

HEALTH RESORTS *in the* U.S.S.R.

U.S.S.R. SECTION: BRUSSELS UNIVERSAL
AND INTERNATIONAL EXHIBITION, 1958



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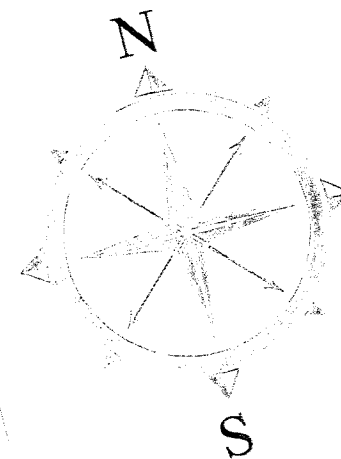
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The Murmashi sanatorium is the northernmost sanatorium in the U.S.S.R., Murmansk Region. It functions all the year round. The sanatorium has a well-equipped balneotherapy department

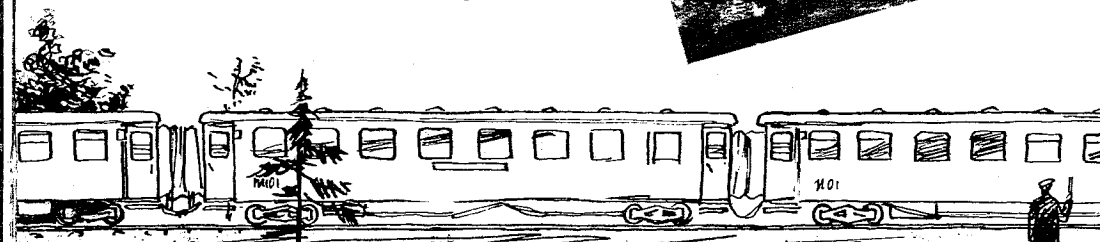


Palm Alley in Gagra, one of the best health resorts on the Black Sea coast



The immense territory of the Soviet Union, stretching from the Baltic Sea to the Pacific and from the Arctic Ocean to the lofty Pamirs, covers one-sixth of the land surface of the globe.

No other country in the world has such a variety of physical and climatic features as the U.S.S.R.: plains and mountains, forests and rivers, the warm South and the ice-bound North. In various parts



of the country there are many beautiful places with mineral springs and perfect climate where health and holiday resorts, very popular among the people of our country, are situated.

All citizens in the U.S.S.R. have the right to rest and leisure guaranteed them by the Constitution (Article 119). This right is put into effect by the institution of annual holidays with full pay and by the provision of a large number of sanatoriums, rest homes and tourist centres.

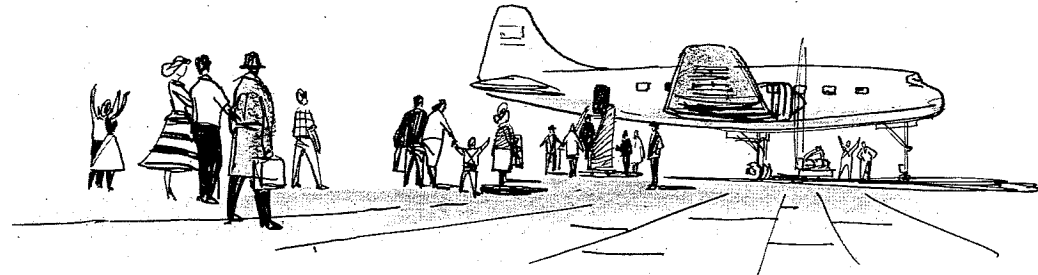
Medicinal springs, curative muds and special climate features have been surveyed and studied in approximately 4,000 places in different parts of the country.

The majority of the health and holiday resorts in the Soviet Union function the year round.

Millions of Soviet citizens are able to spend their annual holidays under conditions that ensure rest and medical treatment.

The Soviet state spends thousands of millions of rubles on the construction, upkeep and improvement of health and holiday resorts, the appropriations increasing annually as the number increases. In 1956 upwards of 5,000,000 people visited sanatoriums and rest homes for holidays and for medical treatment. Many people visited one-day rest homes.

Scientific study of natural resources and methods of applying them medicinally is conducted on a wide scale in the U.S.S.R., guidance in this field being given by the Central Health Resort Institute of the Ministry of Health. This institute, which has its headquarters in Moscow, studies the country's health resorts, promotes their development, involves new methods of treatment, and determines what ailments can best be treated at the various resorts. It has worked out a method of synthesizing mineral



waters analogous to natural waters, as well as methods of mineral water and mud-bath therapy for sanatoriums in localities which do not have medicinal springs or deposits of curative muds.

There are also 14 regional health resort institutes in the Crimea, at Sochi, the Caucasian spas, Odessa, Georgia, Azerbaijan, the Ukraine

and elsewhere that also have a large research programme.

Research is also carried out by the medical staffs of many sanatoriums.

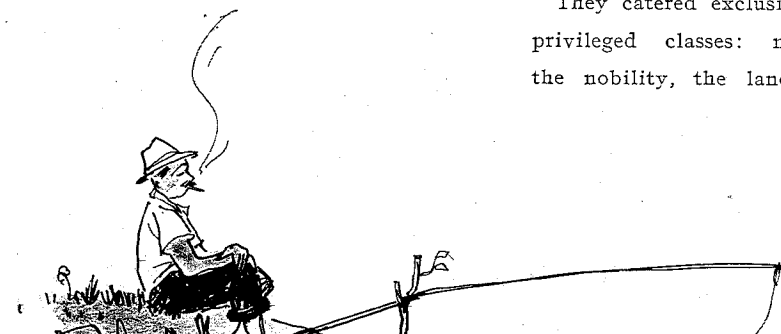
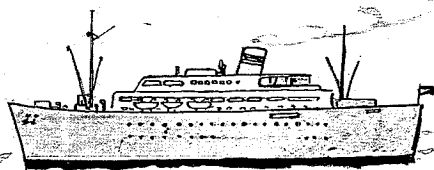
The work of all these institutes plays an important part in providing the people with the best possible conditions for rest and curative treatment.

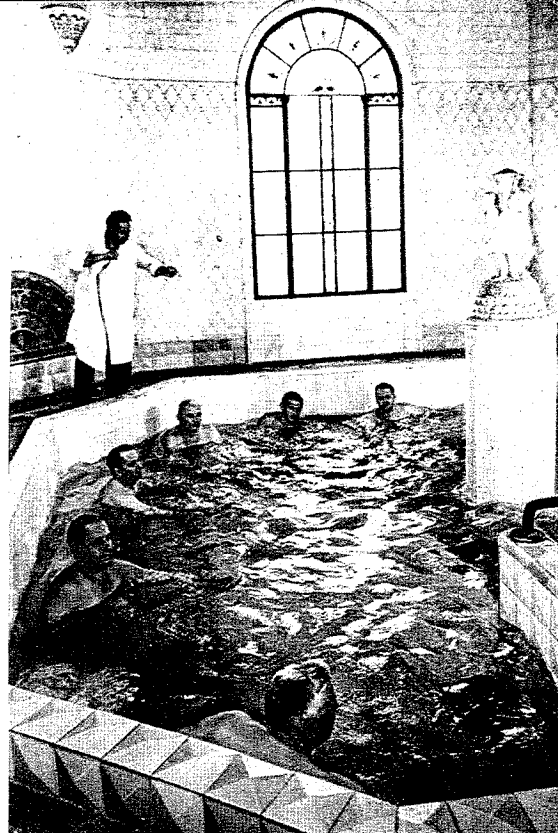
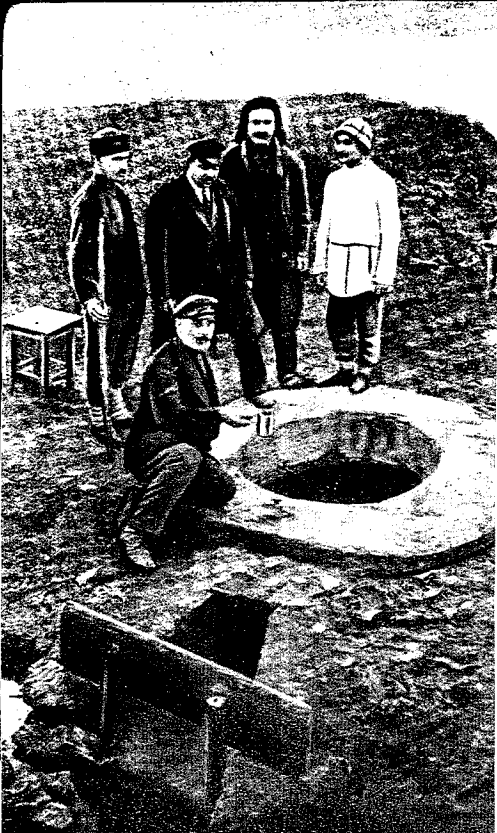
LOOKING BACK

The first health resorts appeared in Russia almost 200 years ago but they developed slowly. At a congress on the promotion of national spas, held in 1915, Professor Stange gave a terse but exhaus-

tive description of the spas of his day. "When the Russian health resorts are spoken of, mention is invariably made of their small number, poor equipment and high cost that puts them beyond the reach of people with small incomes."

