Patterns of nature: a series of decorative plants. 3, Nymphaea alba.

Contributors

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No. 3: Nymphaea alba

In his "Flowers Of The Field" Johns describes the White Water Lily as "the only British species, and perhaps the most magnificent of our native flowers".

Water Lilies are seen to the best advantage in the wild state in some clear, sunny pool or slowly moving stream. Their large heart-shaped leaves floating on the surface form a superb background for the blooms with their smooth, white petals and pale golden centres. The flowers, which form in the water, rise towards the light when ready to bloom and expand on the surface, generally towards noon. At nightfall they close and return beneath the surface.

Nymphaea alba is quite hardy and is easily grown in the smallest of ponds, provided it is planted properly and the water does not become foul. The roots should be planted in a shallow basket filled with a mixture of loam enriched with bonemeal and well-rotted cow dung. The basket should be placed in the bottom of a pond about eighteen inches deep and barely covered with water to start with. Then, as the crowns shoot and leaves appear, the depth of water can be increased and the leaves will find their way to the surface.

Colour photograph by John Markham, F.R.P.S.

ANTACID therapy needs to be regulated to fit the acid-secretion pattern of the sufferer from hyperacidity.

Medication must be regular and continuous to suppress the attacks of acid pain, and should, ideally, be regulated to anticipate these attacks. This presents little difficulty in hospital, but is a problem to the chronic acid dyspeptic who needs to carry on with his work.

Ambulant patients can regulate the degree of their stomach acidity simply, pleasantly and predictably by carrying Prodexin tablets and sucking one occasionally to control their hyperacid "peaks".

Prodexin tablets act rapidly and buffer excess acid for a long period. They do not alkalise the stomach contents or aggravate abnormal acid secretion. They provide a colloidal aluminium hydroxide gel without the loss of activity usually associated with dried alumina preparations. Prodexin tablets are palatable, smooth, non-gritty and non-irritant to stomach lesions.

PRODEXIN

for rapid, continuous and safe antacid control

Each Prodexin tablet contains:

Aluminium glycinate (dihydroxy aluminium aminoacetate)...0-9 gramme Light magnesium carbonate................................0-1 gramme

DOSAGE:

For best results the tablet should be allowed to dissolve slowly in the mouth.

For hyperacidity:

One to two tablets as required.

For prevention of hyperacidic attacks:

One tablet every hour. If pain recurs regularly it is best to anticipate each attack by a dose 15 to 30 minutes before pain is expected.

For peptic ulcer:

One to three tablets every hour depending on the degree of hyperacidity.

PACKAGES:

Cartons of 30 individually wrapped tablets and dispensing packs of 240. Basic N.H.S. cost of 240 tablets: 30s. 4d.



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