

which deserves to be mentioned is the "Cancer Social Service". In fact the Society looks after 213 families, 34 new cases having occurred during the year under review. The itinerant nurse attached to this Service called at 77 homes in 1963. As can be seen, home care and treatment by the Social Service constitute an important sector of Red Cross activity.

Five first-aid sections organize studies and refresher courses, intervene in the event of accidents at work or on the roads and provide free transport for the sick and the injured. In conclusion, let us point out that the Junior Red Cross is very active. It provides leaders for the holiday camps, carries out the annual collection for the benefit of French and German refugee children and in 1963 it celebrated the Centenary of the International Red Cross by organizing a children's painting competition, the theme being human fellowship.

New Zealand

The North Canterbury Branch of the New Zealand Red Cross is organizing its civil defence preparation and we give below a brief description of one of the practical courses it has conducted in connection with this scheme¹.

Vegetable soup, stew, creamed potatoes, peas, carrots, apple pie, cream horns, steaming cups of tea... these were what twenty-nine Red Cross members sat down to for their midday meal recently.

But this was no ordinary meal cooked in electric ovens, with all the conveniences of a modern kitchen at hand. The whole dinner was cooked out-of-doors in true Army style, using good solid-looking mud ovens, which emitted the taste-tingling aroma of wood smoke.

It was a pilot scheme organised by the North Canterbury Centre as part of the civil defence programme. The course was arranged with the co-operation of the catering staff at Burnham Military Camp.

¹ *Plate.*

"We are running this field cooking course as though the power supply had been cut off through some disaster", the North Canterbury President, Mrs. R.I. Brake, explained. "In such a case we would be cooking for evacuees and field workers."

Representatives from most Red Cross sub-centres which come under Christchurch's civil defence scheme attended the course. They came from as far as Lyttelton and Belfast.

Under the watchful eye of the District Catering Officer Lieutenant F.E. Swift of the Army Service Corps, and Corporal J. McIntyre, a catering instructor, they made delicious scones and pastry, from tried and tested Army recipes. As is so often the case, all declared that the food tasted far better cooked in the open, even if one did come across a stray splinter of wood in the soup, or the odd "foreign body" in the apple pie.

The ovens made from sods of turf and mortar and covered with wet mud, were constructed by the Army, as time prevented the Red Cross members from building their own. But in the future field days they will probably start from scratch ; from building the ovens, to washing the last dish.

Pakistan

On June 19, 1964 the inauguration ceremony was held for the opening of the Murree Centre, a Nurses Rest Home, Maternity and Child Welfare Centre and Family Planning Clinic. It was established by the Provincial Branch of the Pakistan Red Cross Society in attractive surroundings, nearly 7,000 feet above sea level.

The event was honoured by the presence of the President of Pakistan and was attended by many other prominent officials. The President of the West Pakistan Branch of the Red Cross, Begum Viqar-un-Nisa Noon, gave a welcome address in which she recalled the projects now being undertaken by the institution over which she presides with such enthusiasm and skill. She mentioned the work carried out in recent years by the National Society under