

**NATAL COASTAL BRANCH**

The Annual General Meeting took place on the 17th July, 1972, at which new Office-Bearers are elected as follows: Chairman: Mr. C. A. Liggins; Vice-Chairman: Mrs. S. Frame; Hon. Secretary: Miss A. Savin; Hon. Treasurer: Mrs. J. Murphy.

**Committee Members**

Miss A. Divall, Mrs. S. Foreman, Mrs. C. Grant, Mrs. Grobler and Miss L. Jamal.

**Branch Representatives**

Cripple Care: Miss I. Whittaker; Private Practitioners: Mr. R. Mitchell; Journal and Public Relations: Miss S. Blackwood; Appointments: Mrs. S. Foreman; Membership Liaison: Miss G. Jones; National Council of Women: Mrs. H. Gardiner.

**Branch Activities**

In an effort to cater for members in that and adjacent areas the May meeting was held at Miss Blackwood's Rooms in Westville. Mrs. Munch gave a very interesting and well-balanced talk on "Connective Tissue Massage - its uses and abuses". We were pleased to have three members from Natal Midlands Branch as our guests.

The June meeting was a short general meeting followed by Dr. Jaffe speaking on the "Painful Stiff Shoulder".

Members of the Branch were privileged to receive an invitation from the Natal Branch of the S.A. Cardiac Society to attend lectures at their Congress which was held in Durban in July.

**News of Members**

Congratulations to Mrs. J. Rossiter, who gave birth to a son on Family Day.

Our best wishes go to Miss Maureen Ambler, who is now Mrs. Udal.

We welcome back Miss L. Jamal, who has been working overseas for two years, and a big welcome also to Mrs. Fordyce and Mrs. Williams, who have both transferred from the Southern Transvaal Branch.

**NORTHERN CAPE BRANCH**

One again there have been changes in our Branch membership - Miss van Graan and Miss Samson left us for Port Elizabeth and Cape Town respectively. Mrs. Eins has returned to Johannesburg.

We welcome Mrs. Patricia Farrer who is now working at the Elizabeth Conradie School.

There has been great interest shown in the forthcoming Conferences. Miss Setzer will attend the one on Rheumatism and Arthritis and Mrs. Edeling, Mrs. Mitchell, Mrs. Farrer and Mrs. Yeowart the Ante-Natal one.

**SOUTHERN O.F.S. BRANCH**

**Meetings**

Meetings were held on 24th April and 16th June, principally to determine future lecture programmes. Owing to the resignation of our secretary, Miss S. A. Boshoff, due to pressure of work and the transfer of our treasurer, Mrs. A. E. Wild, elections were held. Miss M. Vroomen was chosen as secretary and Miss E. Howard as treasurer.

**Lectures**

16th May - a clinical meeting on Meniscectomy was held, with lectures by Dr. C. Albertyn and Miss L. Davids and a demonstration of patients.

19th June - a clinical meeting on Sport Injuries was held, with lectures by Dr. A. J. Vosloo and Mr. J. van der Walt and a demonstration of patients.

**Transfers**

Mrs. A. E. Wiid from Bloemfontein to Kroonstad and Miss L. Botha from Port Elizabeth to Bloemfontein.

**New Members**

We wish to welcome Mrs. E. Brand, Miss E. Howard, Mrs. D. van der Merwe and Miss M. Vroomen to our Branch.

**BOOK REVIEW**

**HELP YOURSELVES, 2nd Edition.** Authors: Peggy E. Jay; Elizabeth Walker; Ann Ellison.

Publishers: Butterworths & Co. (S.A.) Ltd., P.O. Box 792, Durban. Price: R1,50. Delivery: R0,15.

This is a small book full of information and ideas for the hemiplegic patient and his family and, in fact, for anyone, trained or untrained, who is dealing with such a person.

It is written in a clear concise manner, the pages turn easily making it possible for a one-handed person to use it, as indeed this is the idea of the book, which is intended to help the hemiplegic himself and his family, in the rehabilitative programme.

The book is divided into four parts. The first part deals with Independence and the basic problems common to both male and female hemiplegics.

The second part gives ideas and advice to the hemiplegic housewife, with suggestions for aids to daily living and cooking.

The third part of the book deals with "Work and Play" including ideas for employment, re-employment and recreational activities.

Teach yourself to write again is another short section of particular importance.

The final section deals with Speech Problems - a very real problem unfortunately with so many hemiplegics.

This book is orientated from the occupational therapist's point of view but this is the rehabilitation angle for these patients and it will prove more than useful to many physiotherapists in private and hospital practice. It can be highly recommended to patient and family alike, especially when trained help is not readily at hand.

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