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ALBUM OF THE
MEXICAN RED CROSS

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Each day the Red Cross should penetrate further into the hearts of men. If it is genuinely intended that the Red Cross should be an effective factor in promoting peace in the world, it must be not only a doctrine but a living reality awakening the conscience of all and providing instruction for all from their early years.

Things are liked more when you are in close contact with them. Love is not a spontaneous feeling. It is a physical process which takes hold of our being through experiencing sympathy, reciprocity, friendship, understanding... and if the Red Cross is love of mankind, this feeling will grow provided you take the trouble to get to know this institution of a universal character ever better.

One of the means which we propose to ensure better dissemination of what the Red Cross signifies and really is, is the RED CROSS ALBUM, which is specially intended for youth from primary school to university. Everyone knows how keen an interest youth takes in collecting stamps to fill an album. There can be no disputing the successes achieved in this field by various companies which make use of stamps to help sell their product. Hence the proposed publication of the album is basically intended as an educational project, which also, however, constitutes a source of revenue for programmes of assistance successfully carried out by the youth of different countries.

The album might contain 200 to 300 stamps, depending upon the particular aims of the various National Societies.

For example, the Mexican Red Cross intends to publish in the near future an album containing 300 stamps under the following headings:

- I- History of the Red Cross
- II- Its organisation
- III- Basic principles
- IV- Geneva Conventions
- V- Florence Nightingale, the pioneer of modern nursing
- VI- Great Red Cross figures in the world
- VII- Red Cross activities in the world
- VIII- Mexican Red Cross
 - Ladies Committee
 - Central hospital

Medical services

First aid practice

First aid school: first aid
transport of injured
knots and securing patient
history, rules and regulations
elements of military discipline

Transport section: ambulances

Mountain rescue

section: rock-climbing (techniques)
ice (techniques)
rescue exercises

National Water

Safety School: swimming
rescue

Frogman section: diving
equipment
rescue exercises

Parachute Section: techniques and equipment

IX- Junior Red Cross

Protection of life and health

1. Health education
2. First aid
3. Accident prevention

1. Health education

Personal hygiene
Dental Care
Foot deformities
Defective vision
Clean and suitable clothing
Calisthenics
Proper feeding
Mental hygiene

2. First aid

Wounds
Arrest of haemorrhages
Shock
Artificial respiration
Bone, joint and muscle injuries
Bandages and tourniquets
Improvised stretchers
Burns
Poisoning
Various states of exhaustion

3. Accident prevention

Safety in the home
Safety on the road
Safety at work
Safety in sport

X- Mental and physical health

XI- Prevention and prophylaxis

XII- Health education nutrition questions

XIII- Health education and environmental sanitation

XIV- Mutual Assistance

Youth activities in hospitals, day nurseries and orphanages

Programmes for the disabled, blind, spastics, deaf and mentally retarded

Manufacture and repair of toys for orphans, disabled and hospitalized children

Programmes for founding libraries

Preparation of recreati and facilities

XV- International Friendship

Activities for youth in various countries with a view to strengthening human fellowship and contributing to the promotion of peace.

RECOMMENDATION

In all countries the Junior Red Cross should publish an album for making more widely know the Red Cross basic principles, organization, functions and activities for the benefit of mankind carried out by all Red Cross Societies. The album would thus fulfil an educational purpose and would, moreover, through the sale stamps, be a source of income toward the promotion of assistance programmes.

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SOME SUGGESTED TITLE PAGES FOR THE
ALBUM; THEY COLOURED SHOULD PREFERABLY BE

- 5 -

COPIES OF ORIGINAL DRAWINGS TO BE
REDUCED TO THE SIZE OF THE STAMPS
READY FOR PASTING IN THE ALBUM.