; and if lost passport, can give false address and they fly you back. They are inefficient about reclaiming fares in any case. Alternatively, can get back from the States for free by going out there with a visa and then when it's run out and you want to get back, go out on a State Highway and get deported.

Ferry: Support the Woolwich free ferry.

Hitching: Covent Garden Lorries for hitches, at 3am or 4am, after they've unloaded. And newspaper lorries go to the country from the printers, especially on Saturday nights. Our Motorways are the easiest in the world for hitching. In London, good procedure is to tap on windows at traffic-lights and ask.

Free Maps: From Trust House Hotels - a good map of Britain, "better than the A.A one" - write to Trust House Hotels, Dept CSTE4, 81 Piccadilly, London W1V 0BX. More maps from London Tourist Board (170 Piccadilly, tel 629 5964), from the British Travel Association, down St James Street, W.1, and from Theos. Cook and Son Ltd, Berkeley St, W.1 (annual free guide to London) and then the free bus & tube maps from London Transport, 55 Broadway, S.W.1, above St James Station (tel 222-1234 for 24 hour travel information) - London Transport also have a whole series of other free pamphlets such as 'Know your animals', 'a day at St Albans' and 'Village Life', etc. The City of London Information Centre, St Pauls Churchyard, h.C.1, issue a lot of leaflets and maps of the City and information about events happening there.

Most National Tourist Offices issue maps about their countries and also brochures. And

embassies are always delighted to send you free specialist books about their countries as long as you send them an O.K letter.

Free Plane: In the Personal column of the Times, escorts are sometimes wanted for children crossing the Atlantic. Alternatively people have survived the journey in baggage compartment of planes: at London Heathrow Airport No5 Oceanic, go in the side entrance, wearing white overalls, with BOAC stencils on them. Packers may see you. A really uncomfortable ride, only for mid summer. The compartment is pressurized however.

Free Trains: changing; eg. Bristol to Twickenham: for 2/-, get a train that goes from Bristol, stops at Reading; change at Reading onto the Staines train; change at Staines onto the Twickenham train. Pay from Staines at Twickenham.

inspectors: If inspector comes on train and wants your ticket, say you've lost it, tell him the station you got on at and always find out beforehand the exact fare - they make you pay but you get away without a fine.

The classic inspector-dodge is to go round to an engaged bog, knock on the door and say: "tickets please" - or maybe you could try telling the inspector that someone did that to you.

Brighton to Victoria, not free, but for 9d; on a slow, stopping train (ie. no compartments and so no inspectors), get a platform ticket at Brighton and pay 9d at Victoria as if come from Clapham Junction.

Platform Tickets: Never need these to see people off, but useful for dodges. Eg: Victoria to Brighton, travel by platform ticket, and at destination, wait until train about to return to London, wave it out, walking backwards, and tell barrier you've forgotten your platform ticket.

Arrange to be met by person with two platform tickets - this could work on short journeys or where no inspectors.

oversleeping: do this for 100 miles, and give a ticket valid for small part of the run.

rush hour: load up with gear and plonk everything down just by the barrier, open bag and start fiddling for ticket - if you're coming off a train in rush hour, they say "pass through then".

Two People: If two are on a train, one carries all the dosbags and one looks straight. The latter waits just inside the barrier, then rushes up to greet the other and says "Hello Bob" and you're through on one ticket.

Train + Underground: eg from Rugby to London for less than 2/-: Get on at Rugby in Warwickshire, get a ticket for two stations down the line, the guy will have checked the tickets by that time; get off at Stratford, transfer onto the Bakerloo line, get off say at Trafalgar Square.

Colchester to London, get a platform ticket on Colchester Station, travel on a no-compartment train as far as Stratford, change onto Central Line Underground, and either pay 5d or give your name and address at other end.

Birmingham to London, buy a platform ticket at New Station, Brum, catch a slow, stopping train to London, Euston; change at Watford Junction to stopping, local train to Queen's Park; change at Queen's Park to Bakerloo line - (there is no ticket barrier between Underground and Main Line here).

Free Underground: Automatic: on the new machines, buy one ticket, use it and leave it sticking out of the machine and a dozen of your mates can use that one ticket.

What's needed with the automatic gates is a detailed analysis of the coding of the magnetic backing of the yellow ticket, maybe with a view to duplication... any electrical engineering student around?

exit points: at Great Portland Street, follow the No-Exit signs, et voila! No ticket collectors, works every time, and possibly at other stations too.

travel free to Hounslow East: get a train on the Piccadilly Line, get out at Hounslow Central, go across the pavement to the line going the other way, get off at the next stop, Hounslow East, where tickets aren't collected.

emergency exits: can be used at the following stations: Covent Garden, Elephant & Castle, Gloucester Road, Holland Park (though often a ticket collector at the top), Kennington (not rush hours), Lancaster Gate, Mornington Crescent, the Oval, Queensway, Regent's Park, the Strand and Tufnell Park.

Jump over the barrier at Warren Street Station.