They catered exclusively to the privileged classes: members of the nobility, the landed gentry,





Tskhaltubo radioactive springs were known in Georgia as far back as 12th century. View of the springs before and after the Revolution

merchants, bankers, high-ranking civil servants and the higher clergy.

The class composition of those who underwent treatment at the Mineralniye Vody spa in the Caucasus, in 1907, was the following: nobility and landlords — 41.9 per cent, merchants — 23.8, army officers — 10.5, civil servants and others—23.8 per cent.

The finest resorts in the Crimea — Livadia, Alupka, Miskhir, Massandra, Gurzuf and others — were owned by the tsar and grand dukes and their entourage, or by big financiers and businessmen.

The same was true of the resorts along the Caucasian coast of the Black Sea. Gagra, for example, was owned by Prince Oldenburg.

At Sochi, near the excellent Matsesta sulphur springs, there were only two establishments of the sanatorium type: a privately owned boarding-house and a holiday establishment belonging to an aristocratic girls' school. Apart from these there were mansions and villas owned by the aristocracy, and the fashionable Caucasian Riviera Hotel built by a group of financiers for wealthy visitors. Sochi

itself was a squalid little town surrounded by marshland; it had no water main or sewerage system and no asphalted streets. In a word, it was not a health resort but an out-of-the-way seaboard town.

Workers, peasants and the rank-and-file intelligentsia could not afford to visit health resorts. For them a stay at a Caucasian or Crimean seaside resort was a fantastic dream.

SOVIET SANATORIUMS

The Great October Socialist Revolution made the health and holiday resorts the property of the people and accessible to the people.

In 1919, a most difficult period for the young Soviet Republic, Vladimir Ilyich Lenin signed a decree "On Health Resorts of National Importance." This decree stated: "Health resorts, no matter in what part of the R.S.F.S.R. they are situated, or to whom they

may belong... are declared the property of the Republic, together with all their buildings and equipment, and are to be utilized for medical treatment."

The following year, 1920, after the Whiteguards had been expelled from the Crimea, the Council of People's Commissars published a decree which said: "The Red Army has liberated the Crimea from the rule of Wrangel and the Whiteguards; the spas of the Crimean

coast may be used for the treatment and physical rehabilitation of workers, peasants and all the working people of all the Soviet Republics."

After the establishment of Soviet power, the palaces, villas, mansions and hotels at the Crimean and Caucasian resorts were turned into sanatoriums as were also many of the finest mansions and private houses in all parts of the country.

We have now more than 2,100 sanatoriums for adults and children, with accommodation for 289,000 persons.

The Soviet sanatorium is an establishment which gives rest cures and medical treatment, using such natural agents as mineral waters, muds and climate in combination with medicines and physiotherapy; it provides special diets, physical training and a proper regimen.

As a rule sanatorium treatment periods range from 24 to 90 days depending upon the type of ailment.

The cost of sanatorium treatment depends on the accommodation, kind of treatment, length of treatment, etc.

Four-fifths of all sanatorium accommodation is acquired by the trade union social insurance fund allotted to factory and office workers at 30 per cent of their cost; a certain percentage of places in the sanatorium is provided free of charge.

A new group has just arrived at the Chaika Sanatorium



In 1956 trade unions provided about three million working people with accommodation at sanatoriums or rest homes under these conditions. Thousands of workers and employees were accommodated in health resorts free of charge,

the cost of the places paid by the state, or at a discount, part of the money paid out of the social insurance funds at the given enterprise.

The Soviet sanatoriums are housed in splendid buildings with an

abundance of light, well furnished diagnostic and treatment rooms, comfortable rest rooms, dining-rooms, club-rooms and libraries. In the evening patients can enjoy a concert or see a new film.

Soviet scientists and doctors have worked out the principles of diet, rest and exercise which, in combination, ensure effective individual treatment in the sanatoriums.

HEALTH RESORTS IN THE CAUCASUS AND THE CRIMEA

During the Second World War part of the health resorts, sanatoriums and rest homes in the Crimea, the North Caucasus, Odessa and elsewhere were destroyed by the Hitlerite invaders. They plundered and wrecked hundreds of sanatoriums and rest homes, causing damage that ran into thousands of millions of rubles.

The state has spent large sums on rebuilding the health resorts,

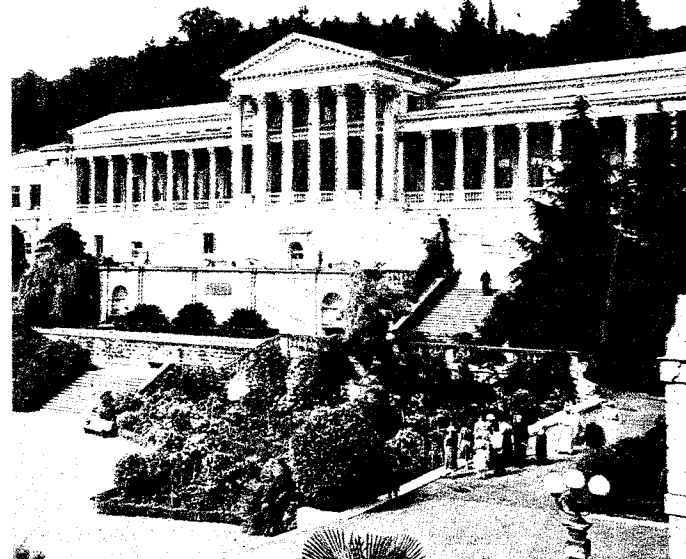
In the Soviet Union there has been a big expansion of health resort facilities of recent years. As the national economy makes rapid strides forward, more sanatoriums and rest homes are built; special health and holiday resorts for children as well as resorts of local importance have been intensively developed; medical service has been improved and the resorts have been modernized and made more beautiful.

beginning the restoration of the Caucasian and Crimean resorts while the Soviet Army was still waging its heroic battles. During the first post-war five-year plan period (1946—1950) this work was carried to completion, side by side with the unprecedentedly rapid rehabilitation of the national economy as a whole.

The spas of the Caucasus and the Crimea are the most popular So-



The former palace of the tsars in Livadia (the Crimea) is now a health centre for factory and office workers



A view of the Orjonikidze Sanatorium on the Black Sea coast near the curative sulphuretted hydrogen springs of Matsesta, which annually accommodates about 4,000 persons

Waiting their turn for Narzan baths. Every year thousands of Soviet people come to the curative Narzan springs in Kislovodsk

In a vestibule of the Orjonikidze Sanatorium, Sochi

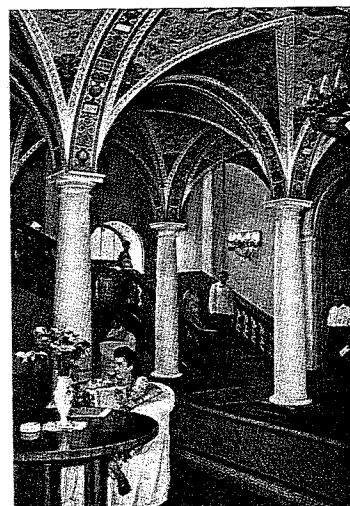
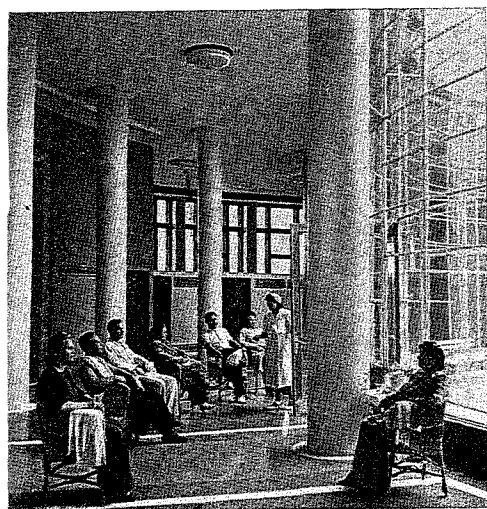
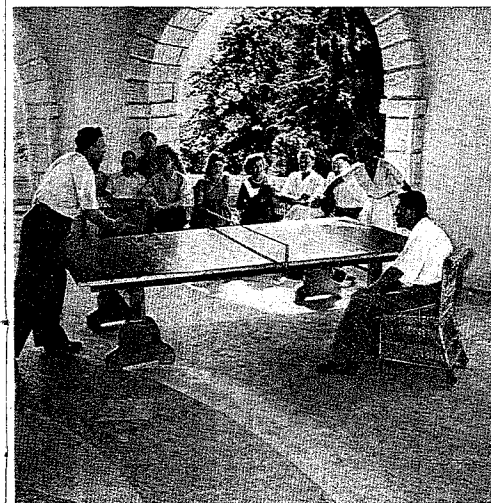


