

days in all, no food in any solid form should be eaten. Fruit juices from oranges or grapefruits should be taken at two-hourly intervals covering twelve hours of each day.

At the end of each fasting day a warm enema should be used, in order to clean away the deposited toxins from the large intestine. This is very important indeed whilst fasting at any time.

When breaking the fast on the eighth day start with a light breakfast of fresh fruit only, followed at midday by wholemeal cereals with fresh raw milk. Honey can be added to the cereal if desired.

The evening meal should consist of steamed vegetables with a potato baked in its jacket and steamed figs or prunes to follow.

The daily enema is discontinued when the fast is broken and a natural movement of the bowel should be awaited, even if it means two or three days.

After this return to solid foods the general dietary should follow the rules according to the natural laws of proper eating, steering clear of the "dons" previously mentioned.

Exercise is essential and the natural one of walking—not strolling—cannot be bettered, but as an alternative a series of home exercises can be practised with beneficial results.

It can be said with confidence that adherence to the suggested regime will eradicate, in most cases, many digestive disorders but confidence and the right mental attitude is of course always necessary.

Blood Donors Respond Well.

THERE WAS A LARGE RISE in blood gifts to hospitals in England and Wales in the June quarter. The National Blood Transfusion Service received 164,000 donations—the best response since the war and 23,000 more than in the first quarter of this year.

It means that blood is now being given at the rate of over 600,000 donations a year, or nearly equal to the record of 669,000 in 1944—D-day year.

Over 35,800 new donors were recruited in the June quarter bringing the total strength of the National Transfusion Service to 449,169; its highest level since the war.

Another 190,000 donors are needed, however, to ensure meeting the steadily extending use of blood transfusions without calling on the individual donor more than twice a year and to provide a reasonable reserve of plasma.

IN ANNOUNCING THE OPENING of the extension to St. Mark's Hospital, City Road, E.C., on June 29th, by Somerville Hastings, Esq., we regret that 1938 was mentioned as the year that the original hospital was removed to Charterhouse Square; it should, of course, have read as 1838.

St. Mark's Hospital was founded by Frederick Salmon in 1835 in a small room in Aldersgate. Three years later the Hospital was removed to Charterhouse Square and then, after a further interval, to the present site. The City Road building was officially opened on St. Mark's Day, April 25th, 1854.

Several alterations and extensions have been made, new Wards and a new Out-patients' Department was opened in 1928 and in 1938 a new Nurses' Home was added. The extension opened by Mr. Somerville Hastings is the largest alteration made since 1938.

Nursing Echoes.

THERE WILL be a General Meeting on Saturday, November 24th, at 2.30 p.m., of the London Hospital League of Nurses. It will be followed by a Christmas Fair to which members are invited to bring their friends. A charge of 1s. will be made for tea. Contributions to the Fair should be addressed to the Matron, London Hospital, E.1.

IN HIS PRESIDENTIAL ADDRESS at the Annual Conference of the St. Dunstan's Chartered Physiotherapists recently, Sir Neville Pearson, Bt., revealed that there were now 125 practising war-blinded physiotherapists in the United Kingdom and there had been nine successful settlements in this country during the last year, and three overseas. One of their numbers had died and another had retired during the year, and seven students were now undergoing a course of training. This record, he thought, gave some idea of the important contribution St. Dunstan's Physiotherapists made to hand healing in the land. Indeed, he could say that they at St. Dunstan's were more proud of their physiotherapists than any branch of its activities.

Mr. Stirling Wakeley, the famous long-distance road walker, also paid tribute to the work of the St. Dunstan's Physiotherapists and said that, in his opinion, athletes generally were becoming more physiotherapy minded, and for his part he had personally had the advantage of being treated by one of the St. Dunstan's men.

CONSIDERABLE ATTENTION is being given in Australia to the scheme suggested at the A.T.N.A. hospital matrons' conference, in Brisbane, by the Director-General of Medical Services, Dr. Fryberg, for easing the first year of hospital training for trainee nurses by a two or three years' course of preparatory study.

In his view, the appointment of nurses' assistants might be "a stop gap method," but he would hesitate to advocate anything likely to affect the high standard of training which he believed to be necessary for the profession of nursing.

Dr. Fryberg's suggestion is that hygiene, anatomy and physiology might be studied at night classes for a couple of years, beginning at 14 years of age, these subjects being part of the Junior Public Examination at 16; tuition in principals of general nursing, sterilisation, pulse and temperature taking, during the year from 16 to 17, at which latter age girls begin their training in hospitals.

THE ANNUAL GENERAL MEETING of the Infectious Hospitals Matrons' Association was held by the invitation of the Misses Bryson, at Fonthill Cottage, Coldharbour Lane, Dorking.

The President, Miss A. A. Ward, S.R.N., M.B.C.N., was in the Chair.

The Hon. Officers were re-elected. In the business enacted, the desire to extend hospitality to International Students was considered, and it was decided that an "At Home" be held.

In view of the high cost of living it was unanimously agreed that as the work for the association was done voluntarily, the annual subscription could be reduced to 7s. 6d.

Warm thanks were expressed to the President, Miss A. A. Ward for her generous interest; to Miss Florence West for her welcome help as Hon. Secretary; and to Miss A. S. Bryson, Hon. Treasurer.

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