

SPANISH REFUGEE CAMPS AT PERPIGNAN.

BRITISH RED CROSS COMMISSIONER PRESENTS HIS SECOND REPORT.

Sir John Kennedy, Commissioner for the British Red Cross, and Major-General F. G. Fitzgerald (late R.A.M.C.), who accompanied him on his second visit to the Spanish Refugee Camps at Perpignan, have nothing but admiration to express for the splendid way in which the French authorities are tackling the problems of housing and caring for thousands of destitute, war-weary men.

In his report Sir John Kennedy stresses the favourable impression he and Major-General Fitzgerald received of all the hospital facilities. Four hospitals in Perpignan and a hospital ship at Port Vendres provide accommodation for several thousands, while each camp has a Field Hospital where less serious cases are attended to. The staff of doctors and nurses is more than adequate, and from a medical point of view there seems no cause for anxiety provided there is no bad epidemic of enteric or dysentery.

Camp Comforts.

In company with General Ihler, who is in command of all the camps in the Perpignan district, Sir John Kennedy visited one of the finest of these at Bacares. In this wooden-hutted camp there is accommodation for 70,000 and the washing, cooking and sanitary arrangements are most satisfactory. Hot showers have been installed and it is possible for every man to have a weekly bath. Sir John points out that this only emphasises the urgent need for clean clothing and, in this direction, the British Red Cross is rendering the most valuable assistance.

Post Offices and married quarters are among the comforts afforded to the internees and some of the more enterprising ones have devised such comforts for themselves as a barber's shop.

Food is good and sufficient apart from a shortage of fruit and vegetables. Through the British Red Cross Sir John Kennedy was able to provide a fairly large supply of orange and apricot pulp to help with this deficiency.

Recreations in the Camps.

The pressing need for distractions for the interned refugees is one of the main features of Sir John Kennedy's report. He suggests there is a splendid opportunity for the organisation of a system to supply teaching on various subjects so that the men can eventually return to their country better equipped to take up a trade and with their mental faculties developed.

He also points out that recreation for the internees is essential and that the services of trained organisers of games and pastimes would be invaluable. A substantial sum has already been expended mainly on football equipment, but this is only a beginning.

COMPULSORY MILITARY SERVICE.

Why make catch vote pledges? Under the pressure of events they are difficult to keep. A system of compulsory military service will sooner or later be inevitable in this country. The thin edge of the wedge has been driven in. Both Houses of Parliament have endorsed the Government's decision to introduce a scheme of compulsory military training. Recruits are to be from 20 to 21 years of age, and whilst hoping active service will not become necessary, military training will be a great aid to national health for young men. Who can doubt this when one observes the slouching, long-haired, unkempt youths, when compared with the well-developed, smart, upstanding young soldier marching in step?

YOUR HEALTH IN SPRINGTIME.

In spite of all the poets say, early spring finds most of us feeling tired and depressed. Winter has been long and hard, colds and influenza have left their mark, and the warm sunny weather is still a long way ahead.

A little extra care just now will be repaid a hundredfold in better health, better looks and increased vitality and energy. A few minutes' exercise before an open window every morning and a brisk walk during the day will do much to tone up the system, quicken the circulation and drive away the accumulated dullness and fatigue of winter.

Even more important at this time of the year is properly balanced nourishment. Only in this way can you build up new strength and vitality after the strain of winter, and help your body to adapt itself to the changing season. A pleasant and sure way to procure the right kind of nourishment is to drink 'Ovaltine' every day. This delicious beverage is prepared from fresh, full-cream milk, new-laid eggs and the finest malt extract. It is rich in vital food elements which nourish and strengthen body, brain and nerves.

Another cup of 'Ovaltine' at bedtime every night will ensure that most important of all Nature's restoratives—regular hours of sound sleep. Delicious and soothing, an 'Ovaltine' nightcap quietens tired nerves and brain and quickly brings sleep which is completely refreshing and health-giving. Make 'Ovaltine' your regular bedtime beverage for the next few weeks and you will be delighted with the feeling of well-being and radiant vitality which will be your reward.

WHAT TO READ.

MEMOIRS AND BIOGRAPHY

- "Daughters of Queen Victoria." E. F. Benson.
- "My Years in Germany." Martha E. Dodd.
- "The Lovely Quaker." L. V. Hodgkin.
- "The Real Robinson Crusoe: Being the Life and Strange Adventures of Alexander Selkirk."

FICTION

- "They Wanted to Live." Cecil Roberts.
- "Catherine Wheel." Joan Butler Joyce.
- "All This and Heaven Too." Rachel Field.
- "You Were Mine." Helena Grose.
- "Harlequin House." Margery Sharp.
- "Clubs are Trumps." Frances Mocatta.
- "We Lived as Children." Kathryn Hulme.

MISCELLANEOUS

- "The Building of the British Empire." James Truslowe Adams.
- "Modern Sweden." Ciceley Hamilton.
- "Animals as Friends." Margaret Shaw and James Fisher.

HISTORY.

- "Crimea: The Campaign of 1854-56." C. E. Vulliamy.

WORDS FOR THE MONTH.

The last message of King George V to children:—

"I ask you to remember that in the days to come you will be the citizens of a great Empire. As you grow up always keep this thought before you: and when the time comes be ready and proud to give your country the service of your work, your mind, and your heart."—Christmas, 1935.

The Acid Test of Nursing.

"The ability to nurse a chronic patient successfully is the acid test of the basic qualities of a nurse."—E. M. Bluestone, M.D.

[previous page](#)

[next page](#)