Most of them were born in Phnom Penh, Kandal, Takeo, and Svay Rieng. The majority of the orphans were taken to the Center by the Kampuchean army who found them wandering along the Siem Reap—Battambang highway.

Under the Pol Pot rule, most of the orphans lived in Phnom district of Battambang province. Some had no idea where their parents were, and with others their parents had been killed by the Pol Pot soldiers.

When they were brought to the center, they were very weak and suffered diseases, the most common being beriberi. They were only skin and bone. They could not walk far and thus could not attend a class. Now they are much better. They are as healthy as their parents' care can achieve. They are now able to go to schools and to work in accordance with their ability. Some of them, however, still need further treatment.

Our Center takes in all the orphans of the province provided that their orphanage is confirmed. After a period of treatment in the hospital to get them healthy, they are to be organized into small groups. A school has been set up to educate them and teach them practical work. It now has four grades.

Ill orphans continue to receive appropriate care or are sent to the hospital. For their moral education, our center fosters among the orphans a spirit of solidarity, comradeship and mutual help; at the same time we teach them to distinguish friends from foes. All our children strictly abide by our Center regulations.

As far as their food and clothing are concerned, they are provided with rice, foodstuffs, and clothes by the provincial administrative committee. However, few orphans go to school because the school is newly set up and lacks textbooks, teaching materials, and chalk.

The staff of the Center consists of 9 persons (3 men, 6 women). They are: (1) Mr. Van Roeum, director, (2) Yim Sary, teacher, (3) Chup Ou Ses, teacher, (4) Ou So Chieu Ta, teacher, (5) Uk Sary, teacher, (6) Mrs. Ch Tha, cook, (7) Mrs. Vat Sa Roeum, cook, (8) Chan Luk, worker, (9) Pou Khinh, worker.

Above are the activities of the Orphans Relief Center of Siem Reap Province since its establishment.

Done at the Orphans Relief Center, June 20, 1977
For the Managing Board, Douph Sau Ry

2.4.03c
Future Physical and Intellectual Development of Phnom Penh Children After the Fall of the Khmer Capital in 1975 as Seen by a Pediatrician: A Report

Before the fall of Phnom Penh on April 17, 1975, children in the city accounted for 45 percent of the total population (figure supplied by the
former head of the Anti-Tuberculosis Service in Phnom Penh). This would represent 900,000 children under 15, out of two million total inhabitants in the city. These children were evacuated from the city with their parents in the hottest season of the year; they were poorly clad, ill fed, and without medicines. In addition, the poor things had to go on foot a long distance before arriving at their destination. While en route, they contracted many diseases, of which several were quite bad.

In the well-known “Pol Pot–Ieng Sary cooperatives,” these children were divided into labor groups: from 15 to 13 years of age they worked in mobile teams, from 13 to 8 years they tended oxen and buffaloes, from 8 to 5 years they were sent to “rural schools” with an astonishing curriculum of “collecting cow dung” from dawn to dark in exchange for a bowl of lightly salted and poorly prepared thin broth. Hygiene was denied to them during these gloomy years. At the work sites and elsewhere, “savings” were achieved by compelling them to work hard and giving them little food to eat. This same measure was applied to women in the first to seventh month of pregnancy. So even a fetus must be subjected to a restricted diet!

Hygiene was something unknown to children: they wallowed naked in a pond or in a lane, swallowing from time to time a pinch of earth or dirty leaf. A succulent mouthful it might be! In this way they swallowed larva of all manner of intestinal worms. How many deaths were caused by these parasites in our cooperative? One village doctor said, “Cases of mortal intestinal perforation and colic due to these worms were common.”

Besides, Phnom Penh children were to die because they had lived in the capital, or because their parents were “traitors to the country,” because they belonged to military families or the royal family, or because they were born to intellectuals.

Now, after liberation by the National United Front for the Salvation of Kampuchea, the surviving children returning to the capital fall into three categories:

1. Category A — Children aged around 3 years, 8 months, and 20 days (in round figures, 4 years).
2. Category B — children above 4 years of age.

Children belonging to category A were the worst hit by all kinds of measures taken by the Pol Pot–Ieng Sary clique against the Kampuchean people. Since intelligence develops when the child is two years old, his food must meet the needs of the rapid development of the brain. Psychological development requires the presence of a mother, or at least of some sympathetic person. Unfortunately, our children never enjoyed this privilege; they had to be content with a septuagenarian grandmother who looked after ten children at the same time: this is a catastrophe. Besides, physical develop-
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ment depends heavily on a balanced diet composed of proteins, fats, sugars, mineral salts, vitamins, and milk products. Hygiene is important for children in avoiding intestinal parasites very harmful to their good intellectual, spiritual and physical development.

