

A GLANCE THROUGH THE REVIEWS

The Red Cross World, — Geneva, January-March 1962.

This number of the League's official organ is devoted to the subject of health and contains numerous illustrations which show how the Red Cross is battling against ignorance. There are photographs of mothers learning to look after a baby and of attempts to instil clean habits and elements of personal and food hygiene in children. Further on, the school-mistress is shown as one of the principal missionaries of health and the Junior Red Cross as the institution which gives young people the opportunity to put into practice what they have learned in the classroom and to apply it outside.

Further illustrations show the League's action on behalf of Algerian refugees in Morocco and Tunisia, the milk distribution centres in the six Congo provinces and the training of teams and home nursing instructors in the Congo, Gabon and Togo.

In an article entitled "The right to health", Dr. E. Berthet, Director General of the International Children's Centre and technical adviser in mother and child welfare to the League, demonstrates the importance which the age we live in accords to health problems. He proceeds to analyse the different aspects of health education in the semi-developed and under-developed regions, pointing out that an increase in productivity depends largely on healthy workers and that the development of health education of the public, which will limit the waste of effort and money, is absolutely essential. He concludes by saying :

"Health education should give men and communities a feeling of responsibility. It will only be effective if it succeeds in transforming their behaviour and in making them aware of the personal efforts required for the preservation of a good physical and mental balance.

Until recently health education was confined to teaching the rules of hygiene. Now it has become a veritable education, appealing to individuals to participate actively in health promotion and stimulating their sense of family and civic responsibilities. It aims less at disseminating rules than at creating a "health mentality", healthy living reflexes. Health education therefore, becomes a social education destined to improve the well-being of peoples". It must induce families to make better use of the public health services and make health and social workers aware of the fact that education is the essential factor in all their activities."
