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SHE'S NINETEEN. *£10 cents*

5/1/93

SHE'S GOT FOUR KIDS.

SHE PICKS TOBACCO

SIXTEEN HOURS A DAY.

SHE INHALES PESTICIDE.

SHE HAS RESPIRATORY PROBLEMS.

SHE GETS DIZZINESS

AND DOUBLE VISION.

SHE HAS RASHES AND

FUNGAL INFECTIONS.

SHE DOESN'T HAVE PROPER

DRINKING WATER.

WILL YOU HELP US

GET HER TO A DOCTOR?

HELP US BUILD A HEALTHY FUTURE FOR THE WOMEN OF NICARAGUA.

A woman's work is never done. In Britain, that's a phrase to raise a rueful smile. In a country like Nicaragua, it's a shockingly painful reality.

In a neglected corner of this poor land are the tobacco plantations of Jalapa. 85% of the workers are women - it's not really considered a man's work. Few of these women are advertisements for their profession. Most suffer from a depressing catalogue of diseases originating in their working environment, and exacerbated by the poverty and deprivation of their lives. And of course, ignorance, prejudice and social subjugation hardly help. But YOU can.



In Jalapa, there is a little house called Flor del Pino.

We want to buy it, and create a clinic to help these women and their families towards better health. Not just by treating their illnesses, but by teaching them about their bodies and showing them how they can gain greater control over their lives.

To purchase Flor del Pino, equip it, staff it with a doctor and nurse, and run it for one year will cost around £20,000. Not exactly an earth-shattering sum, but one which will certainly change the worlds of hundreds of women in Jalapa.

The Flor del Pino Project is being co-ordinated by WOMANKIND, an agency dedicated to supporting the present and future of women in the developing world. Working with them to overcome poverty, ensure better health, and help them take their free and equal place in their societies.

THE STORY OF ROSA.

Rosa is a tobacco worker on a Jalapa plantation.

She is nineteen, but looks a great deal older. She never knew who her father was; her mother wasn't sure either. At fourteen, she started work on the tobacco plantation and had her first messy abortion. A year later, she gave birth to twins all by herself in the middle of a field. Now, she's got to support four children, a husband who's out of work and a sick mother. The seven of them are crammed together in a one-room hut with no running water. They share a well with two hundred other people. The lavatory, also communal, is a hole in the ground. Six days a week, Rosa starts work in the tobacco fields at 7 am. She works an eight hour shift, is allowed a brief break, and then works a SECOND eight hour shift. For sixteen hours a day, she is exposed to a whole range of health hazards. On the whole, tobacco plants are regarded more highly than people; Rosa and her friends are not supplied with any protective clothing. All day long, she breathes in the toxic dust from the pesticides. Most nights, she lies on her mattress coughing constantly, keeping the others awake. Her throat hurts and her eyes are red and itchy. She frequently has skin rashes, sores and other problems with her skin. She often has headaches, double vision, nausea and very painful periods. All this is bad enough, but she fears there's worse in store. Rosa's mother, Carmen, has spent thirty years in the humidity of the curing shed, and now has almost constant bronchitis and other respiratory problems. Carmen's aching joints mean that the two hundred yard walk to the lavatory takes her fifteen minutes. At forty-five, she's an old woman.

Surprisingly however, Rosa considers herself relatively lucky. The average number of pregnancies for a tobacco worker is 9. Nor is she alone in being the sole breadwinner - nearly a quarter of her friends are in the same boat. So Rosa just gets on with it.

Once a month, a doctor comes. But he's hopelessly overworked; the queues form at dawn outside his small room. She often has to take the twins in - like many kids in Jalapa they weighed next to nothing at birth and, being undernourished, they're prone to constant infections. So Rosa's first concern is for them; she rarely bothers the doctor about herself.

However dire all this sounds, it's not all doom and gloom.

Rosa rarely complains. She doesn't believe in it. She loves her kids and, however tired she feels, she's glad still to be able to go out into the fields and work to feed them. She's intelligent and knows she needs to learn more about how to improve her life and her environment. But above all, she wishes for one thing - that she could just feel a little bit better.

OUR HOPES FOR FLOR DEL PINO.