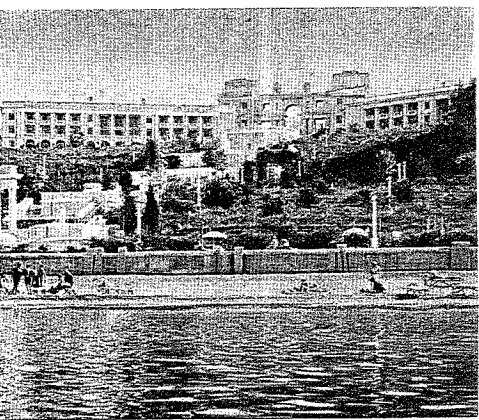
Table tennis is a favourite pastime after dinner



viet health resorts. Working people from Siberia, the Far East, the Kuril Islands, Karelia and many other parts of our country spend their vacations there.

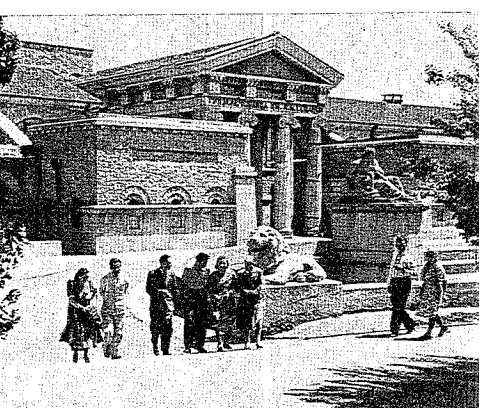
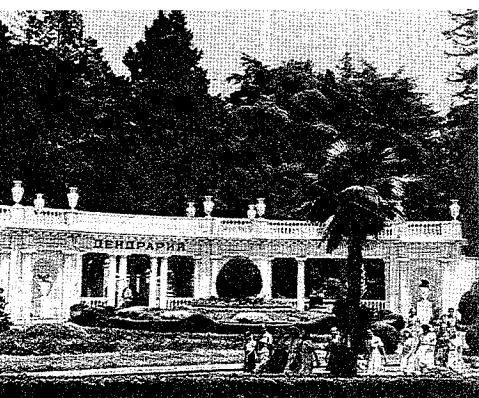
One can also meet holiday makers from China, Hungary, Bulgaria and other countries.

The best Crimean health resorts are located along a 60-mile southern coastal strip where sun and air treatment are available all the year round. Sea bathing and the grape cure are also popular. Some tubercular sanatoriums go in for the koumiss cure.

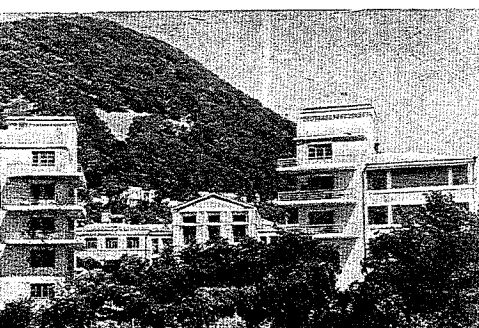


Every year more than 100,000 people rest or take cures at the Crimean resorts and approximately 200,000 at the Caucasian spas.

The largest sanatoriums at the health resorts in the Georgian Republic have all been built in the Soviet years. Among these health resorts are the famous watering places of Borzhomi (for gastrointestinal ailments) and Tskhaltubo (with radioactive springs effective in the treatment of rheumatism, gout, neuralgia and cardiovascular ailments).



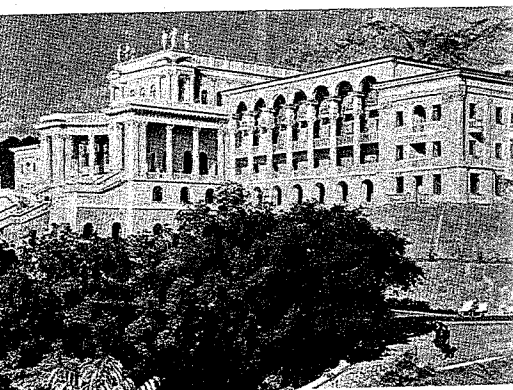
Top to bottom: 1) The Noviy Sochi Sanatorium. 2) The Botanical Gardens in Sochi have hundreds of valuable species of trees. It is often visited by tourists. 3) Every day 2,000 people take coniferous baths, mud and paraffin treatments, etc. in the Semashko Mud Therapy Department in Yessentuki. 4) The Udarnik Sanatorium in Zheleznovodsk accommodates 260 gastrointestinal patients



A swimming-pool in Sochi



"I wonder what the view from our window is like?"



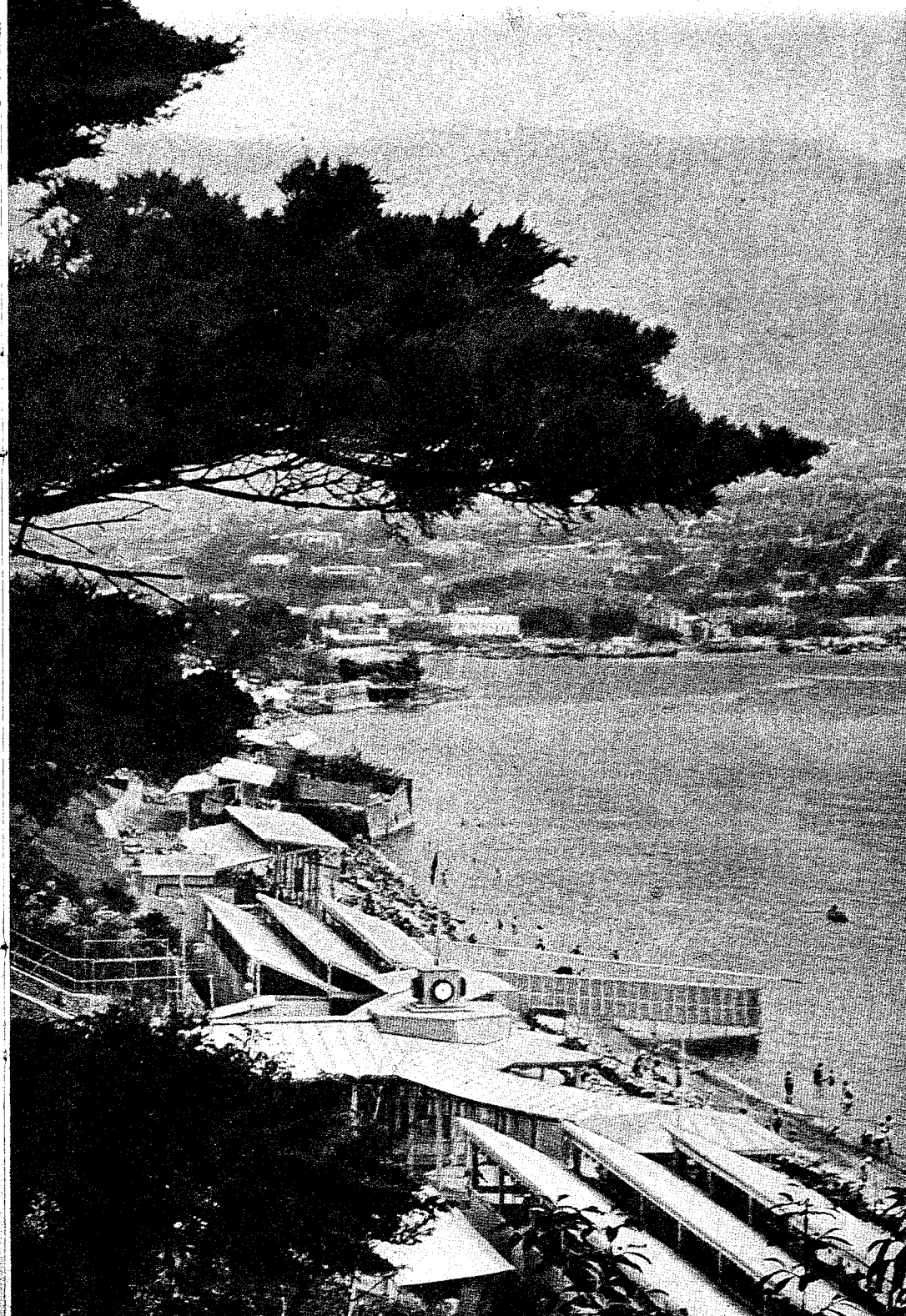
Miskhor, the best health resort on the southern coast of the Crimea. Thousands of working people come here to rest and take treatments in fine sanatoriums and rest homes

Sanatoriums have been built at Gagra, near Batumi, in Sochi and at other lovely spots along the Caucasian Black Sea coast.