Five Penny Tickets: Can get a 5d at Piccadilly Circus, go out to Mill Hill, come back and get off at Leicester Square. You can in fact, if brazen enough, travel any distance for 5d. A paranoid contributor notes however: "With the traditional Tube fiddles - saying you got on a couple of stops back, beware of the occasional London Transport blitzes along various routes; inspectors are planted at every station to make sure that nobody gets through the entrance gates without a ticket. If you come from somewhere off this route and say you on at a station which happens to be under this check, you are dead". The answer to this is that if you travel without a ticket and pay the other end, make sure to negotiate every barrier at the turn; the faint-hearted can offer 9d rather than a suspicious 5d; they never seem to mind though, in fact are normally extra-polite in receipt of cash which can go straight into their pockets; if they manage to stop you for questioning, and then say they had an inspector stamping tickets where you got on, say you ran past him because in a hurry, etc. Other points to remember are: (a) never say you came from Baker Street, it's rather difficult to get in there without paying. (b) use an American or foreign accent: a foreigner turning up the far end having 'lost' his ticket, is bound to get through for free; 'this is the first metro I've been on in my life, etc.' (c) avoid Oxford Circus which has an excess ticket window, where the man has to give out tickets, therefore cannot pocket the money and therefore is eager to nab you. (d) if you've got to name the station you came from, of course you've been up all night, etc., but you think it may have been ... Choose one you know because "How did you get to the platform?" is their trick question.

For regular travel in foolproof style, can work on the lines of this 2-journey-a-day-to-Wimbledon scheme: buy a 2/6 ticket at Piccadilly Circus for Wimbledon; also buy a 5d. Go to Wimbledon, do your thing. Buy a 5d ticket at Wimbledon, come all the way back and get out at Leicester Square, one stop beyond Piccadilly Circus. For the second journey, buy another 5d one at Piccadilly Circus, go all the way to Wimbledon South, one stop beyond, and use the 5d you had got earlier.

Anyone for Mass-Production of forged underground tickets?

Alternatively, this is the contribution of a man facing a £15 fine: "I've been thinking about this for some time, and I feel that the whole field of Tube Travel is wide open. What's needed is co-ordinated activity. When you come to think of it, nobody really goes anywhere by Tube; you usually end up back where you started, eventually. In a city this size, it's almost statistically certain that, for every guy at point A who wants to get to B, there's a guy at B who wants to get to A. Why can't they help each other out? Suppose you live in Wimbledon and you want to get to Upminster. Why not find someone in Upminster who wants to get to Wimbledon? You send him a ticket from the next station to you; he sends you one from his next-nearest station. Both of you save about 8/-. Obviously, this can't be done individually. However, if we had some sort of centralised 'library' of Tube Tickets, we could supply individual requirements on a subscription basis. Members of the scheme would send in any spare tickets they could get, with maybe some bread for postage, and get the tickets they wanted in return.

This scheme could include more than tickets, of course. There could be a great demand for information about interchanges, vigilance of staff at individual stations, cover stories, fines, legal positions, economical routes, etc. The idea could be extended to British Rail..."

Meanwhile, if the worst comes to the worst, and you're busted, they'll ask you for your name and address, and they'll want proof (see under 'I' for 'false identity' Section).

FREE VETS:

Treatment for dogs and other animals free or for donation only from:

The People's Dispensary for Sick Animals (tel 734 0071).

The R.S.P.C.A. (tel 930 0971).

The Blue Cross (tel 834 4224).

FREE WASH:

Free Showers at London Airport: "From Hounslow West Station, any bus will take you to Magnitex, then just ask for the BOAC building - in fact, walk down an alley next to Magnitex, keep on walking till get to a road that runs across from the alley, turn left a bit, then round till get to a big playground, where you may see a couple of planes - go straight over the playground until you get to some buildings - someone will be around, ask the way to the BOAC Canteen, - if noone's around, it's two swing doors and go to the third set of stairs - go through the doors on the right (there's a bog on the left), walk straight through the corridor past the offices - take the lift to the third floor, come out on the left, turn left, keep on left and the Gentleman's bog with the baths and two showers is on the left hand side. 24 hours a day - cheap meals in the canteen afterwards, and incidentally, free envelopes and writing paper.

Free Showers in the basement BOAC departure bogs at Victoria (BOAC Air Terminal), Buckingham Palace Road, S.W.1.

North Thames Gas Board, top of Ladbroke Grove in Kensal Green had free showers (1959 1)- 307 Kilburn High Road, N.W.6- get past the man at the gate, keep left past telephone exchange, round the back next to the "Clothes Disposal Room" was a big shower room. Have to take own towel and soap.

Better might be to go round the back of hotels and (best of all) YMCA's, with towel over shoulder, and make for the nearest showers.

Free baths at the BBC, soap and towel supplied, director's piss-house, downstairs at Broadcasting House, Portland Place, W.1.

In case you ever have to stay at the Salvation Army, the Notting Hill local medical Disinfecting Baths are at Sichester Road, W.10, tel PAR 9586, free and good for lice. Ring up and book an appointment. They do your clothes for you, which come out nice and hot.

FREE WORKERS:

Mobile Voluntary Work Team, c/o Denyse Pyle, Borrowdale, Carriage Drive, Frodsham, Cheshire. Do decorating and building all over the country for free: they ask for accommodation from the people they are working for and for food from local firms.

EVERYTHING IS FREE !

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