All these considerations allow me to predict that the children of category A will have height and weight inferior to those of children of the same age living under the previous regime. Also, the poor little ones will have a lower intelligence quotient (IQ), 100 at the highest (a physician should have an IQ of 120), with perceptible emotional difficulties.

As for category B children, only their physical development will be affected.

Finally, category C represents the future people of the People's Republic of Kampuchea. These children will be the subject of our next study. Only the future will tell us whether these children will be tall, intelligent and freed from emotional disorder. However, what is most regrettable is that for the next sixteen years we shall have a people of small stature, less intelligent, listless, and ill-tempered. But this is not to say that they won't be hard working.

Dr. Nouth Savoeun, Pediatrician
"January 7" Hospital, Phnom Penh

Harmful Effects of a Restrictive Diet on Children One to Four Years Old Who Lived Under the Infernal Rule of Pol Pot and Ieng Sary

Our work in the "January 7" Hospital lets us make some assertions about the causes of death of children in an “age sample,” and to make some clinical observations on the psychology of these children.

The children treated in our hospital were all newly liberated and had lived for a longer or shorter time, from one to four years, under the genocidal regime of Pol Pot and Ieng Sary. We notice that the death rate is higher for girls than for boys (a ratio of 12 to 11), and that the older the children are, the higher their death rate. On 28 cases of death, there were 8 children of 4 years of age, 8 children of 3 years of age, 5 children of 2 years of age, and one one-year-old. The children died of infections that came on top of chronic deficiencies. Among the diseases causing children's death we must mention infectious diarrhea, food diarrhea, parasitic diarrhea, various microbial diseases, intestinal infections, ear, nose, and throat infections, fevers of undetermined etiology, and recurring and lethal convulsions.

Amoebic and bacillary dysentery, however, was the main cause of child mortality. We know that a diet poor in protein cannot provide a sufficient quantity of eighteen essential amino acids, chiefly lysine and tryptophane, whose role is to regenerate tissues corroded by the lytic action of germs. Hence, the infected tissues would be a door wide open for invasion by microbes, and the body's weakened defenses would let it be invaded. The undernourished body would have an inadequate system of defenses. As a
consequence, the malnutrition during the dark period of Pol Pot and Ieng Sary weakened the health of children, allowing even a nonserious infection to cause death. A great number of children lost their lives for lack of a proper diet. The survivors of this generation (aged from one to four years) will necessarily have a highly reduced intelligence potential, with IQs no higher than 95. An IQ of 120 is necessary to be a physician. This figure will enable us to predict the intellectual and professional future of these children.

Even though we lack specialized materials needed to do psychological evaluations of children, we are trying, with the means we have available, to make some determinations.

As of July 7, 1979, our pediatric service is treating 73 patients, all of them severely malnourished. In addition, they are apathetic and indifferent to others. Only food could draw their attention: they are bulimic. Some are shying away from animation, an abnormal behavior worthy of notice. They like to cluster silently in a dark corner; this is the instinct of a wild animal fond of the jungle and silent in nature. The sight of a toy makes some of them crazy. They are even afraid of a doll or a toy motorcar. In short, Pol Pot and Ieng Sary have transformed the future pillars of the nation into wild beasts living a vegetative life, having no consciousness, no affection, no feelings.

Finally, with the few materials in our possession, we are trying to show civilized people, who seek peace and happiness just how unfortunate the children of Kampuchea really are. What will be their future, and that of the entire Khmer nation? Pol Pot and Ieng Sary not only killed the poor defenseless and innocent children, but they have ruined a whole generation of still living children, aged from one to four. These children will suffer retarded growth; their lives will be marked by long stays in hospitals and sanatoria; they will hardly be able to fulfill the duties of citizenship. Such is the gloomy prospect for this category of children who have lived through the bloody and savage Pol Pot–Ieng Sary regime.

Phnom Penh, July 7, 1979
Dr. Nouth Savoeun, Pediatrician, “January 7” Hospital

Infections and Diseases During the Infernal Years Under Pol Pot–Ieng Sary Rule

All the infections and diseases were due to lack of food and a beastly work regime imposed on the people.

1. Dropy contracted at any age and by both sexes, caused by the absence of all daily nutritive elements: protein (meat), glucose (rice), lipids (animal or vegetable fats), and vitamins. Dropy can provoke a secondary infection, in which case death is inevitable.

2. Microbial infections were common, but left untreated they would become mortal, for instance, different kinds of abscesses, furunculosis, anthrax, malignant staphylococcus.