The spa of Sochi-Matsesta extends a good nineteen miles along the coast.

Powerful sulphuretted hydrogen, chloride-sodium, hot mineral springs, the mild subtropical climate, the sea and the luxuriant vegetation make Sochi one of the most popular spas in the U.S.S.R. The town of Sochi has been turned into a first-class resort, with 67 sanatoriums and rest homes functioning all the year round. A fine motor road has been built. A picturesque path winds along the shore of the Black Sea. Splendid baths have been erected at Staraya Matsesta. The town has a handsome theatre where performances are given regularly by companies from Moscow, Leningrad and other cities. Sochi, in general, is a spa that makes an unforgettable impression on those who have rested or taken cures there.

Beach at Yalta, the Crimea



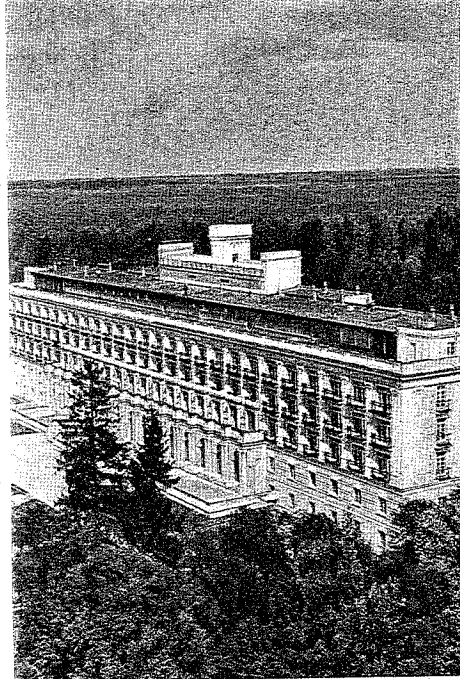
HEALTH RESORTS, LOCAL AND FACTORY FACILITIES

Now that health and holiday resorts have been developed in all parts of the country, the inhabitants of the Far East, Siberia, the Urals, Kazakhstan and other outlying areas can obtain just as effective sanatorium treatment locally as in the Crimea or the Caucasus.

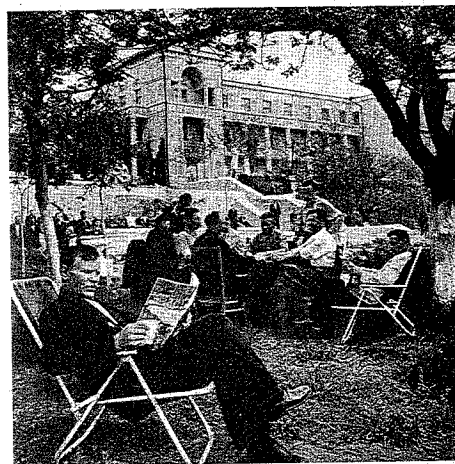
All sanatoriums have balneotherapy departments, X-ray facilities and laboratories; they are equipped with the latest medical apparatus. Those that are situated near cities call in prominent medical specialists for consultation.

An example of a local sanatorium is the one for gastro-intestinal ailments situated on the outskirts of Leningrad. Founded 30 years ago, it has built up an excellent reputation among the local people. Treatment is conducted in collaboration with professors from the city clinics and medical institutes.

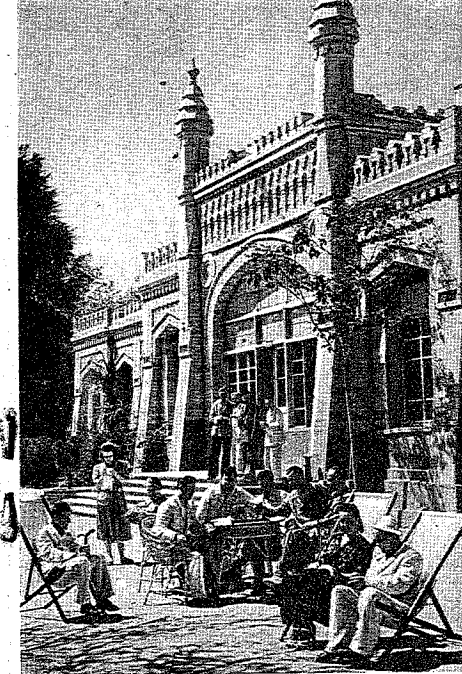
Another case in point is the Sadgorod (Garden City) health resort situated on the shore of Amur Bay



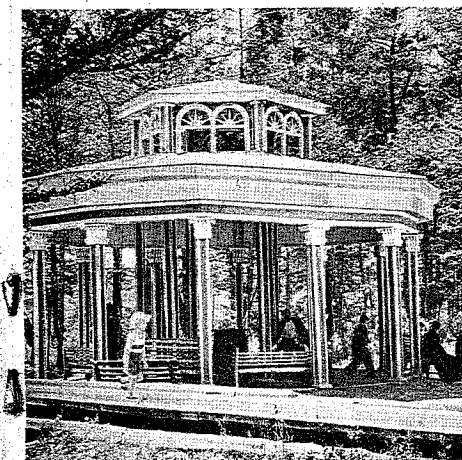
A sanatorium in Kemer, Riga coast. Kemer curative mineral springs and muds are well known in the Soviet Union



The Bairam-Ali spa for kidney patients, Turkmen S.S.R.



A sanatorium for miners near the city of Zhdanov. General type and tubercular sanatoriums for Donbas miners have been built on the north coast of the Azov Sea



The Darasun spa, Chita Region, is known for its mineral springs

not far from Vladivostok. Among the curative agents here are sea-mud and sea-water baths. The resort is surrounded by parkland and has a fine beach. It functions all the year round and is visited by workers from all parts of the Soviet Far East, including Kamchatka and Sakhalin.

Another resort in the Far East is the Kuldur Springs spa, situated in a picturesque wooded mountain valley in Khabarovsk Territory; it has medicinal hot springs whose water has a temperature of $+70.7^{\circ}\text{C}$. at the surface and requires cooling before it is piped to the baths. The water contains a number of chemicals having beneficial effect on the human organism. A mineral water used for the treatment of gastro-intestinal ailments is also found at this Spa. Ailments of the motor and digestive organs, as well as vascular, nervous and skin ailments are treated effectively at Kuldur Springs.

In Chita Region, Eastern Siberia, there is a health resort called the "Siberian Kislovodsk" because of its carbonaceous mineral springs similar to the Narzan waters in the Caucasus. This is the Darasun

spa, located in a thickly wooded mountain district with as many sunny days a year as the Crimea. Its sanatoriums accommodate 600 persons.

Mud baths and salt-water baths are provided at Karachi, a health resort in Novosibirsk Region, Western Siberia. Karachi is situated near a salt lake and has accommodation for 600, mostly inhabitants of Western Siberia—miners, iron and steel workers, railwaymen and engineering workers.

There are similar resorts in Sverdlovsk, Chelyabinsk, Perm, Tula and Novgorod regions, and in the Kazakh, Azerbaijan, Estonian, Lithuanian and other republics.

Floating sanatoriums and rest homes have been set up on the Volga, Oka and other big rivers.

