

ever, unfortunately, went too far, as reactions have a habit of doing, and blood-letting for many years almost disappeared from medical treatment. Now the feeling is growing that medical men are losing a most powerful remedy by their neglect of bleeding. In cases of advanced heart disease in which the veins are overloaded, in all cases in which the blood is not able easily to pass through the lungs, and in which therefore, there occurs some back pressure upon the right side of the heart, and in cases of uræmic and other convulsions, the wonderful advantages of blood-letting are recognised as not only based upon scientific reasons, but as practical measures of immense importance. Consequently, it is probable that in the future the removal of blood by opening a vein in the arm, or by the application of leeches, or by the use of the old-fashioned cupping glass, will become much more frequently practised than it is at the present day.

#### DIET IN PREGNANCY.

It is an accepted fact that, by a suitable diet, pregnant women can be saved a great part of the discomforts and even some of the dangers which sometimes attend their condition; and that the nutrition and, therefore, the size of the child may be so greatly influenced as to enable the foetus to be safely born in cases of malformations of the pelvis which would prevent the birth of a child of ordinary size, at full time. The two principles to be considered are that the diet shall be free from any excess of albumen, and that fluids shall also be, as far as possible, restricted. By the former measure, the development and nutrition of the child is hindered, and, by the latter, the amount of amniotic fluid is restricted. In brief, therefore, it may be said that women for whom such a diet is necessary should take meat only once a day and then in small quantities, and that they should not take eggs, peas, beans or much milk, seeing that these are all so rich in albumen. Green vegetables, salad, bread and butter in ordinary quantities are permissible. Thirst can be quenched by lemonade and water, and cocoa is preferable as a beverage to much tea or coffee. Wine, beer and spirits are forbidden and the patient is enjoined to take no liquids except with her meals. But fruit, raw or cooked, can be indulged in *ad libitum*. Patients who have faithfully pursued this regimen assert that they have gained, thereby, a remarkable feeling of well-being, and that the sense of fulness, bearing down, and weariness, of thirst and constipation, from which they previously suffered, quite disappeared. The ease and rapidity of labour in such cases, as compared with the tedious or difficult confinements from which such women had previously suffered, has often been very marked.

## Reflections

FROM A BOARD ROOM MIRROR.



ST. MARY'S HOSPITAL has received the third highest grant from the Hospital Sunday Fund, a sum of £2,750, which is an evidence of the amount of work the Hospital is doing and of the extent to which it is dependent on voluntary support.

\* \* \*  
Mrs. Jessel, of Craven Hill Gardens, has endowed a cot in De Hirsch Ward of St. Mary's Hospital in perpetuity by a donation of £500, in memory of her grandchild, Henry George Jessel, who died in November, 1894, at the age of four years.

\* \* \*  
Mrs. Wedgwood, of Stanton Court, has, through Sir William Broadbent, given a generous donation of £50 in aid of the St. Mary's Hospital Extension Fund.

\* \* \*  
The Medico-Psychological Association of Great Britain and Ireland will hold an examination for its certificate in Psychological Medicine in London, Edinburgh, Glasgow, Aberdeen, and Dublin on Thursday, December 19th. Intending candidates are required to give fourteen days' notice to the Registrar, Dr. Spence, Burntwood Asylum, Lichfield, from whom further information can be obtained. Essays for the bronze medal and prize given by the Association must be received not later than May 30th, 1896.

\* \* \*  
The Guardians of Bradford Union invite competitive designs for a Home to accommodate thirty-five Nurses, proposed to be erected in the grounds of the Union Workhouse.

\* \* \*  
Lord Frederick Fitzroy, Chairman of Committee of the North Eastern Hospital for Children, Hackney Road, Shoreditch, has issued a letter in which he calls attention to the precarious financial condition of that Hospital. He states that the Institution provides treatment in sickness and accident to 15,000 children of the poor annually. The Hospital is in debt and urgent need.

\* \* \*  
The whole of the men of the Medical Staff Corps who have been detailed in connection with the Ashanti Expedition at Chatham, London, Portsmouth, Colchester, Dublin, Woolwich, Devonport, and Chester have joined at Aldershot. They will form a provisional company, 84 strong, under command of Surgeon-Major W. O. Wolsley and Surgeon-Captain O'Callaghan.

\* \* \*  
Brigade-Surgeon Lieutenant-Colonel Townsend, now stationed at Cork, has been selected to take the direction of the Hospital transport which is to be organised.

\* \* \*  
The Mansfield Board of Guardians has decided to spend £8,600 on enlargements of the Infirmary and providing further sleeping accommodation for the Nurses.

\* \* \*  
A Bazaar on behalf of the Mary Wardell Convalescent Home for Scarlet Fever will be held in the Iron Room, Stanmore Common, on December 5th. The Archdeacon of London will give a short Address, after which the Bazaar will be opened by the Lady Maud Ryder. Contributions of work, &c., especially clothing for ladies and children and for the poor, will be very acceptable, and may be sent to Miss Mary Wardell, Sulloniaca, Stanmore, or to Mrs. Jackson, The Rectory, Great Stanmore.

\* \* \*  
A Sessional Meeting of the Sanitary Institute will be held at the Parkes Museum, on Wednesday, December 11th, at 8 p.m. Sir Douglas Galton, K.C.B., D.C.L., LL.D., F.R.S., Vice-President, will open a discussion on "The Lessons to be learned from the Experimental Investigations by the State Board of Health of Massachusetts upon the

[previous page](#)

[next page](#)