

Thus finding the cripple or potential cripple, and assisting the patient to obtain correct attention and to follow the case through to satisfactory rehabilitation, (or in the case of a child, habilitation) is one of the important functions of "Cripple Care" in South Africa.

Education of the Public.

A very vital, but not so well known fact of Council's work, is that of essential publicity to educate the public as to the importance of helping cripples to help themselves. One may say that rehabilitation begins with prevention or finding a cripple and does not end until the adult is fully established as a self-supporting member of his community.

In the case of a physically handicapped child his physical, and emotional habilitation is not complete until he has been provided with education and sufficient training to enable him to become a satisfactory wage earner.

Films and Publicity.

To disseminate instructive information, this Council maintains a large library of films on Cripple Care to act as an informative stimulus to the general public, and to encourage cripples or parents of cripples to seek treatment, and to persevere with treatment, even though at times it may seem interminable.

Its staff and representatives throughout the Union and S.W.A. give talks and arrange film shows to the general public whenever even a small group can gather together for the purpose.

It issues illustrated pamphlets and for this purpose, with the patients' permission, the staff takes many hundreds of convincing photographs.

A new series of instructional pamphlets has now been initiated, the first one known as "Foot Complaints and Foot Hygiene", which is distributed to the public without charge.

The Council is responsible for a goodly number of publications in the interest of Cripples. It also succeeds in issuing press and radio releases in connection with their welfare.

It is obvious then that the National Council for the Care of Cripples has already assisted in initiating a considerable variety of services, but *much more* is still to be done.

There are many people in the country who would not today be doing Cripple Care Work if it had not been for the stimulus and acknowledgment, encouragement and financial assistance given by the National Council for the Care of Cripples.

NATIONAL COUNCIL FOR THE CARE OF CRIPPLES.

Film—"Dynamic Posture" (16 m.m. sound-colour running time approximately 20 minutes).

This film has been added to the National Council for the Care of Cripples film library and is available on loan for short periods. The film was produced by Beckett Howorth, M.D., in association with the Greenwich Hospital Association and sponsored by the Association for the Aid of Crippled Children, New York.

Its practical approach to the subject of posture in relation to everyday life makes it an instructive film for teachers, scholars and housewives, also suitable for showing to all branches of the medical and para-medical professions and general public.

"Dynamic Posture" is the term used to indicate correct body position in action, and in preparation for action, in order to prevent avoidable strain and jar. Requests for loan of the film should be made to:—

The Film Librarian,
National Council for Care of Cripples,
P.O. Box 10173,
Johannesburg.

Easter Stamp Fund Campaign.

There are many great doctors, therapists, orthopaedic mechanics and social workers who are now devoted to this cause because of the initial interest of our Council.

The Cerebral Palsy work being done in many centres in this country is assisted by a special Division of the National Council.

The Rehabilitation of Coloured disabled in the Cafda Industrial Training scheme in the Cape is another example, where money from the proceeds of the Easter Stamp Fund has made it possible to carry on.

The National Council's income is derived almost entirely from its annual Easter Stamp Campaign, conducted from March 1st for several weeks in the larger towns and longer in the country areas.

The field work in many rural clinics, the decentralized services associated with aftercare to persons already treated, the orthopaedic workshops and medical school departments are to some extent indebted to Lord Nuffield for his great gift, are directly and indirectly indebted as well to the public who have from year to year contributed to our annual drive for funds in the Easter Stamp Fund Campaign.

While the Council's affiliated cripple care associations receive some subsidies from provincial departments for certain aspects of their work, the Council is dependent on the support of the public for its major work.

From the proceeds of the Easter Stamp Fund, it sets aside a replenishment of its main funds such as a clinic fund, a contingency fund and so on, and thereafter 60% of the nett proceeds is automatically allocated back to its nine regional associations pro-rata to what is raised in their area, and for use in their region at the discretion of their own committee.

The Council also makes various grants as enumerated earlier in this article.

The collection of funds is done largely by voluntary workers. The Cripple Care Secretary or her Regional Easter Stamp Organiser in each region rallies a convener in every centre and in every suburb who in turn is asked to gather her friends and their friends together, to implement the sale of Easter Stamps and raise money in every possible way for the Easter Stamp Fund Campaign. The National Council for the Care of Cripples and its Easter Stamp organisation is not unmindful of the active part the physiotherapists have played in assisting in the sale of Easter Stamps for many years, and herewith extends its sincere thanks.

BOOK REVIEW

"BREATHING EXERCISES"

by G. M. Storey

Published by Faber and Faber

Cost 8s. 6d. net.

Miss Storey's new book "Breathing Exercises" fulfils a great need and will be of value to all physiotherapists.

It is well arranged and very readable, with clear diagrams well situated in relation to the text. The first chapters describe the mechanism of respiration and the factors influencing breathing; and the following chapters discuss and cover the teaching of relaxation and breathing exercises in a variety of conditions.

Details of localized breathing exercises are not given and one would therefore not recommend the book for those on a thoracic surgical unit. However, one is given an excellent general idea of controlled breathing exercises and relaxation which are so important in all treatments, but especially medical cases which are covered very adequately.

This should be a useful book for students and qualified physiotherapists in general departments where the chronic bronchitic and asthmatic patients present such a problem.