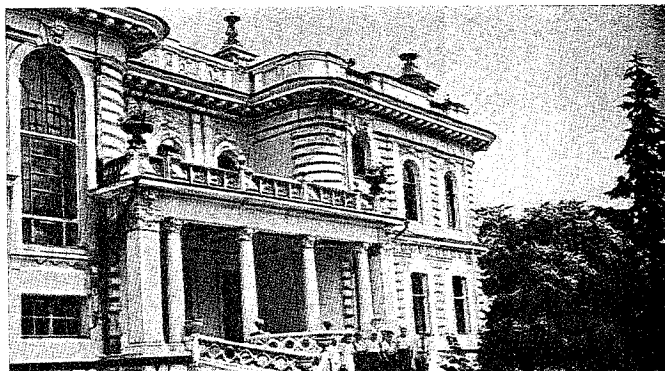
"Gorkovskaya Kommuna" floating sanatorium cruises from Mos-

cow down the Oka and Volga rivers to Astrakhan and back with stops for sightseeing at the big towns — Gorky, Ulyanovsk, Saratov, Kuibyshev and Stalingrad, a 24-day trip. The boat has physiotherapeutic and water treatment rooms, a library, a cinema hall, a table games room, etc.

The number of routes available to floating sanatoriums considerably increased after the opening of the Lenin Volga-Don canal, when Moscow became a port of five seas.

Prophylactic night sanatoriums are another popular institution in the Soviet Union. Maintained on social insurance funds, they function the year round at numerous large factories, mills and mines to build up the health of workers. The worker comes to the night sa-

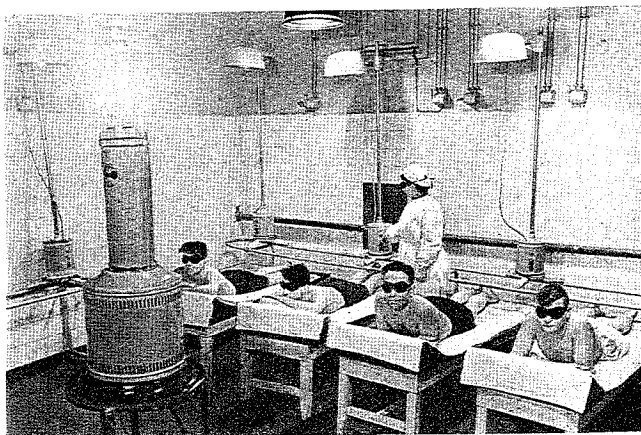
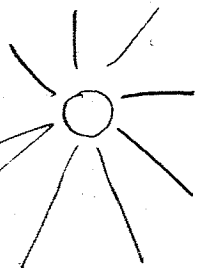
A sanatorium for treating the cardiovascular and nervous ailments on the Tsna River, Tambov Region



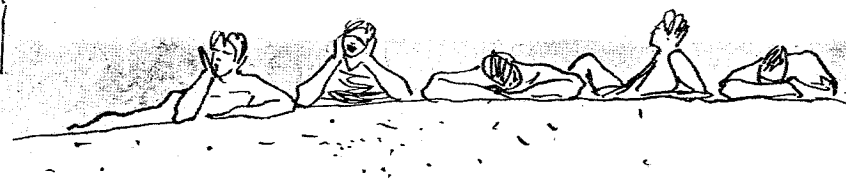
There is an air ferry service between Odessa and one of the near-by beaches on the Black Sea

On board the *Rossiya* diesel motor ship





In the photarium of the night sanatorium maintained by the Orekhovo Textile Plant, Moscow Region



sanatorium at the end of his shift, takes a bath or shower, has dinner and then does whatever is prescribed by his doctor.

The night sanatoriums are equipped with all the necessary physiotherapeutic and other medical apparatus. Before going to bed he can visit the night sanatorium's library, reading-room, or chess- and draughts-room. In the morning he has breakfast and then he goes to work.

At the night sanatorium the worker is provided with every facility for rest and medical treatment. He spends the time in quiet, restful surroundings and, what is important, strictly follows the doctor's orders.

Thus, the worker has every chance to live in an environment in which he can build up his health, while remaining on his job.

The prophylactic efficacy of these sanatoriums is unquestionable. Their

purpose is to arrest the development of ailments and bolster the health of the working people.

Night sanatoriums are maintained on social insurance fund.

Workers pay nothing for accommodation. These sanatoriums have been instituted at many Soviet industrial enterprises and function the year round.

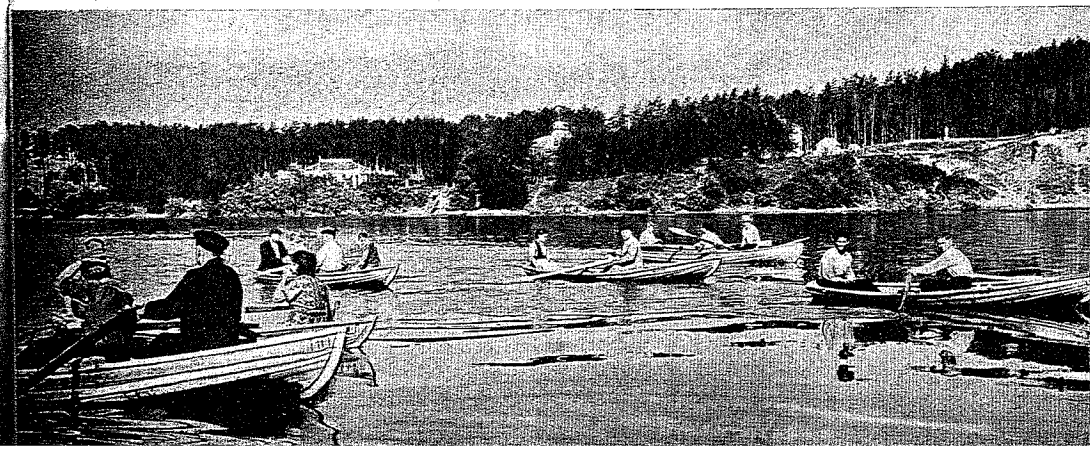
REST HOMES AND TOURISM

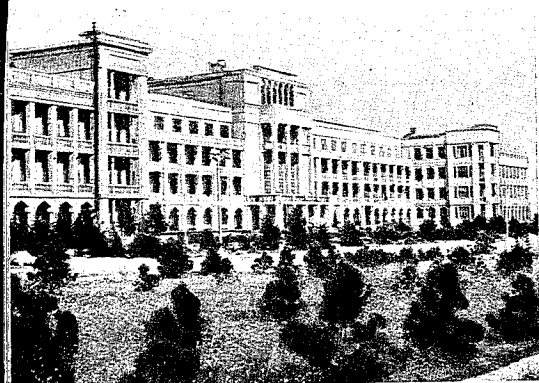
In 1921 the Council of People's Commissars passed a decree on rest homes which stated: "Rest homes shall be established by the Regional Trade Union Councils to enable workers and office employees to build up their strength and energies under the most favourable and healthful conditions during their annual holidays. Rest homes are to be established first and foremost in country villas

and the mansions of former landlords..."

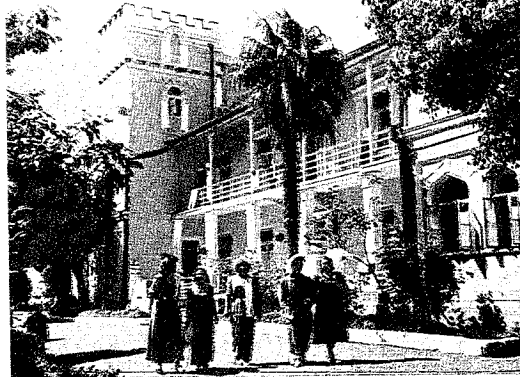
In the early Soviet years villas and mansions were adapted as rest homes. Then large-scale construction of new buildings was launched in picturesque localities where the climate is good. Today, too, many new rest homes are being built. There is not a single district in the Soviet Union without its rest homes. They are to be found

Boating on the Biya River, Altai Territory





A rest home in Bilgia village, Azerbaijan S.S.R.



A rest home in Makhinjauri, Georgian A.S.S.R.

