

not allow the normal warnings of the body to be heeded when they are given.

It should be the duty of every human being to encourage the elimination of waste products so that health is maintained, for although food is necessary to maintain life, elimination is vital to health. It may be that because eating is a voluntary act and the disposal of waste practically involuntary, that greater attention is usually paid to the former, but Nature always exacts a penalty if any one of her functions are frustrated, this meaning in effect, a contribution to ill health in some shape or form. The eliminatory channels provide no exceptions, and any interruption to their normal functioning can react adversely to the health of the body as a whole.

In our present so-called civilisation there is every encouragement given to muscular inactivity such as the substitution of riding for walking or running; the easy method of purchasing foods instead of working for them; sitting instead of squatting, watching instead of acting, listening instead of talking and singing, eating soft mushy foods in place of hard natural produce and so on; therefore it is necessary to create activity in the channels of waste disposal and this means an effort, which so many people will not take, with dire consequences.

When air is inhaled, the oxygen content rejuvenates the bloodstream, which contains the waste products of metabolism caused by the process of its purification in the lungs. For the fresh oxygen containing air the body exchanges a quantity of carbonic acid gas, which is a harmful body waste product. This constitutes the lung process of elimination. Without oxygen the body cannot function although oxygen is not life the body cannot live without it, as it is vital for the purification of the blood stream. This process is called oxidation and if this breaks down the organisms of the body die and life ends, thus it is not difficult to appreciate that fresh air is vital to life, day and night.

Since breathing is the vital factor in life it is essential that the lungs function adequately but through the ages man has gradually lost the art of unconscious natural breathing. Animals and man in their natural states breathed correctly without effort, but through improper postures and bad habits, the aptitude for natural breathing is being lost.

To maintain normal health good fresh clean blood is necessary and this is not possible without sufficient fresh air at all times.

The skin is a tremendously important eliminatory channel, as it provides the means of getting rid of large quantities of acid containing fluids and gases. If the skin is frustrated in the performance of its natural duty, the waste products of the body find their way into the tissues and cause more work for the lungs and bloodstream. This extra work will be tolerated for a time but Nature will eventually rebel and health will therefore be disturbed.

It has been stated by a competent authority that the skin is the biggest sewer in the human body. Its output of waste matter each day is colossal. It expels about twice the amount of waste that the lungs do in the same number of hours.

Due to the importance of the skin as a waste channel it should be cleaned frequently by bathing, and stimulated into continued action by friction or rubbing, with

the hands or other means. Friction keeps the texture of the skin alive to its job and stimulates the work of elimination.

The kidneys also play their part in the general scheme of waste disposal as they carry away a considerable part of the daily waste generated by metabolic combustion in the body.

Drink only when thirsty is sound advice as the desire for liquid is Nature's way of indicating that she needs more fluids for body maintenance, but most people do not drink sufficient to replace the amount used in body functions. Liquid is necessary, apart from replacing waste, to assist in making the various juices of digestion, and as a solvent to assist in the work of distribution throughout the human mechanism.

The colon is the channel for collection and ejection of the waste solids, and is perhaps the department that receives the greatest frustration. When the bowels are ignored for long periods waste matter is likely to putrify inside the body, and toxic matter will then impregnate the tissues.

Constipation, or intestinal stasis as it is sometimes called, is a product of civilisation and is one of the most prevalent complaints of today. All kinds of artificial aids are used to stimulate bowel activity but they become habit forming, and eventually the bowel loses its tone with resultant retarded activity. Perhaps the least harmful form of relieving a temporary condition of constipation is the internal douche, using warm water as the medium. It is of course an unnatural method but it does help to rid the body of dangerous waste matter and keeps the bowel clean.

Too much protein and starch encourages constipation, so the introduction into the diet of fresh fruits and vegetables is essential, if the bowel is to perform its work in a completely satisfactory and natural manner.

Those who will find time to stimulate the waste channels of the human body by correct eating, adequate fresh air, a sufficiency of water inside and out, and exercise, will go a long way to preserve physical and mental health, for there is some truth in the old saying, "A healthy mind in a healthy body."

### First International Hospital Congress in Great Britain.

THE INTERNATIONAL HOSPITAL FEDERATION has chosen the week immediately preceding the Coronation for the Eighth International Hospital Congress—the first to be held in Great Britain. It will take place in London from May 25th to 30th, 1953, and many of the 1,000 delegates from some 30 countries who are expected to attend the Congress will no doubt wish to take part in the Coronation festivities during the following week.

Headquarters of the Congress will be at Church House, Westminster, where the Houses of Parliament met during the war years. Since then, Church House has been newly equipped with the most modern provisions for international gatherings, including more particularly facilities for simultaneous interpretation.

A Hospitals Exhibition will be held in conjunction with the Congress, and manufacturers of hospital equipment will be invited to exhibit their most up-to-date products for the benefit of hospital workers from this country and from abroad.

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