

a disease, which could of course rapidly become fatal.

Many forms of disease take this course of development commencing with local congestion in tissues with inflammation and vigorous reaction, as in the case of colds, followed by stubborn chronicism if neglect of the primary symptoms has taken place. Great emphasis should be placed on the fact that the human body is always endeavouring to maintain normality, and to introduce compensation for abnormality.

With regard to colds, the only measures needed to be undertaken are those which take into consideration normal functioning, and that which works entirely to its restoration.

The eliminating channels should be encouraged to rid themselves of the excess of toxic matter, imposed upon them by the internal strain, and a progressive plan of healing should be introduced.

As much rest as possible during the crisis of a cold is necessary, as active movement accelerates the generation of waste products, and thus increases the strain on elimination. If only sufferers would heed their doctors' advice and go to bed for a couple of days much distress would be obviated. If the temperature rises it is imperative to stay in bed until it subsides.

Solid foods should be omitted when the cold is building up to its crisis, only water and fruit juices being taken, to assist the body in getting rid of the excess toxic matter. It is a good thing to help the bowels with the aid of an enema whilst abstaining from solid food, but strong purgatives should be avoided as they lower the energy reserve which is so necessary when the body is working to rid itself of poisonous waste.

Therefore, rest and sleep in a light airy room are the first essentials when dealing with a cold, but when bed is out of the question because of certain responsibilities which cannot be delegated, the diet itself when adjusted to the requirements can help very materially in keeping a cold, to a cold, and nothing more.

As mentioned before, fats, artificial sugars and starches should be omitted completely for a week or so, confining the diet to fruit and fruit juices eaten and drank freely, without anything else.

Such a programme assists the bowels and other eliminating channels and acts as a cleansing treatment, and can be repeated with great advantage to the general health whenever sluggishness is suspected.

When approaching normality the re-introduction of fats, sugars and starches should be gradual and indeed should be kept to a minimum at all times. The average diet today is too heavily charged with these elements, causing a considerable amount of ill-health generally.

The general practice of consuming fruits, salads, steamed vegetables and whole wheat products, will maintain the body in an alkaline condition and minimise the possibilities of disease crises arising. Meat and dairy products can be introduced when recovery is complete.

The skin should always be kept clean and vigorous by exercise, washing and friction, as it is a vital eliminating channel, which prevents strain on other channels when working efficiently. Exposing the surface of the body to sunlight, daylight and air is essential in augmenting the health of the skin at all times, winter and summer. A healthy body does not develop colds from such exposure.

Bathing in hot water occasionally will clean the skin and if a couple of pounds of common Epsom Salts are added to the bath water they will assist in promoting thorough and adequate cleansing. Hot baths once or twice a week are usually sufficient for this purpose but cold water rubbed by the hands on the skin should be practised every day. This friction stimulates the pores and keeps them activated.

Simple treatment as outlined above will encourage the body to throw off a cold in a short time, and a sufferer will feel better after the cold than before its onset, because the excessive toxic congestion has been disposed of, and the normal functioning of the system has been restored.

If such easy and effective treatment were instituted whenever a cold manifests itself, many of the more serious respiratory diseases would never appear, thereby allowing doctors and nurses more time to attend to those who need their services more. Therefore it behoves anyone suffering from a cold to treat it sensibly at the onset as a duty to the community at large, as well as a necessity for personal relief.

The common cold, as such, is not a specific disease, and therefore there is not available any specific treatment in the strictly medical sphere that will definitely cure it. It may be likened to a constitutional crisis, which can be helped to a successful issue by understanding of the fundamental causes, and the application of simple rational assistance as outlined above.

British Red Cross Society.

National Florence Nightingale Memorial Committee of Great Britain.

THE BRITISH RED CROSS SOCIETY is again offering two Scholarships of £350 each for the 1953/54 session, to British Nurses for study outside the British Isles.

The Scholarship covers tuition fees, board, lodging, and a small honorarium for incidental expenses, but does not include the cost of fares to and from the country where the Course is taken.

These annual Scholarships prove an opportunity for post-graduate study and an international exchange of ideas which must always be invaluable. Scholars may join recognised post-Certificate Courses in Canada, the United States of America or elsewhere and study such subjects as Hospital or Public Health Nursing, administration, teaching in schools of nursing or work in specialised fields. Candidates must be State Registered nurses, holding Part I Certificate of the Central Midwives Board, and must have attained a high standard of education; with at least three years' good professional experience subsequent to registration: preference will be given to candidates who show powers of leadership. Scholars will be expected to return to positions of responsibility in this country.

Forms of application may be obtained from the Matron-in-Chief, B.R.C.S., 7, Grosvenor Crescent, London, S.W.1. Completed forms should be returned not later than March 1st, 1953.

Candidates may be asked to attend a meeting of the Selection Committee, after which the successful candidates will be required to fill in certain forms demanded for scholars, and also to furnish medical and dental certificates.

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