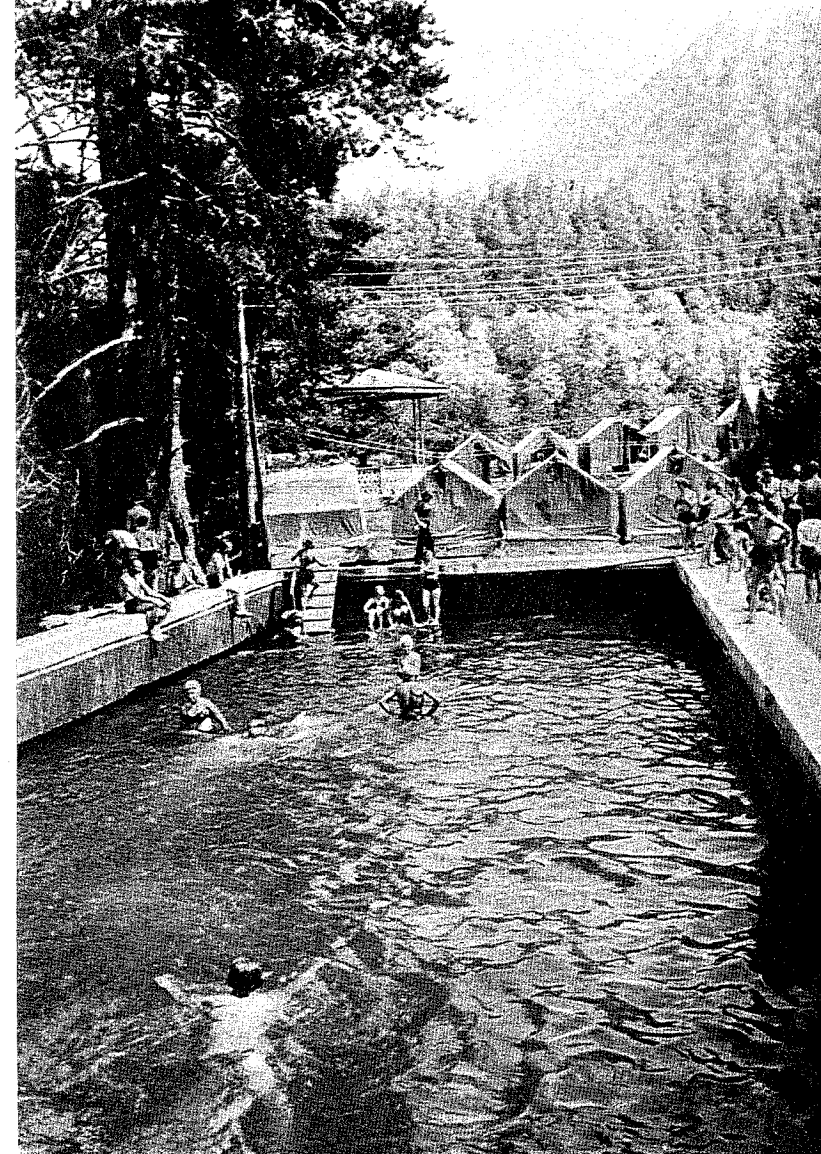
in the environs of the Siberian cities of Vladivostok, Chita, Irkutsk, Krasnoyarsk and Novosibirsk; near the Ural cities of Sverdlovsk, Chelyabinsk and Perm; in the Central Asian Republics, throughout Central Russia, in the Transcaucasus, the Ukraine, Moldavia, Byelorussia and the Baltic Republics. Every year hundreds of thousands of workers and office employees spend their holidays at these homes.

There are 900 rest homes, not counting the one-day type, in the Soviet Union, with accommodation for 150,000 persons. The cost of rest home accommodation is

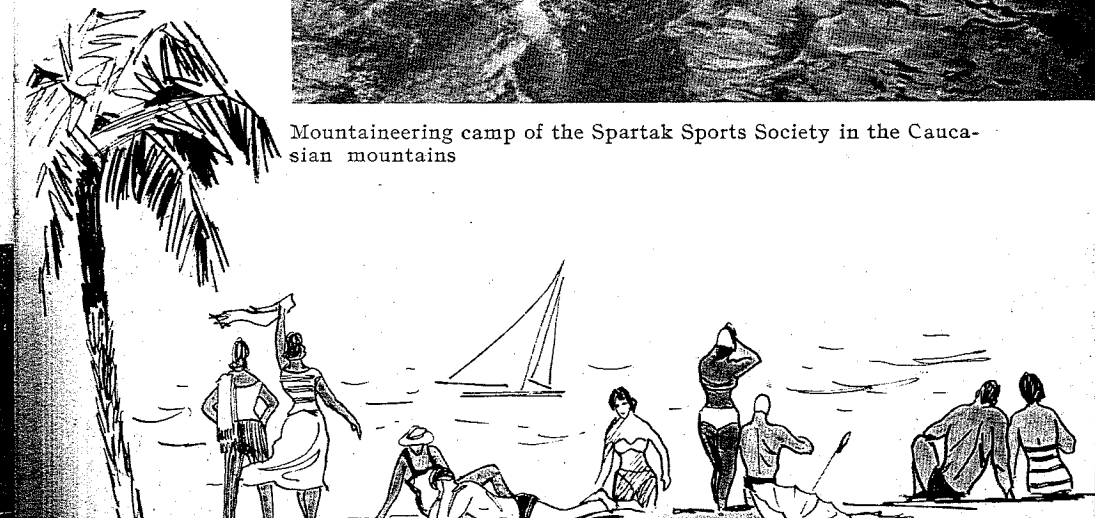
not high and in many cases 70 per cent is paid by the trade unions. For example, if a fortnight's stay at a rest home costs 240 rubles, workers and office employees pay only 72 rubles. The rest is paid by the local committee of the trade union to which the worker belongs. Ten per cent of the places at rest homes are provided free of charge.

The trade unions also operate one-day rest homes in country spots or in big parks on the outskirts of cities. Workers and office employees come to these homes early Sunday morning and stay there the whole day. They are provided

Long-distance motoring is winning thousands of new devotees among car owners. Special boarding-houses with tourist accommodations can be found all along the roads



Mountaineering camp of the Spartak Sports Society in the Caucasian mountains



with a wide choice of facilities for recreation and sport.

Touring and mountain climbing have become extremely widespread in the Soviet Union. Thousands of people spend their holidays climbing mountains, boating along rivers and canals, visiting historical places connected with the civil and the Great Patriotic wars. Tourist centres and mountaineering camps are maintained all along

the Black Sea coast, in the Crimea and the Caucasus, in Teberda, in Siberia, in the Urals, in the Altai and in many other places.

Storm suits, ice-picks, spikes, ropes, tents, light rubber inflatable boats and other necessary equipment is supplied to the tourists at the camps free of charge.

About two million people take part in tourist excursions annually.



A rest home for mother and child

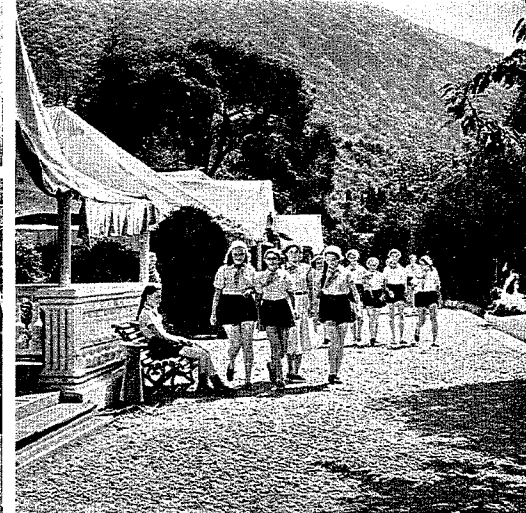
FACILITIES FOR MOTHERS AND CHILDREN

In the Soviet Union there are special rest homes which accommodate expectant mothers during their maternity leave (under the Soviet labour laws, all working women are given a fully paid leave of 56 days before confinement and 56 days after). In cases of abnormal childbirth or of the birth of twins, postnatal leave is prolonged. Here the women enjoy the benefits of a correct regimen, proper diet and medical observation.

There are also convalescent homes for mothers and their newborn infants after they leave the maternity hospital. These homes



Clinical sanatorium for children in Kislovodsk



The Artek children's camp on the Crimean coast of the Black Sea

have a specially trained staff of doctors, nurses and attendants.

