

all day and drink the liquid at night, after straining the solid matter away. After a little experimentation it is quite easy to take just sufficient to cause a normal motion in the morning after. Do not make this a habit, but gradually reduce the quantity taken until they can be dispensed with altogether, keeping up the roughage ritual meanwhile.

If by any ill chance, all the foregoing fail to be effective there is one last natural remedy. An enema of warm water. This can be applied by oneself in the privacy of one's own home, using a gravity douche. This is safe and inexpensive and can be manipulated easily. Allow the warm water, heated to body temperature, no more, to find its way into the rectum, pausing occasionally, until up to a quart is held. Hold for half a minute up to a minute and a half, and then evacuate all that is possible. Do not hurry over this simple operation but go about the job in a cool, thoughtful way.

It is unlikely that all the methods described will fail to restore normality, but if they do, it may be necessary for a qualified person to correct the dysfunction by appropriate methods, but in the great majority of cases, natural methods will provide the relief and eventual cure.

### From Office Boy to Director.

AT THE BOARD MEETING of Milton Antiseptic, Ltd., on February 28th, following the 21st Annual General Meeting at which he had officiated as Secretary, Mr. Albert Gale was appointed a Director of the Company, in recognition of his long and splendid service.

Behind this announcement lies a romance of industry and the achievement of a cherished ambition. Mr. Gale joined the Company as office boy 34 years ago. He rose up steadily and in 1923 became an outside representative and one of the Company's most successful salesmen. Following five years "on the roads" he was transferred to the executive staff and appointed Sales Manager and Secretary, positions he has held up to the present day.

In his many years of service Mr. Gale has seen the expansion of the original antiseptic Company into a Group having wide and varied interests in the pharmaceutical, agricultural, dairying and catering industries. This expansion began in 1939 with the launching of the agricultural Associate, Deosan, Ltd., a company which has played a key part in raising the standard of milk production hygiene in this country. In recent years Deosan has pioneered the drive for hygiene in the catering industry, and Mr. Gale has combined the duties of Secretary of the Group with those of Sales Manager of Milton and of the Deosan Catering Hygiene Division.

Mr. Gale will continue with his executive work and his Directorship will not alter the pattern of his days. He will continue to be probably the hardest working member of his team bringing to his work an evergreen enthusiasm and a singleness of heart and mind for the welfare of the Company he has served so long. If he could be induced to talk about his own success, that would probably be his recipe.

No commentary on Mr. Gale's career would be complete without reference to the ideal relationship which has existed in the Milton Group for many years between himself and the Managing Director of the Group, Mr. A. Ernest Berry. In the collaboration of these two men the Group enjoys a harmony of management of inestimable value to an enterprise which is run on individualistic lines. Between them, and with the support of a progressive Board, they have achieved a spirit of goodwill and loyalty amongst their employees and a fine reputation and prestige in their trading and public relations.

### Nursing Echoes.

THE FOLLOWING MESSAGE was despatched to Her Majesty Queen Mary, Colonel-in-Chief, Queen Alexandra's Royal Army Nursing Corps, on the occasion of Q.A. Day, March 27th, 1951:—

"The Matron-in-Chief and Director of Army Nursing Services, and all ranks of Queen Alexandra's Royal Army Nursing Corps, extend loyal greetings to Her Majesty Queen Mary, their Colonel-in-Chief, on the occasion of Q.A. Day, March 27th, 1951."

The following gracious reply was received:—

Marlborough House, S.W.1.  
22nd March, 1951.

DEAR MATRON-IN-CHIEF,

Thank you for your letter which I had the honour of laying before Queen Mary this morning. Her Majesty valued your message of loyal greetings on behalf of Queen Alexandra's Royal Army Nursing Corps on the occasion of Q.A. Day, the 27th March.

Queen Mary said, that as Colonel-in-Chief of the Corps, her thoughts will be with you on next Tuesday's anniversary.

Yours sincerely,

(Sgd.) J. L. WICKHAM,

Private Secretary to H.M. Queen Mary.

THE MINISTER OF HEALTH (Mr. Hilary Marquand) recently visited a blood donor session at University College Hospital, London. While there he himself gave blood, remarking:

"I am not prepared to ask others to give blood unless I have first done so myself."

Congratulating blood donors on the splendid work they are doing, Mr. Marquand said:

"I wonder how many people realise that nearly 1,000 pints of blood are needed each day in our hospitals or that the demand for blood is now 50 times what it was before the war?"

With the aid of blood transfusion, he went on, operations were now possible or could be successfully performed which previously could not be undertaken. Fresh blood and blood plasma were used in the treatment of an increasing number of conditions; blood plasma was essential for the treatment of shock and severe burns.

At the peak of the war, the Minister said, the panel of blood donors topped the million mark; 440,000 pints of blood were used in 1944. After the war the panel dropped to 270,000, but since then it had been built up again and at the beginning of 1951 stood at 430,000.

"We need," the Minister added, "another 200,000 blood donors to meet all the demands made upon the National Blood Transfusion Service and to provide for an essential reserve of blood plasma."

On April 3rd H.R.H. The Princess Royal presented special badges to blood donors with more than 50 donations to their credit.

PLASTICS IN SURGERY AND MEDICINE will be discussed on June 14th at the Convention which is to be held concurrently with the British Plastics Exhibition at Olympia, London, from June 6th to 16th, 1951.

The Convention is being organised by a committee on which are represented the British Plastics Federation, the Plastics Institute, the Polymer Group of the Society

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