

It is a mistake to assume that propaganda is only meant to reach the poorest class. These are the people who profit least, and intelligent and well educated people can learn far more than we can ever teach the illiterate. If we teach people who, in their turn, may become teachers, we are sowing seed which will bear good fruit. Propaganda is really sowing seed, and we can never tell when some word we have spoken or some picture we have shown may have borne fruit.

SUOMI: FINLAND

By MISS EDITH PAULL

Finland or the "Land of a Thousand Lakes" seemed to me to be the most peaceful spot on earth, when I visited it in August 1939. Standing amongst the quiet lakes and pine trees I felt that nothing could ever disturb the peaceful atmosphere of a place like this, for the people, too, are peace-loving and law-abiding folk, but in the face of unprovoked aggression by a powerful neighbour, they were obliged to put up a fight in order to maintain their liberty and freedom.

The northern part of Finland is called Lappland and is populated by the Lapps. In this part there are mountains and forests. (The trees do not grow very high because of the extreme northern climate.) The whole area is very sparsely populated, with very few towns. Apart from this it is a most interesting place for visitors and holiday makers. Two-thirds of the journey to Petsamo, a port town on the Arctic Ocean, can be made by train and the rest by bus. In the summer, visitors go to the mountains to see the midnight sun, and in the winter there is a marvellous opportunity for ski-ing.

Holiday makers going for a day trip to the mountains can always take their lunch with them, and have it in one of the empty huts which are especially built on the lonely parts of the mountains. No one lives in these huts, but the doors are always open, so that anyone can use the huts, free of charge. There are rules written up which must be obeyed, one important rule being that visitors must be sure to leave a box of matches behind for those who come after; and should it happen that the hut is occupied, the first set of visitors must make way for the newcomers.

The middle portion of Finland is a district with very many lakes, hence the name "Land of a Thousand Lakes". Big forests are especially found in the eastern part of the lake district.

Finland is inhabited by three different races, Finnish, Swedish and Lapp, the population amounting to four million, which is approximately half that of London.

The population of Swedish origin amounts to 400,000, thus constituting only one-tenth of the entire population. About 90% of the Swedes inhabit certain stretches of land along the coast line.

The languages spoken are Finnish and Swedish, and all the main towns and streets are named in both these languages. Finnish is unlike any other language except perhaps a little bit like Estonian and Hungarian.

The theory is that the present Finnish race have evolved from the "Finnish Ugrish tribe", which inhabited southern Russia centuries ago. From there the whole tribe began to move northwards. After a short time a part separated and went to Hungary; the other portions moved northwards and inhabited the Baltic territories of Estonia, Latvia and Lithuania. The rest of this tribe went to Finland, or Suomi, to give it its correct name.

Finland is an agricultural country, the main products being rye, barley, oats and wheat. In the country, farming is the main occupation, and in the islands along the coast fishing is carried on. Timber, wood pulp for paper-making, furniture, butter, cheese, eggs, and berries of many kinds, which grow wild in the forests, are exported.

Politically, Finland was until 1809 united with Sweden, from where they got most of their culture. It was then taken over by Russia and had a Russian Government with local autonomy until 1918. Political affairs affected social life in the country and did not give much time for developing life and the country. Even women were too interested in politics. They were not allowed, or rather there were obstacles which prevented them from carrying out their culture, by the Russian Government; places such as hospitals and sanatoria, which were much needed in the country, were inadequate.

Since 1918, when Finland became an independent country, marvellous strides have been made, and they can compete with the best, some of the buildings and architecture being the most modern in the world.

A great deal has been done to improve the social conditions of the population, and the inhabitants are proud of the fact that they have no slums.

They have a President, who is elected every six years; and the main religion is Protestant Christianity.

Except in Helsinki and the main towns, policemen were conspicuous by their absence, and beggars there were none! "Honesty is the best policy" seemed to be the motto.

The womenfolk can take up any profession in the country from the highest to the lowest, except as a Church minister and preacher.

Helsinki or Helsingfors is a very modern town with some very tall buildings, the Olympic Stadium being eleven stories high. They were busy getting the stadium ready for the Olympic Games of 1940. Helsinki railway-station itself is very modern, and central for the hotels and the shopping area, and not far away is the Harbour, with a fountain and the market place near, where shopkeepers sell their wares daily till twelve noon. The landmark is the "Great Church", which is built on a height, and can be seen when coming into the Gulf of Finland.