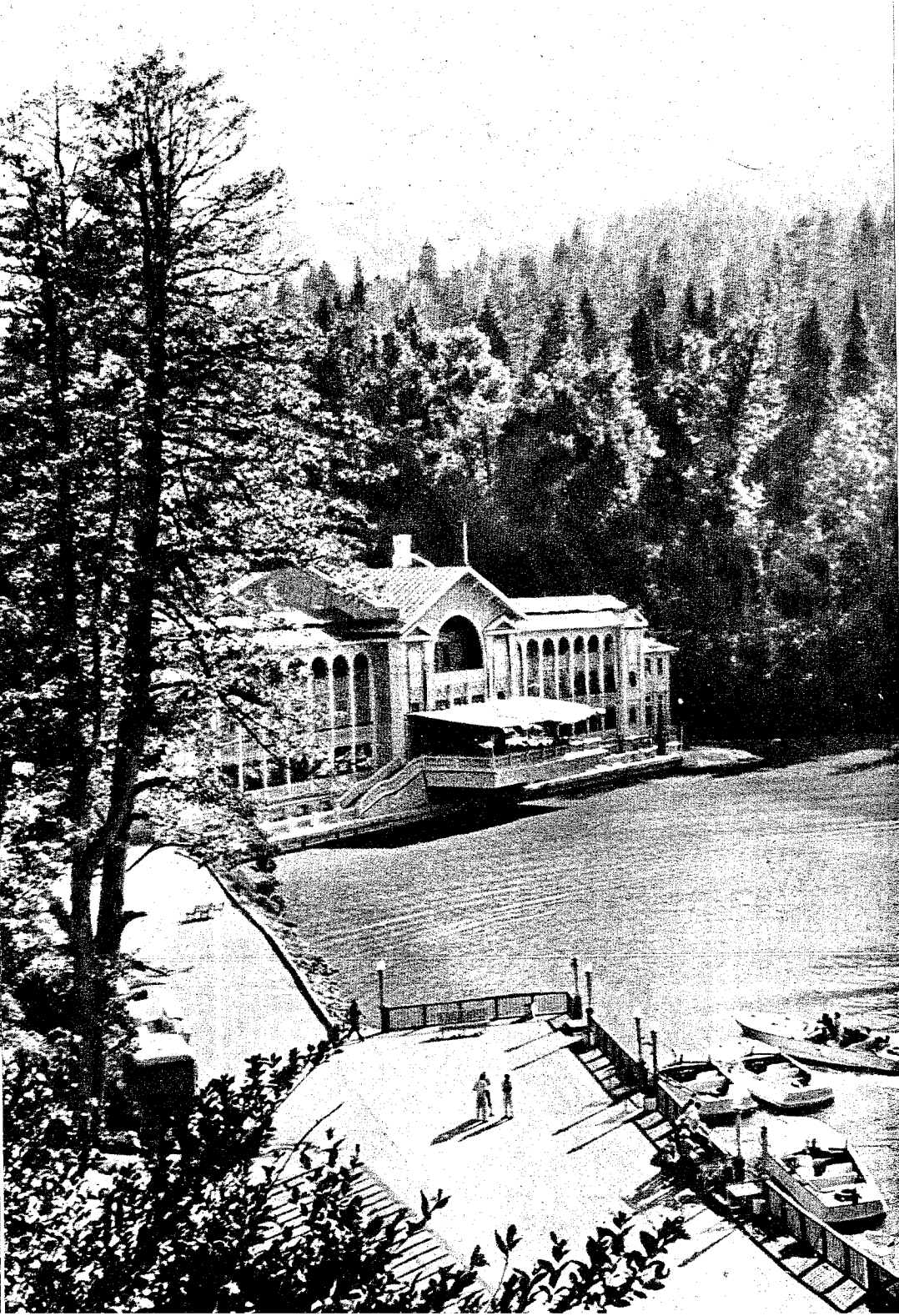
Another special type of rest home is that for mothers accompanied by older children, from six to eight years of age. As a rule such rest homes are established in the vicinity of manufacturing centres where many of the workers are women (textile mills, shoe and clothing factories, etc.). There is a staff of attendants for the children and separate children's bedrooms, where nurses are on duty all night. Good conditions for rest are provided for both mother and child.

Extremely popular are the Young Pioneer summer camps, for school children between the ages of seven and sixteen. The camps are

situated in forests, on the shores of lakes and rivers, or at the seaside, and are excellent health-builders. In 1957 about six million children and adolescents spent their school holidays at Young Pioneer camps, children's sanatoriums and in the country.

Parents usually pay only part of the accommodation cost. If, for example, a child's stay in a summer camp costs 360 rubles, half of it is paid by the trade union. One quarter of the total sum in many cases is paid by the factory or institution where one or both of the parents work; so only 90 rubles is paid by the latter.

Fifteen per cent of all places are, furthermore, provided free of charge.



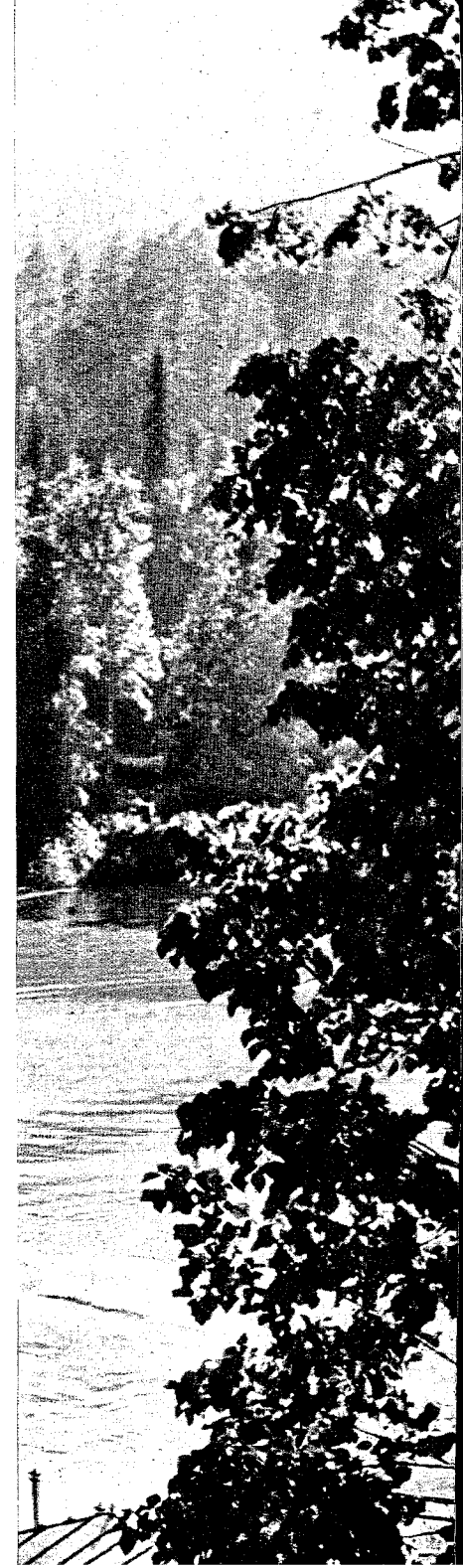
THE SUNNY SOUTH

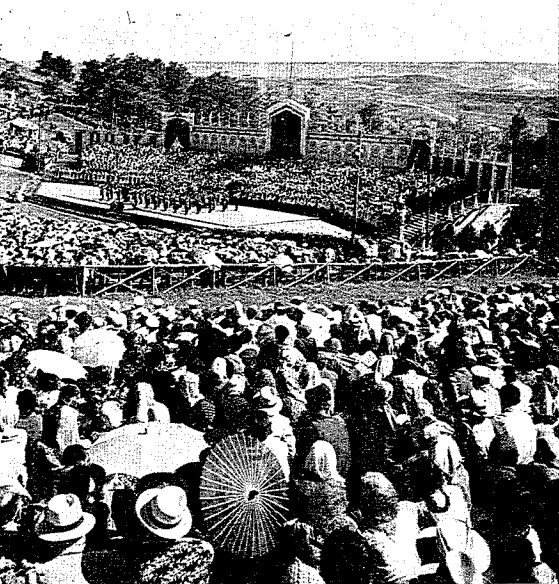
As an example of how a Soviet working man spends his holidays we will listen to what Daniil Sergeyev, a smelter of the Norilsk Iron and Steel Works, has to tell us about the way he spent his vacation.

"I decided to spend my annual leave on the shores of the Black Sea. My trade union organization gave me a ticket to a sanatorium in Zeleny Mys, near Batumi. I had to cover quite a distance to get there, living, as I do, in the Far North. I flew by plane to Moscow where I boarded the Moscow-Batumi Express. In that sunny Ajarian sanatorium they gave me a warm welcome. I was put up in a cosy bright room with a view that took your breath away. Out of the window I could see the mountain peaks in a bluish haze, the vine-covered terraces, orchards and tea and citrus fruit plantations rolling down to the sea.

"There's nothing like a Black Sea spring, with the roses and magnolias blooming, and the sun

Lake Ritsa, one of the loveliest
spots in the Caucasus





Vacationists perform at amateur song festival in Kislovodsk.

so hot that sun-tanned people have to sit under those big umbrellas. I kept marvelling at the swift change from the snow-drifts and Northern Lights of my home in the Far North to the blue, blue sky, the sun-flooded beach and the flowering gardens. It gave me an idea of how truly vast our Soviet country is.!

