

upon the monies of the Health Service for our personal needs, and confine our efforts to making our patients more comfortable and happy.

Wouldn't it be a lovely gesture if our Organisations busied themselves trying to obtain better quality medicines, drugs and food for the patients; for better quality bed-linen, finer and warmer blankets; extra comforts and more treatments where necessary?

Couldn't we, as true Nurses and servants of the sick determine to give the Health Service a sporting chance, as least until the country has turned the corner, as it surely will?

There is one other point of view to be taken into account in this matter of temporary renunciation. If we as Nurses ceased making personal demands through our Professional Organisations, might not others tend to do likewise? The virtue of unselfishness is very attractive. Trade Unions and other groups seeing the wisdom and goodness of it, may be shamed into imitation. After all—some one or some Organisation must soon give the lead in this matter, for the country cannot go on much longer as it is. Let us make haste to grasp the honour of being the first in the field to hold back, and put the welfare of our country before all other considerations.

We can well afford to do this, for already we may be assured of those glorious words of welcome "Well done . . .," when the Dawn of Eternity breaks for us.

Money cannot buy that, so it has its limitations after all!

ORDO RECTUS.

## "Don't Embarrass Your Stomach."

By A. E. Hopkins.

THE INTAKE OF FOODS taken from many different classes, at the same meal, so embarrasses the wonderful mechanism of the digestive organs that disorders are sure to result sooner or later.

These disorders, if treated in the usual way with the too easily obtained patent stomach powders and tablets, are difficult to overcome, as these medicaments only allay the symptoms and do not eradicate the causes.

If the usual indications such as excessive flatulence, pains after eating, nausea before meals, etc., are suppressed, a state of incurability can eventually develop.

Nature usually gives plenty of warning when she resents any harmful treatment and the stomach is no exception in this respect.

There are a number of causes of digestive disorders, amongst the most serious being the following: Over-eating and lack of stomach rest between meals; bad combinations and indiscriminate mixing of foods; drinking with meals and imperfect mastication of solids; the use of spices, condiments, vinegars and other flavour-disguising additions to food; lack of proper exercise, and perhaps the most important of all, is eating when tired, depressed, worried, angry or under any sort of emotional stress.

After consideration to the above enumerated causes, it will be seen that the habits regarding food intake can be adjusted so that these causes can be obviated, with beneficial results to health and grateful appreciation from the stomach.

To elaborate the causes of digestive disorders, over-eating can mean one of two things. Firstly, taking more food at one meal than the body requires, and secondly, having too many meals at short intervals between each. As both these practices are very common today, it is not to be wondered at that digestive disorders are increasing rapidly, with the inevitable corresponding increase in the sales of stomach powders and tablets.

Foods that do not blend easily inside are classified as incompatibles. Fresh acid fruits do not agree with starchy products, with the consequence that gases are generated in large quantities, commonly known as flatulence.

Further, too many kinds of food at one meal call for extraordinary elaborate treatment when inside the body, which in turn creates a state of digestive embarrassment, and a breakdown in the processes often occurs.

As digestion commences in the mouth it is only too obvious that thorough mastication of all foods is necessary, but particular attention should be paid to dealing with starchy products.

Drinking with meals dilutes the gastric juices to an extent that the digestive processes are disturbed, whilst the use of condiments irritates the mucous lining of the stomach. Gastritis in some form can be the result of this sort of irritation.

Exercise in proper doses and at proper times is beneficial to the whole structure of the human body and therefore the stomach, which acts like a large squeezing muscle, receives its due benefit therefrom.

During emotional stress the necessary digestive juices are restricted or cease to flow altogether with consequential distressing symptoms. No food should be eaten at these times whatsoever.

From the foregoing it will be appreciated that the rational sensible treatment of stomach disorders almost indicates itself, especially if one understands that by removing the causes the symptoms will finally disappear.

Dyspepsia with its horrible burning sensations, flatulence with its accompanying discomfort, gastritis in many forms, nausea and all other symptoms can be summed up in one word, and that is, indigestion.

To treat this complaint effectively the organs of digestion should be rested for a time and for this nothing equals the short fast or complete abstinence from solid food, for a day or two.

However, this fasting period should be approached by a little preparation in order to get the best results, and the following procedure is suggested.

On the first day miss the usual breakfast altogether having only two meals, one at lunchtime and the other in the evening. Choose foods that are known to agree, do not drink with the meals and thoroughly masticate everything.

On the next day, two meals only again, but the mid-day repast should consist entirely of fresh fruit, a selection being taken from apples, pears, grapes, grapefruit and oranges. Eat as much as is desired of these.

On the third day, take only two meals again, but both should consist entirely of fresh fruit, taken from the above suggested list.

The body and the mind is now prepared for its short fast and from the third day to the seventh, three full

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