

# DEPOSITS ALL IN THE RED AT THIS BANK

**SINCE the days of antiquity, mention of blood has always made a deep impression on people.**

Little was known about the composition or function of blood until the discovery of its circulation in 1628, and then its four main groups in 1901.

Until recent times, the sight of blood or the loss of blood has been associated with tragedy and death.

Now, in the light of modern knowledge, this traditional attitude has disappeared, and blood is properly considered as a remarkable instrument for saving human life.

To help protect it against loss of blood, the body is capable of producing enormous quantities as required - in fact, old blood is constantly being replaced.

The reserve capacity is such that there is far more than any person could expect to need in a lifetime.

For this season, it is quite safe to give blood in regular donations.

The Blood Banks in Australian depend entirely on voluntary donors.

At the Gosford District Hospitals Blood Bank, 3097 donors in the past year gave; between them, 6796 donations of blood.

Sister Jan Wishart, of the blood bank, explained that

the blood given in this area is now processed here; the hospital has a new centrifuge that snap freezes at minus 70 degrees centigrade.

This allows the fractionation of blood into components so that each donation may help four patients.

The procedure of giving blood is virtually painless and the donor receives a major medical check, in that blood pressure and iron count are checked.

Donors can, if they wish, give a donation every 12 weeks.

Sr Wishart said new donors are needed because of the new hospitals, an increase of patients and usage of blood and components.

Blood can be donated at Gosford, Long Jetty and Woy Woy Hospitals.

A blood bank will open at Wyong Hospital in the near future.

Many clubs and schools donate blood.

The newest group is the Gosford Motorcycle Club.

Anyone wanting to become a donor, or make further enquiries, should contact Sr Wishart (24 1122) and ask for the Blood Bank.



**SISTERS Heather Oakes (kneeling) and Margaret Wicks storing blood in the Blood Bank's refrigerator. Gosford District Hospital in the past year had 3097 donors**

## NURSE OF YEAR



**MRS Janice Horneman of Green Point is presented with her Nurse of the Year award by Director of Nursing for Gosford District Hospital, Miss Marie Lowndes at the nurses' graduation ceremony held last week. Janice was chosen from the 46 other nursing students as Nurse of the Year by representatives of the award and School of Nursing staff for her academic achievement as well as her application on the ward. She was congratulated by Miss Lowndes and commended as a mature age student.**

### Mental health talks

SOCIAL worker with the NSW Association of Mental Health and founder of the Association of Relatives and Friends of the Mentally Ill (ARAFMI), Margaret Lukes, will be on the Central Coast next Wednesday, August 6.

Relatives and friends of anyone mentally ill are urged by the organisers to attend a meeting to be held at the Central Coast Community Health Centre, Racecourse Road, Gosford, on that day at 11 am.

While the meeting has been arranged by the Central Coast ARAFMI, it is open to non-members.

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