

exercise enough and eat too much fat — despite the wealth of evidence suggesting that it is not particularly healthy to do so? If they won't accept the "evidence" how can they expect the patients to? In the Nanny State, they mask their pomposity with authoritativeness.

*Conflict of Interest Statement:* I declare no potential conflicts of interest.

## References

1. Haas KL. Stress and mental health support to Australian Defence Health Service personnel on deployment: a pilot study. *ADF Health* 2003; 4: 19-22.
2. Cantor C, Baume F M. Suicide prevention: a public health approach. *Aust N Z J Ment Health Nurs* 1999; 8: 45-50.
3. Lord D. Mental health and mental health literacy in the ADF. Masters Thesis, University of Canberra. Canberra, 2001.
4. Aviles JM, Whelan J, Herke D, et al. Intercessory prayer and cardiovascular disease progression in a CCU population: a randomised controlled trial. *Mayo Clin Proc* 2001; 76: 1192-1198.

(Received 8 Jun 2003, accepted 12 Jun 2003) □

## Being a good neighbour

**Lieutenant Commander Roy G Beran, MD, FRACP, RANR  
Neurologist**

Suite 5, 6th Floor, 12 Thomas Street, Chatswood, NSW 2067

**TO THE EDITOR:** Much has been made of a perceived change in the foreign policy of the Australian government with its commitment of Australian Defence Force personnel to a policing support role in our neighbour states, such as the Solomon Islands. Papua New Guinea has already voiced its support for such an effort, and Australia is to be commended for wanting to help.

At the recent Military Medicine Conference in Sydney in 2002, I presented a paper on the use of ADF Reserve personnel with the catchy title of "Goodwill hunting". I suggested that the ADF could put together teams of medical specialists in various disciplines and could deploy such teams on a short-term basis to provide a much-needed resource to our neighbours.

Such medical deployments by ADF personnel demonstrate our goodwill towards our neighbours and can do much to engender goodwill in return.

The argument is often made that there is no support facility after these experts leave. The answer, in part, is for deployed personnel to provide an educative service to local doctors, perhaps supported by ongoing training within Australia for doctors from our region.

I feel confident that there are sufficient like-minded colleagues who would be prepared to contribute their time and expertise to such an effort. We have a wonderful opportunity for Australia to show a commitment to the improved health of neighbouring peoples — and what better way to do so than in the proud uniform of the ADF?

(Received 2 Jul 2003, accepted 7 Jul 2003) □



# ADF Health

Journal of the Australian  
Defence Health Service  
ISSN 1443-1033

### Editor

Air Vice-Marshal B H Short, RFD, MB BS, FRACP, FCCP, FACP, FACTM, Surgeon General Australian Defence Force

### Assistant Editors

Colonel J V Rosenfeld, MB BS, MS, FRACS, FRCS(Edin), FACS, FACTM, MRACMA, RAAMC  
Group Captain P S Wilkins, MBE, BA, MB BS, MHP, MLitt, FRACMA, FAFOM, FAFPHM  
Commander M C O'Connor, MD BS, DDU, DCH, FRCOG, FRACOG, RANR  
Captain M B Tyquin, PhD, BEc, BA, MPHA, RAAMC

### Production Editor

C M Bingham, BA, DipEd

### Editorial Consultants

Major General J H Pearn, AM, RFD, MD, BSc, PhD, FRACP, FRCP, FACTM, FAIM  
Professor K Rieckmann, AM, MB BS, PhD, Director, Army Malaria Institute

### Publication Administrator

Colonel Geoffrey Stacey, BDSc, MDSc, FRACDS, RAADC, Director, Defence Force Dentistry.

*ADF Health* is published twice a year by the Australasian Medical Publishing Company for the Australian Defence Health Service. All members of the Defence Health Service are eligible for a free subscription to *ADF Health*.

For subscription requests and enquiries, contact Colonel Geoffrey Stacey RAADC, Director, Defence Force Dentistry, Defence Health Service, CP2-7-93, Campbell Park Offices, CANBERRA ACT 2600. Tel. 02 6266 3941. Fax. 02 6266 3933. [geoff.stacey@defence.gov.au](mailto:geoff.stacey@defence.gov.au)

The statements or opinions that are expressed in the Journal reflect the views of the authors and do not represent the official policy of the Defence Health Service unless this is so stated. Although all accepted advertising material is expected to conform to ethical and legal standards, such acceptance does not imply endorsement by the Journal.

All literary matter in the Journal is covered by copyright, and must not be reproduced, stored in a retrieval system, or transmitted in any form by electronic or mechanical means, photocopying, or recording, without written permission.

Australasian Medical Publishing Company Pty Ltd, Locked Bag 3030, Strawberry Hills, NSW 2012. ABN 20 000 005 854. Telephone: (02) 9562 6666. Fax: (02) 9562 6699. E-mail: [ampco@ampco.com.au](mailto:ampco@ampco.com.au). The Journal is printed by Link Printing Pty Ltd, 81 Derby Street, Silverwater, NSW, 2128.