

Yoriko KOSHIBA : The Part of Psychiatric Day Care in Clinics in the Normalization of Persons Handicapped by Mental Illness 73—80

Today, institutions for psychiatric day care are increasing. This current movement greatly contributes to normalization for mentally handicapped persons. Day care centers, especially those are managed by modest mental clinics, have a number of advantages: persons can see their psychiatrists on the same day, the environment is friendly, the programs are flexible and individualized to each person, etc. These factors support mentally handicapped persons to live in their own home and community, and help prevent admission to hospitals.

Most people are free to live normally but persons with mental illness cannot. They are discriminated against and so are handicapped for life.

Day care can help maintain them in their community. The author suggests day care programs managed by small clinics are effective in normalizing mentally handicapped persons.

Hiroe TSUSHIMA : A Study on Education for Physically Weak and Delicate Children in Okayama Prefecture — Process of the Establishment and Development 81—90

Education for physically weak children has greatly developed in our country since the enactment of the School Education Law in 1947. Since then school education has been enforced even for physically weak children who are hospitalized and under medical treatment. However, the conditions of enforcement depend on individual prefectures. In this study, the origin and the developmental process of education for physically weak and delicate children in Okayama Prefecture are surveyed. Religious benefactors, welfare pioneers, charitable organizations, parents' associations and teachers have tried to guarantee "children's fundamental rights" and have played remarkable roles in the consolidation of the law and in the expansion of educational opportunities. Teamwork in the fields of education and medical welfare is needed to promote education for physically weak and delicate children which lags behind other kinds of special education.

Hiroe HITOMI, Takako TSUKAHARA, Keiko NAKANISHI, Michiko SENDA and Takako MORIYASU : Effect of Additional Fluid Intake on Bowel Movements in the Healthy Adult by the Japanese Version of the Constipation Assessment Scale and Bowel Form of Faeces 91—98

We discussed the constipation assessment of 214 healthy adults and measured the effect of additional fluid intake on bowel movements by the Japanese version of the constipation assessment scale (J-CAN Ver. 2) developed by FUKAI, et al.

We investigated the bowel habit assessment scale and Form of faeces that was developed by G. J DAVIES, et al.

The effect of additional fluid intake on bowel habits of 214 persons had smooth bowel, but the CAS score did not change.

Kiyoko FUKAI, Midori SAKAMOTO and Miho TANAKA : Effect of Oral Water Intake, Exercise and Hot Compresses on Bowel Sounds in Healthy Women

99–106

The effect of oral water intake, exercise and hot compresses on bowel sounds was investigated in 20 healthy women (28.9 ± 6.9 yr.). Bowel sounds of the subjects, supine in bed, were picked up by a microphone placed on the abdomen adjacent to the lower part of the distal colon, amplified by phonocardiography, and the number of wave signals per minute was determined using a spike counter. The abdominal skin temperature was also measured. After an oral intake of cold water (7°C), the number of bowel sounds increased significantly for at least half an hour. A ten minutes' walk, including going up and down stairs, increased the sounds significantly for at least 45 minutes. Hot compresses using a rubber bottle of hot water or an electric blanket also increased the bowel sounds, with the latter being more effective. The majority of the subjects felt additional intestinal peristalsis when the bowel sounds increased dramatically during the stimuli. These results confirmed that oral water intake, exercise and hot compresses increase bowel sounds, and can enhance intestinal peristalsis.

Yoshiko FUTUYU, Kinuko OKAMOTO, Kazuko KIKUI, Tsunemi SAKAI, Keiko MATSUMOTO and Fujie ORII : Study of Factors Affecting the Activities of Daily Life and the Morale of Elderly People

107–116

The actual state of elderly people who stay in their own homes was investigated focusing on physical conditions, health awareness and activities of daily life and social relationship, including family relations. The sense of Meaningful Life (ikigai) was also investigated by PGC morale scale, and the important factors were analysed.

The results show that 70% of the advanced elderlies who live in their own homes feel healthy. However, the ratio who lacked confidence in their health increased in those over 80 years old. The mental state of health is related to the degree of social companionship with peers and relationships within the families, especially with respect to isolation from society or family.

A direction for community health activities was suggested.