

**Home Nursing Hints**

By  
Grace L. Smith, R. N.

Some time ago, in reading over an article in reference to bodily elimination, the stomach was described as the "kitchen" the small intestines as the "dining room," and the large intestine as the "garbage can." That was rather a blunt way of describing our inside functioning, but the food is prepared in the stomach for digestion, and when this is finished it is sent to the small intestine for further digestion and consumption, and what remains is sent to the large intestine for evacuation. Remember the latter is all impure waste matter, and in this day it is tragic to say the least, to find so many people suffering from constipation.

Not long ago the subject of venereal disease was only to be discussed if the disease was prevalent and treatment started. It was a shunned question. But the government realized the need for the education of the masses and making them realize the highly infectious nature of the disease, and brought it more and more to the attention of the public by printing material which contained the facts of these acquired and hereditary diseases. But until recently, constipation, which is also a condition of the body which causes innumerable diseases, was not given close attention.

**Preserves Natural Oil**  
Daily evacuation was given little thought, until a toxic condition of the body occurred. So in our nursing, and care of the sick, this is a most important question. Keep your patient's bowels open so that he has at least one evacuation a day. Habit in training the bowels is important.

If a patient is confined to the bed, the inactivity of the body is apt to retard a natural peristaltic motion of the bowel and sluggishness prevails. If the patient does not have a daily action, inform the physician and he will order an enema or a cathartic.

Years ago, drugs were more often given than today, and these were depended on to do the work for the patient, now diet and colonic irrigations properly given and under a physician's orders are found to be more beneficial. These methods do not dry the natural oil which is contained in the bowels. If there is some particular question you wish answered, Miss Smith will be glad to take care of it for you. Please write Miss Grace L. Smith in care of this newspaper. Use a self addressed and stamped envelope.

**State Picnics**

ILLINOIS

The whole Illinois contingent in Southern California is invited in the open call to the annual fall picnic reunion to be held all day, Saturday, October 4, in Sycamore Grove Park, Los Angeles. President Henry J. Brihaker will preside and lead the community singing.

**P.-T. A. Reception Postponed To Oct. 3**

LOMITA.—The Lomita P.-T. A. reception for the faculty and new school mothers has been postponed until Friday, October 3. Renovation of the auditorium made the change of date necessary.

The program will include a talk by Mrs. L. A. Stump, first vice president, who recently returned from a trip to Europe. The program committee includes Mrs. E. M. Mosher, Mrs. F. A. Parsons and Mrs. Charles Airey.

**Church Worker To Be Here for Week**

Miss Gay Harris, the Americanization worker under the Baptist denomination for Southern California and Arizona, will be in Torrance for a week, beginning Sunday, September 28. She will speak on Sunday at the church and through the week to different groups of women of the church.

Miss Harris shows in many ways how we can be friends to "the foreigners in our midst." Miss Harris is said to be a splendid speaker and a wonderful worker. All are invited to hear her Sunday evening at the First Baptist church. The group meetings will be announced at that time.

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