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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.

On the occasion of the centenary celebrations of the International Red Cross in Geneva in 1963 the Governing Council of the International League approved an extensive program for the development of numerous societies of the Red Cross and the Red Crescent in Africa, Asia and Latin America. In 1964-65 parts of this program were translated into reality by the League. At the meeting of the Council of Governors that preceded the Conference in Vienna, the experience made so far was discussed and the desires and suggestions of both the givers and recipients of aid exchanged. Continuation and expansion of development aid through the delegation of representatives and experts, study periods and regional seminars and donations in kind were enthusiastically approved. Through the extension of development to sister Societies, the older and stronger organisations were declared to be able to make notable contributions to the development of health services in the developing countries, and, through the Red Cross Youth, to the education of the young in these countries.

The representative of the Swiss Red Cross emphasized how desirable and useful it would be if certain Societies were given immediate responsibility for specific projects. In this connection he was able to cite the example of the patronage which the Swiss Red Cross, with the generous support of the Federal authorities has assumed in favour of the Moroccan Red Crescent. This project assures the National Society of Morocco of intensive technical assistance for a period of five years. Through a regional seminar to be held in Morocco next year this aid can become effective also in other countries.

### **The Henry Dunant Institute**

Professor Dr A. von Albertini, President of the Swiss Red Cross, was happy to inform the Vienna Conference that the association for the Henry Dunant Institute has been founded. In this new work of the Red Cross, which will have its headquarters in Geneva, the International Committee, the League and the Swiss Red Cross will participate on an equal basis. It is the intention of the founders to develop the Institute step by step into a spiritual center of the Red Cross to serve research and teaching. Continuation and intensification of collaboration between the three Red Cross institutions domiciled in Switzerland—a collaboration that was greatly promoted by the Centenary celebrations of 1963—will remain essential. The Federal Government will place suitable quarters at the disposal of the Institute in a new building. A fund of 1 million Swiss francs, the larger part of which was left by the Centenary celebrations and the smaller part of which was contributed by private donors, will be available for the furnishing and operation of the Institute.

After six successful years in office, Mr John MacAulay (Canada) retired as President of the League of Red Cross Societies.



A young man, Jose Barroso, President of the Mexican Red Cross, was surprisingly elected to succeed him. The Countess of Limerick, Great Britain, a shrewd woman with a rich experience in the service of the Red Cross, was chosen to preside the Standing Commission of the International Red Cross. She replaces Ambassador Andre Francois-Poncet, France, who had directed the Commission since 1949. Francois-Poncet, President of the French Red Cross, will in the future be one of the seven Vice Presidents of the League.

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## ~~~~~ News of the Colony ~~~~~

### Auckland Swiss Club

#### **"FATHER CHRISTMAS" ON FRANK REICHMUTH'S FARM, 12th DECEMBER, 1965**

We were surprised by a heavy shower just before noon, so that we had to put our charcoal stove in a dry place under cover, and the lunch came a little bit delayed. But nevertheless, everybody had a big appetite and appreciated very much the hot sausages and, of course, the delicious dessert and coffee afterwards.

Also "Jass" was played inside the house and outside there was a long queue before the "Kegelbahn." At once we couldn't hear a single sound from the children — that was the moment when Father Christmas entered the house in his beautiful red suit and a long white beard with a big sack in his hands! After the distribution of the "Chlaussaeck," the kids as well as the adults enjoyed the ice-creams, of which our Santa Clause seemed to have a real big stock.

The day went only too quickly and we have to wait another year until we see all these happy children again. —M.M.

### Hamilton Swiss Club

A good attendance of members and nearly 100 children patronised our Christmas evening at the Pinelodge.

Christmas carols and children acting the Christmas Story was very much enjoyed. The highlight for the children was of course Father Christmas with his presents and the candle-lit Christmas tree.

Many thanks to the Committee and all those who helped to make it a success.

### Christchurch Swiss Club

The Christchurch Swiss Club has had a very enjoyable and interesting lot of meetings during 1965. There was the annual "Biremostete" at Mr Suter's farm in Akaroa in February, then