

"In the health field I had another joy. In Egypt there was a real problem with schistosomiasis, or bilharzia. It is transmitted through snails in water, from infected people who urinate in the rivers. I have seen children very debilitated by the disease. I always remember that somebody, when they were fighting this disease by putting chemicals into the rivers, came up with the idea that it would be just as helpful to get the mullahs in their mosques, after praying for a while, to urge people not to urinate in the streams. And that was terribly effective. Just a simple person's idea, nothing scientific, but it came from the people themselves....

"In 1955, in Uganda, I met an English doctor called Cicely Williams, who had worked in WHO with [Dr.] Brock Chisholm. She became a dear friend of ours, and she told me a lot of things. She pointed out that there were many more resources in Africa than people knew of and you couldn't solve all the problems of Africa by flying supplies in to them. The important thing was to help them create their own structures, their own resources.... And I left Africa and the Middle East in 1963 with the profound feeling that the people of the region are potentially the best judges of the solutions for their problems."