

Thus, from June 19 to 26, 1965 the Portuguese Red Cross commemorated the Centenary of its foundation. The celebrations were attended by a huge gathering including many dignitaries from abroad who came to Lisbon to convey the congratulations of sister societies. The ICRC was represented by one of its Vice-Presidents, Mr. Jacques Freymond, and the League by its Secretary-General, Mr. Henrik Beer.

A number of receptions were held, one of them at the headquarters of the Red Cross, and a demonstration was given by the Medical Team Volunteers from the National Society. Visits had also been arranged to several welfare services, the fine hospital run by the Red Cross and the estate of model dwellings built by the Society to house the inhabitants of the "shanty towns" in the outskirts of the capital.

The ICRC, for its part, will not forget the valuable assistance it received from the Portuguese Red Cross during the Second World War, when, through the intermediary of its Lisbon Delegation, it forwarded some 250,000 tons of parcels and goods to war victims. It was pleased to convey its congratulations and wishes to the Portuguese Red Cross in this year of celebration of a great anniversary.

Various documents published for the occasion describe the work accomplished in a number of fields, particularly by the Medical Team Volunteers who, since 1887, have intervened with dedication in all circumstances and in all climes, with the necessary ambulances and equipment.

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## Spain

The Madrid newspaper, ABC, recently issued an article on diabetes and its symptoms, the prevalence of the disease in Spain and the prophylactic measures in which the National Red Cross participates. It is interesting to note how the struggle against this scourge is undertaken and we think it might be useful to summarize the methods.

According to the author there are some 30,000 known diabetic cases in Spain ; this number however seems to be on the low side and to judge from the results of examination of workers in various factories and enterprises should be increased. The problem is, in any case, one which is of grave concern to the medical profession. The Spanish Red Cross, for its part, has set up in its central Madrid hospital a free diabetes clinic for all ; it is one of the weapons in the struggle against diabetes undertaken by the National Red Cross on the initiative and under the guidance of Dr. L. P. Pallardo, one of Spain's most renowned specialists in the treatment of diabetes.

To assess the incidence of this disease, systematic surveys are carried out in all sections of the population. Treatment is given with due regard to the patient's family situation in order to prescribe appropriate diet according to means and occupation. It must be remembered that the diabetic is not always able to follow any occupation which he or she may wish.

This programme therefore shows the need for social service and assistance for the benefit of diabetic cases. Such service is given by the Red Cross clinic in Madrid and it includes laboratory tests, hospitalization where necessary, lengthy treatment and, where required, the free supply of insulin.

Each case dealt with by the Red Cross is given a card showing exactly the nature of his illness. This can be extremely useful in the event of accident or of fainting in the street.

On the social welfare side, attention is given to ensuring that child diabetics in schools, orphanages and holiday camps receive appropriate diet and medical control. Efforts are also made to improve the position of adult sufferers by setting up, for example, special canteen facilities for diabetics in factories and large undertakings ; by seeking a solution to the problem of life insurance, the premiums for which are excessively high in respect of diabetic cases ; by endeavouring to introduce legislation enabling patients to change their occupations if their state of health makes it necessary.

The diabetic patients—under medical control—can and should be able to lead a normal life. This is the aim to which the Spanish Red Cross is directing its efforts ; satisfying results have already been achieved both in Madrid and in various provinces.