"Early in the morning we would wake to the strains of radio music. We would all jump out of our beds, wash and turn out for our morning exercises in the sports grounds. Then we would have breakfast, followed by a walk in

the sanatorium grounds. After that each of us would take the prescribed treatment.

"The sanatorium personnel, from chief physician, Pyotr Ioseliani, to the nurses, did everything to make our stay pleasant.

"I chummed up with some people who were spending their leave there. There was Lepeshkina, an old textile worker from Moscow Region; Semislova, a working woman from Kramatorsk; turner Martirosov, a Tbilisi resident; Vartanyan, a research worker from Erevan; and Maisuradze from South Ossetia where she teaches at school. They were fine people and splendid companions.

"In the evenings we used to gather in a rest room they've named after Shot'ha Rust'haveli. Everything in that room speaks of that great Georgian poet: wall paintings from his *Knight in a Tiger's Skin* by two Georgian artists, Kapitashvili and Tsurumishvili, pretty little lanterns, the work of skilled Georgian handicraftsmen. Soft divans stand around a beautifully carved table. One evening we devoted to the poet's memory. Shalva Kartsevadze, an actor from the Kutaisi State Theatre, recited

a passage from the immortal *Knight*.

"There was always something to do in the evenings. There were daily showings of feature films and popular science shows, and we ourselves staged amateur performances. The evening in honour of friendship between the peoples was quite an affair. I liked the Georgian and Ukrainian dances and the national songs of many of our peoples.

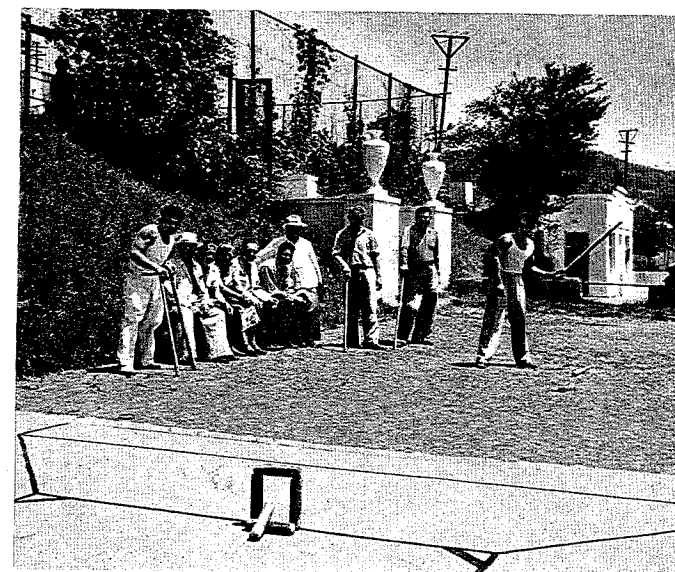
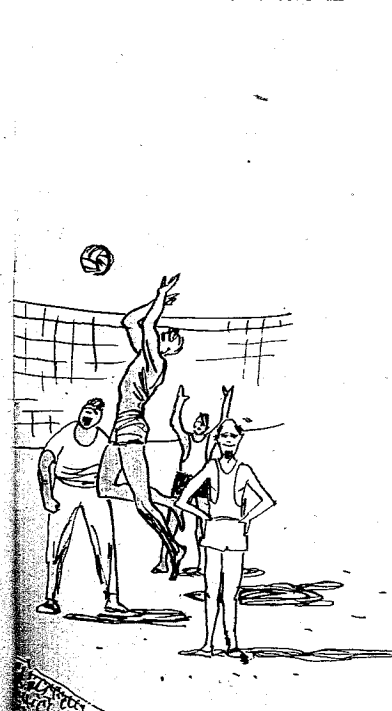
"We never tired of sightseeing down South. We visited the Batumi Botanical Gardens, the country's largest, the tea and citrus

plantations and many lovely spots in Zeleny Mys.

"The month I spent there was soon over. I had a very nice rest and had put on weight and stored up strength. On the day I said good-bye to the sanatorium I joined a group of workers, who were also leaving, in making this entry in the Visitors Book:

"Thank you, our Country, for all you have given us: joyful work, wonderful rest and a happy life. We return to our machines, shops, plants and factories full of the desire to work for the glory of our Country, in the name of Peace."

On the athletic grounds of the Zolotoi Kolos Sanatorium



FOREIGN VISITORS SAY

As a rule the dozens of workers' and trade union delegations from abroad that come to the Soviet Union every year visit sanatoriums and rest homes. Their comments on the concern shown for the health of the people in the Land of Socialism speak for themselves.

Scottish miners who visited the U.S.S.R. said:

"We lived in two of these rest homes, and can honestly say they are ideal places to spend a holiday. They are built in beautiful surroundings, the living quarters are in lovely buildings, the vacationers are well fed, and they have concerts and dancing every night. Various games are organized during the day, or you could spend the day roaming through the picturesque wood and grounds. A very happy atmosphere exists in the rest homes...

"While the father and mother are at the rest home, their kiddies can go to the Pioneer Camp if they care."

After a visit to health resorts in the Georgian Republic a group of Swedish railwaymen noted:

"At the sanatoriums in Sukhumi and Gagra we saw the tremendous

opportunities for rest and health-building which are enjoyed by the workers. The sanatoriums we visited were luxurious."

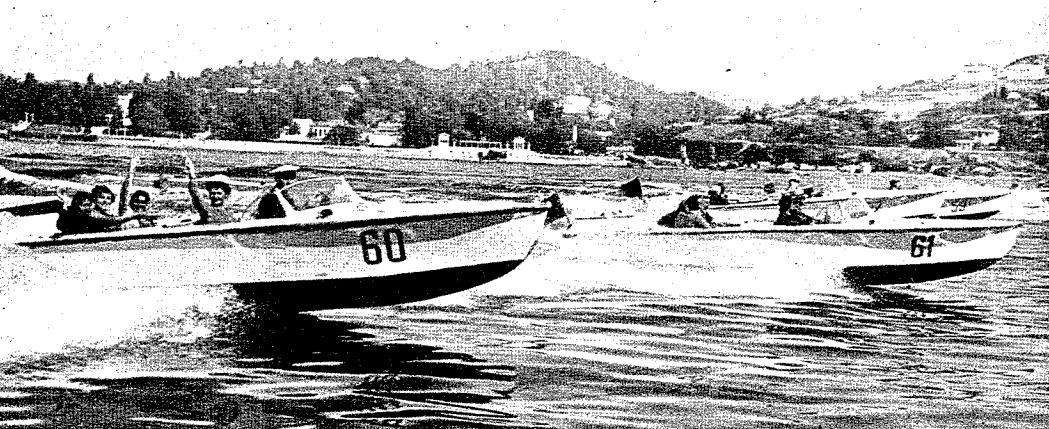
A Canadian trade union delegation which visited the Soviet Union stated the following in a report issued upon its return:

"They are building and are largely concerned with providing a better life for themselves. In case anyone is sceptical, we just wish we could take them for a trip along the shores of the Black Sea to see for themselves the number and beauty of the new sanatoriums and rest homes that are being constructed for the workers. Or let them sit among the miners, textile and garment workers or the railwaymen at their luxurious sanatoriums on the Black Sea as we did. Let them tell you of the plans for the extension of their buildings and grounds. Even the most sceptical cannot but be impressed. Incidentally, these sanatoriums are the most elaborate places we have ever seen."

In 1956 an international women's seminar, "Equality of Women in the U.S.S.R.," was held in



Foreign guests cruising on the Black Sea



French tourists on Lake Ritsa

Moscow. Gertrude Baer (Switzerland), member of the Women's International Federation for Peace and Friendship, one of the first to take part in the movement, wrote in her interesting report "Our Visit to the Soviet Union":

"We spent a few days on the Black Sea coast at the foot of the snow-clad Caucasian mountains. We had a good rest and got acquainted with the life of the working men and women who spent their vacations or took treatment at huge sanatoriums and rest homes

located in the most beautiful spots. Before the Revolution these spas were available to a small group of people. Now the system of social insurance has made them accessible to the people. This is a vivid example of the advantages the working people gain by the system of social insurance. We shall never forget the beauty of the Russian countryside and the great achievements made by the Soviet people."

Similar comments are to be found in the reports made by many of the delegations that have visited the Soviet Union.

The Communist Party and the Soviet Government strive to provide the men and women of the U.S.S.R., who are engaged in peaceful constructive labour, with the best possible conditions for rest and health restoration.

Participants of the "Equality of Women in the U.S.S.R." seminar visiting Matsesta

