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Autor: W.R.
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PEACE OF MIND

After the Christmas Message of "Peace on Earth and Goodwill to All Men," we may well dwell our thoughts and delve a little deeper into this old and ever new desire of all mankind, the desire for peace of mind!

Not everyone knows this, or at least we do not think through far enough to realise the ultimate object of our desires.

The poor man wants riches, not merely for the luxuries money will provide, but, back of the desire is a longing for security—peace of mind.

Peace of mind is a state of mind. It is not something we acquire, but something we express. It does not come from what we get, but how we use that which we have. It is that condition we reach when we are satisfied with the thoughts we are thinking and the things we are doing.

There is a distinction between satisfaction and peace of mind. We can be dissatisfied with ourselves about some particular traits and habits of ours and honestly try to remedy our faults and improve our lot without getting into conflict with our peace of mind—so long as we are satisfied with what we are doing is the right thing to do. —W.R.

The Twentieth International Red Cross Conference In Retrospect

PART II

(By Hans Haug)

The following is condensed from an article which an official of the Swiss Red Cross Society wrote for the *Neue Zuercher Zeitung*, reporting the proceedings and resolutions of the 20th International Red Cross Conference held in Vienna from October 2—9 last, which he attended.

Emergency Aid and Development Aid

Giving aid to the victims of natural catastrophes has since the World War been one of the Red Cross organization's major tasks. The activities of the national Red Cross societies in this field are coordinated by the League of Red Cross Societies in Geneva, which also maintains the liaison with the pertinent Specialized Agencies of the United Nations. The Vienna Conference reaffirmed this important role of the Red Cross. It also emphasized that measures taken for the protection of civilians in time of war must be supported, even while the Societies will maintain their separate identities vis-a-vis the civilian defense organizations.