

Dear Club Leaders,

What a pathetic state of affairs? If you were to stand for one minute to pay homage to a child that has died of an avoidable cause, you will never sit again.

There are many causes of child mortality and especially in under-developed and developing countries, there are many reasons that are controllable.

One of the most important tools that Rotary can use very successfully to reduce child mortality drastically is to promote breast feeding.

Breast feeding is essential to the child for many reasons. Besides providing good and nutritious food, it also enhances immunity in the child and promotes healthy growth. It is relatively cheap, universally available and needs only education of mothers. It imparts immunity against diseases and promotes mother's health too. A relatively malnourished mother can also bestow the benefits to the child through breast feeding. If a little bit of extra effort is made towards enhancing the nutritional status of the mother, the results are satisfactory.

Rotary has supported many programmes of promoting breast feeding and had conducted successfully programmes to educate the mothers and families on the benefit of breast feeding. If more concentrated efforts are made in this direction, there is bound to be significant reduction in child mortality.

As children grow, they fall prey to diseases caused by infections and an educative programme of combating common causes of diseases such as diarrhea, dehydration and infections can be undertaken by Rotary. A universal immunisation time table, if followed by the families can ensure significant reduction in child mortality. Rotary can become teachers for the communities and propagate the advantages of taking some basic steps to ensure a safe future for the children.

A healthy child ensures a healthy youth and a healthy youth results in a healthy adult who will ensure a healthy community. All it needs is a little effort and a little patience.



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