We have no magic wand to wave over Rosa and the other women in Jalapa. We can't cure their poverty, we can't find them better jobs or rehouse them in decent new homes. But there are two major areas where we can help to change their lives. First and foremost by treating their current illnesses; secondly by helping them to learn about better health, and thus to have greater control over their lives.

These will be the major objectives of the clinic at Flor del Pino. It will look after the needs of 1300 women tobacco workers - and of their spouses and children.

In addition to treating work-related disease, the clinic will focus medically on gynaecological problems, pre-natal care, the prevention of uterine or cervical cancer and provide basic medicines for Sexually Transmitted Diseases.

The clinic's education programme will work to raise women's consciousness on a whole spectrum of matters - providing information, demystifying taboos, encouraging debate. We'll be concentrating on areas like sexuality, motherhood, spacing births and environmental sanitation. And they'll be taught to understand their own bodies, becoming more aware of their rights and how to strive for their own development.



TAKING THE FIRST STEPS FORWARD.

The cost of setting up Flor del Pino and running it for one year will be around £20,000.

The first step is the purchase of the small house. It will be converted to comprise a consulting room, a small pharmacy, a waiting room, an office and an educational workshop space. It must then be equipped with a gynaecological table, an instrument table, sterilisers, instruments, desks and chairs etc.

Initially only one doctor and nurse can be employed full-time. But there will also be a health educator who will run the educational workshops - and who will train up to at least twenty lay volunteers to further disseminate knowledge throughout the wider community. This will be done through workshops in Flor del Pino itself or through specially arranged events in the local tobacco factories.

It's estimated that in its first year, at least 6000 consultations will take place at Flor del Pino. After this pilot period, a new two year proposal will be drawn up in the light of more detailed knowledge of the women's needs. And after three years of operation, we believe that the clinic should become self-financing.

Below, you'll see a shopping-list of the basics required to get Flor del Pino up and running. These are just the absolute essentials; the more donations we receive the better service we can give to Rosa and her friends, and the more we can expand the work of WOMANKIND.

	£		£
Human Resources:		Medical Equipment:	
Doctor	3,256	Bed	312
Nurse	1,625	Gynaecological lamp	187
Educator	1,625	Stethoscope (2 @ £62)	124
Cleaner	812	Blood pressure gauge (2 @ £62)	124
		Speculae (30 @ £12.50)	375
Setting up the Clinic:		Weight & height measure (2 @ £93.75)	187.50
House purchase	2,187	torches (2 @ £12.50)	25
Water Tank installation	437	foetal detector	406
Desks	562	tweezers (8 @ £6.25)	50
Chairs	187	breast palpator (2 @ £18.75)	37
Furniture for waiting room	125	wooden steps	12.50
Table	62	metal table (2 @ £25)	50
Filing cabinet	212	sterilizer	312
Medicine cabinet	312	instrument case	156.25
Typewriter	312		
Paper etc.	937	Education Work	
		materials and books	560
		paper and pencils	560

HOW WOMANKIND WORKS

FOR WOMEN.

WOMANKIND is an agency dedicated to encouraging positive change in the lives of women in developing countries. Everywhere in the world, women are still struggling to take their full and rightful place, but in less fortunate societies they can also be struggling against poverty, hunger and even more deeply entrenched prejudice. In such countries, it's nearly always the case that women own virtually nothing, work the longest hours and get the least food, education and health care.

WOMANKIND works to support women in every way - body, mind and soul. So not only do we fight to overcome poverty, and to promote better health, but also for a greater awareness of women's value and potential to the societies in which they live. An awareness that also needs raising among women themselves.

WOMANKIND works by raising funds to support women's initiatives of all kinds aimed at improving their lives. We make appeals for health and education projects such as this in Jalapa. We finance programmes for women's long-term development needs. And we support groups dealing with delicate issues such as sexual abuse, marital violence and women's rights.

WOMANKIND believes that when women are unable to use, or are prevented from using, their skills to the fullest, there's a tragic waste of human resources which is detrimental to everyone. The women with whom we work in the developing world may possess very little in material terms. Usually however they are rich in terms of courage, determination, vision and optimism. All they need is the economic and educational support to convert these qualities into a higher standard of daily life. We exist to help them achieve that goal.

The Flor del Pino Clinic at Jalapa in Nicaragua will be one step closer to that goal for hundreds of women. In the United Kingdom, basic medical care is taken for granted. Please help us extend that right to others.



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