

**WORLD HEALTH DAY**

*World Health Day, to be celebrated on 7 April, has as its theme this year Your Heart is Your Health. Dr. M. G. Candau, Director-General of the World Health Organization, issued for the occasion a message from which we give below some excerpts:*

... Enormous progress has been made in science and technology, and important social and economic achievements have been accomplished. Yet health indicators warn us that all is not well with our civilization and that its harmonious continuation depends, to an extent which might surprise some, on the solution of major health problems such as the cardiovascular diseases. The prevention of those diseases will require some far-reaching changes in our way of life and in order to make them possible we must be sure that we call upon all the scientific and technical means at our disposal.

Much more than we realize, the health of our hearts is in our own hands. The time has come for community action to control high blood pressure, to prevent rheumatic heart disease, to give proper care to persons with myocardial infarction or cerebral stroke, to treat respiratory diseases that often lead to chronic heart failure, and to diagnose and treat malformations of the circulatory system in children as early as possible.

We need better nutrition and healthier living habits. Much more concentrated research is necessary to clarify the unknowns of atherosclerosis and ischaemic heart disease. Since some predisposing factors are already present in young people, prevention needs to be concentrated on the young adult, and even on the child and adolescent by promoting their optimum development...

... The action I have outlined calls for increasing international effort, government support, active participation of health workers and of the public. If all these forces will universally unite, we may soon be able to live a better, a healthier and a longer active life...