

## Foot Rules.

**A**N unduly high proportion of children in this country are developing serious foot defects which will handicap them when they grow up, and which could be prevented if their parents gave more attention to care of the feet and care of footwear.

More than half the population of Britain suffer from foot ailments. Most of these troubles begin in early childhood and many of them are preventable.

Very young children may not complain when they begin to develop foot troubles because their feet are pliant. As the child grows up the ailment develops. Hammer-toes, distorted toes, in-growing toe-nails, flat feet, turned ankles—all of these conditions often have their beginning in the nursery. It is advisable to let babies go barefooted as long as possible—tight socks as well as tight shoes (in girth as well as length may cause incalculable harm.

National Foot Health Week (June 12th–17th) will focus attention on the urgent need for greater care of children's feet.

### FOOT RULES

Here are eight simple foot health rules for parents:—

1. Wash your feet every day. Dry thoroughly between the toes. Cut your nails straight across and keep at toe level.
2. Change your socks or stockings as often as possible. Remember that tight-fitting hosiery harms your feet.
3. Shoes must fit, not too large, but still more important not too short; be snug round the heel, and comfortable when you walk.
4. Wear sturdily-built footwear for walking or standing, light shoes or slippers for the end of the day.
5. Don't wear the same pair of shoes day after day. Keep them on trees or stuffed with paper when not in use.
6. Clean your shoes regularly. A little polish well rubbed in feeds the leather and makes your shoes last longer.
7. Never dry your shoes near a fire or a hot pipe; sudden heat ruins leather.
8. Go to a good repairer. He will give you sound advice.

## Homes for the Aged.

The Prime Minister of Northern Ireland (Sir Basil Brooke) has accepted from the National Corporation for the Care of Old People a gift of £50,000 for the establishment of Rest Homes in Northern Ireland.

Some time ago the Corporation received £170,000 from the gift of £1,000,000 to the people of Britain from the people of South Africa, and the whole of the allocation has been earmarked to provide rest homes for the infirm in Britain.

The sum given to Northern Ireland is to be used to build one or two homes.

## The Passing Bell.

WE DEEPLY REGRET to announce the death on March 18th, 1950, at British General Hospital, Hong Kong, of Subaltern Sarah Eleanor Perkins, Queen Alexandra's Royal Army Nursing Corps.

Subaltern Perkins trained at the Royal National Ear, Nose and Throat Hospital, London, W.C.1, from June, 1943, to June, 1945, and at the Royal Free Hospital, London, W.C.1, from August, 1945, to November, 1947. She joined Queen Alexandra's Royal Army Nursing Corps in January, 1949, and served at home and in the Far East.

## MINISTRY OF FOOD Food Standards Committee Iodized Salt

The Medical Research Council have recommended that prophylaxis against thyroid enlargement and goitre by the general use of iodized salt is desirable in Great Britain. Accordingly, the Council have recommended the addition of either 1 part of potassium iodide to 100,000 parts of all salt (Na Cl) or 1 part to 40,000 parts of packeted table salt.

The Ministry of Health Standing Committee on Medical and Nutritional Problems have endorsed the recommendation and the Food Standards Committee have been asked to advise on the measures necessary to give effect to the recommendation and, more particularly, on the form in which the standard of composition should be expressed, the practicability of enforcement by chemical analysis, and whether special labelling provisions should apply to iodized salt.

The Food Standards Committee have considered information from appropriate Government Departments, have heard evidence from the British Salt Federation and have recommended to the Minister of Food that the following measures would implement the Medical Research Council's and Ministry of Health's recommendations:—

### (a) Standard of Composition

All pre-packed free-running salt should, within one year from the date of an Order, contain potassium iodide or sodium iodide in amounts equivalent to not less than 15 and not more than 30 parts of iodine per million parts of salt, and within two years from the date of an Order all other pre-packed salt should be similarly treated.

### (b) Packaging

To minimise loss of iodine, iodized salt should be packed in containers resistant to the effects of humidity changes. Packages containing iodized salt should be date-stamped before they leave the manufacturer.

### (c) Labelling

Iodized salt should be labelled as such.

## Post Office Savings Bank and Mental Defectives.

THE MINISTER OF HEALTH has received representations from H.M. Postmaster-General in regard to accounts in the Post Office Savings Bank which have been opened in the name of certified mental defectives. It would appear that in some cases the patients concerned have been quite incapable of understanding the nature of the transactions involved in operating the account. Whilst the Postmaster-General is anxious to co-operate, difficulties arise if the depositor is unable to give a legal discharge for monies withdrawn from the account.

It is requested that steps will be taken to ensure that in future a Post Office Savings Bank Account will be opened only on behalf of a mentally defective patient who is fully capable of understanding the nature of the transactions involved.

If it is desired to deposit in the Post Office Savings Bank monies of patients who would themselves be incapable of operating an account, the Postmaster-General would be prepared to consider, upon application, the opening of an account in the name of the Hospital Management Committee—"Patients' Savings Account," which could be operated by nominated officers of the Hospital. It should be noted that the National Debt Office imposes a limit on the amount which may be deposited in such an account, and an undertaking would be required that if an individual patient's interest in the account reached £200, the matter would be reported to the Court of Protection. These points would be fully explained by the Post Office Savings Bank on receipt of an application to open such an account.

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