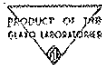
A visit to the National Museum and Art Gallery was of great interest, where some of the old paintings stood out amongst

*The youngest infant
can digest*

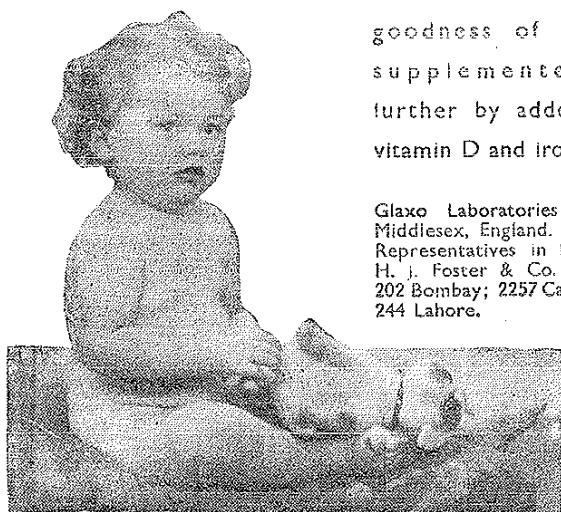
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the modern ones, and where there is a life-size statue of Paavo Nurmi, the most famous runner in the world, and the outstanding personality in the history of Finnish athletics. Parliament House is built of Finnish granite, and is a worthy example of modern architecture. In the interior there are five statues representing the industries of Finland. All the voting is done by coloured lights, the voters merely having to press a button.

The Social Museum in Helsinki is of great interest to school children and college students, who are brought here from time to time to visit the various departments. "College Day" is a day of celebration and rejoicing, when all students who have their white college caps and badges meet. Young and old, all become students again for that day.

There is an island called Saurasari or "Open-air Museum", where ancient Finnish and Lapp houses are still preserved, and where folk songs and dances in national costume are held weekly. Some of the friendliest squirrels in the world abound here. They come and eat out of your hand when called.

A boat trip round the Archipelago in the Gulf of Finland shows one how people working on the mainland and living on these islands, come to and from work in hired and private motor launches. Some of the islands belong to the Army and Air Force.

My visit to a lake district called Hollola is worth mentioning, where I had an opportunity of seeing something of the home life of the peasant people, who live simply, in marked cleanliness, and eat plain wholesome food, and make the most delicious coffee.

No one who visits Finland must leave without having the famous Finnish bath, or "sauna" as it is called, which keeps the nation fit and well. This is usually a small hut built beside a lake. The bathing room is filled with steam, and the bather lies down on a bench or stone slab and gets beaten with wet birch leaves, which give out a pleasant scent. This is equal to a massage. When the bather has had enough of the "beating", he gets out and plunges straight into the cold lake. The feeling is one of exhilaration. This "sauna" is taken regularly once a week by the peasant folk. The children thoroughly enjoy it.

It was in Hollola that I met a peasant woman, who was quite educated, and had read Dr. Rabindranath Tagore's works. (His works are well known in Finland.) This woman, though only a cowherd, desired to study spiritualism.

The Greek-Orthodox monastery of Valamo, a thousand years old, lies on a group of islands in Lake Ladoga. The bells of Valamo can still be heard at eventide.

Professional mourners still exist in remote districts on the Karelian border, though the Karelians themselves are lively and merry, Karelia being known as the "Land of Song".

The "Lotta-Svärd Society" is a voluntary defence organisation of the women of Finland, being the first of its kind in the world, and has a membership of over 100,000 women.

Since 1918 some of the most modern and up-to-date hospitals and training schools for nurses have been built and organised.

Medical science is of high standard in Finland. They had skilful surgeons and medical men from the early days. By the law, the State is responsible for the training of nurses in Finland, the schools being under a State Inspectress who lays down the minimum requirements.

In Abo or Turku I visited a large modern hospital and Preliminary Training School, and also the medieval castle, where a brilliant court once held sway; and the cathedral, which is over seven hundred years old. I now learn that the town has been heavily bombed and burnt down.

About twelve miles from Abo, stands a Sanatorium of modern architecture, with 286 beds, and built two years ago. The Sanatorium is surrounded by pine trees, and the floors and the staircase are a bright yellow colour to give the psychological effect of sunlight. Psychology plays an important part in treatment of patients. I noticed this particularly in a Mental Hospital I visited in a place called Kellokoski, which is a few miles away from Helsinki.

On my way to Kellokoski I was pointed out the house of Jean Sibelius, the great Finnish composer.

I end with a translation from the Finnish National Song, "Oi Maamme Suomi Synnyinmaa."

"Our land, our land, our Fatherland !
Thy glorious word ring forth !
No mountain rises proud and grand,
Nor slopes a vale, nor sweeps a strand,
More dear than thou, Land of the North,
Our father's native earth."

LECTURE NOTES ON LEPROSY: SIMPLE DIAGNOSIS AND TREATMENT.

*By Dr. JOHN S. NARAYAN, Medical Officer, Leprosy Hospital,
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One can easily diagnose a case of advanced leprosy like the poor crippled beggars in the streets with mutilated and absorbed fingers and toes—what we call Burnt-outs. They are, of course, most of them non-infective, but very often we neglect to notice our own household servants, the barbers in the saloons, the dhobies, and the patients travelling in trains, who are really suffering from leprosy and who are a source of infection to others. The difficulty lies mainly in diagnosing an early case of leprosy.

Ignorance, shame and fear are the chief causes why leprosy is not diagnosed and treated in its earlier stages: ignorance to notice the early appearance of the lesions is not only of the patient himself, but also of the qualified medical practitioner;