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PATTERNS OF NATURE: a series of decorative plants

No. 6: Helenium

The genus Helenium is closely allied to the sunflowers and Jerusalem artichoke (species of Helianthus) and, like them, belongs to the family Compositae. The heads have ray florets on the outside and disc florets in the centre. There are about thirty known similar species of erect annual or perennial herbs native to North and Central America.

The name is indirectly attributed to Hippocrates, who first used it to describe a similar flower, though there appears to be no record of Helenium as a medicinal plant.

Variants are common enough in British gardens. They are perennials mostly derived from Helenium autumnale (Sneezewort) and H. bigelovii. There are many garden varieties differing in length of stem, size of the heads, colour of the florets, and the period of flowering. In Britain they are hardy, and particularly suitable subjects for perennial borders in any good garden soil. They flower freely and can be easily propagated by division in the late autumn, or from seed.

Receiver and the second second

In treating peptic ulcer a satisfactory healing environment cannot be achieved by undue or intermittent alkalisation. Complete abolition of acidity by alkalis or milk-alkali drip may even stimulate further acid production. Intermittent therapy takes no account of stomach emptying time and leaves the mucosa unprotected for long periods.

The occasional sucking of a Prodexin tablet restores a normal pattern of secretion, thus resting the hyperacidic stomach and promoting the healing of ulcer. Prodexin tablets regulate gastric acidity within the equable limits of pH 3·5–4·5, thus eliminating the risk of acid rebound. By providing a continuous 'drip' of antacid, irrespective of the emptying habits of the stomach, they obviate the risks of intermittent medication.

They are, moreover, handy and pleasant for the patient, free from gritty, irritant particles and, in most cases, non-constipating.

PRODEXIN

restores the pattern of gastric acid secretion

Each Prodexin tablet contains:

Aluminium glycinate (dihydroxy aluminium aminoacetate)...0.9 gramme Light magnesium carbonate.....0.1 gramme

DOSAGE:

To ensure a steady and prolonged flow of medicament to the stomach the tablet should be allowed to dissolve *slowly* in the mouth.

For hyperacidity:

One or 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 tablet every hour, or more frequently, 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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