

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 FUTOYU, 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.