

The following procedure should be observed:—

1. Essays should be written legibly, or typewritten, on one side of the paper only, on numbered sheets, preferably foolscap size.
2. The name of the competitor must *not* be placed on the paper, but a motto should be selected to identify the candidate and written at the head of the essay.
3. A sealed envelope, containing the *name, staff rank, address and name of the hospital or clinic where employed*, and the *motto of the candidate* which must also be put on the *outside* of the sealed envelope, together with words "Student Nurse" where appropriate should be sent with the essay to:—

The Education Secretary, National Association for Mental Health, 39, Queen Anne Street, London, W.1.

N.B.—The winning essays become the copyright of the National Association for Mental Health.

Each candidate should keep a copy of his or her essay, as essays submitted will not be returned unless a stamped addressed envelope is enclosed.

This Competition, which is administered by the National Association for Mental Health, was founded by the Society of the Crown of Our Lord in memory of the late Dr. J. R. Lord, C.B.E., for many years Medical Superintendent of Horton Hospital, and also Joint Hon. Secretary of the former National Council for Mental Hygiene.

N.A.P.T.

THE National Association for the Prevention of Tuberculosis held its Fourth Commonwealth Conference at the Royal Festival Hall, London, June 21st to 24th, 1955.

On June 20th the preceding day, a Press Reception was held for overseas delegates, and the B.J.N. received an invitation.

It was a most distinguished gathering of men and women of the medical profession, of no less than 58 countries, of all colours and creeds, with but one object in view, namely, the care and prevention of tuberculosis.

An outstanding figure was Sister Mary Aquinus, M.D. (Medical Officer, Ruttonjee Sanatorium, Hong Kong). She is obviously devoted to the Chinese, and was very modest about her many years in Hong Kong. We were also introduced to Mrs. J. S. Mefane, a Nursing Sister from Basutoland, and a N.A.P.T. scholar.

We then made a tour of the Exhibition, where workmen were putting finishing touches to some of the stalls.

There was a particularly interesting collection of handiwork of patients of various hospitals.

The value of Occupational Therapy cannot be exaggerated, especially among T.B. patients.

Various mobile X-ray and other units were assembled outside the Festival Hall, including a Mass Radiography Mobile Laboratory designed for the Ministry of Health, as supplied to all the M.R. units in this country. These are just as efficient as those set up inside a building.

As to prevention of T.B. in early stages, new cases are being discovered in Britain at the rate of 1,000 a week.

The Duchess of Portland gave these facts on the first day of the Conference.

She said that each week some 10,000 people were examined and 150 cases discovered.

On the following day, the Earl of Home described how he himself was cured. A vivid example of what can be done with the co-operation and understanding of the public.

The Duchess of Kent, who is President of N.A.P.T., said that it was encouraging, but not a cause for complacency, and although deaths in this country from T.B. were the lowest on record, there was still a large number of patients to be cared for.

Much-needed and gratifying work for Nurses, who wish to specialise!

D. B.

Extracts from the Diary of Miss Evelyn Bark, International Relations and Relief Adviser to the British Red Cross Society, on a recent visit to the Alliance of Red Cross and Red Crescent Societies of the U.S.S.R.

TUESDAY.

A cold wind swept the airfield at Helsinki as we climbed the narrow ladder into a Russian plane. There were attractive Eastern carpets on the floor but no safety belts. In the questionnaire handed us by the ununiformed stewardess we were asked, among other things, whether we had on our person any maral, wormwood seeds, antelope horns, spotted deer or East Siberian stag, and reminded in six languages that misinformers would be dealt with in accordance with the Customs Code of the U.S.S.R.

Our pilot landed like a fairy on the runway at Leningrad, and porters with white aprons over their smart uniforms carried out our luggage which had been stacked in the plane with us. A bus conveyed us to the reception hall, but the lowest step was so high that a Red Army soldier had to pull me up while another pushed from behind. We identified our luggage, which was scarcely looked at by the women customs officers, in large blue berets. Dinner was served by waitresses in smart lace caps and aprons before re-emplaning for Moscow. We were now three hours ahead of Greenwich time.

Moscow Airport is about 20 miles from the capital. After being welcomed by our Soviet Red Cross hosts and presented with bunches of white chrysanthemums, passengers and luggage were piled into two luxurious cars. They had rugs on the floor and more draped over the seats for us to sit on. The golden cupolas of the Kremlin glittered under a full moon and on each of the towers along the old fortress walls were huge red stars electrically lit. Across the Red or "Beautiful" Square (the Russian word for "red" is the same as that for "beautiful"—"krasny") we arrived at the National Hotel. Here two suites had been reserved for us.

Although it was nearly midnight we sat down with our opposite numbers to a sumptuous meal of Russian salad, smoked salmon and caviar, chicken, ice cream, fresh fruit from Georgia and red Champagne.

WEDNESDAY.

We went to bed in the small hours but rose betimes. Our official Red Cross programme did not begin until midday and by 9 a.m. we were striding across the Red Square on our own. We were not in uniform but a couple of policemen immediately spotted us and started blowing their whistles. Apparently we were transgressing some traffic regulation but decided it was best to feign innocence and plod on. Fortunately the police were too busy controlling the fully loaded trolley buses and trams to give chase. After following the walls of the Kremlin for some time we tried out our scarcely basic Russian on another policeman, who smilingly directed us.

Streets were being swept by women with long birch brooms. Everyone looked well fed but I saw few hats or prams, the women mostly wore shawls or scarves and carried their babies.

Back at the hotel we were called for by our Soviet Red Cross colleagues and taken to their Headquarters to be received by the President and his Executive Committee. We were immediately struck by the similarity of their offices to the many other Red Cross offices throughout the world. There were the Red Cross posters on the walls, shelves of training manuals, cases of handcraft, etc., etc.

In his speech of welcome the President acknowledged the gifts of medical equipment sent during the war by the British Red Cross Society Aid to Russia Fund. We were then escorted round the various Departments and shown a film of Red Cross activities. This was followed by delicious Russian tea and cakes. My neighbour at table told me how much her Society had looked forward to this first visit of a foreign Red

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