

never be made with water if it can possibly be made with milk. A little skill is required in making gruel to prevent it being lumpy. To make gruel, take a small tablespoonful of fine oatmeal and mix it into a smooth paste with half a pint of milk. Rinse a saucepan with a little cold water to prevent the gruel burning, and pass the mixture through a strainer into the saucepan. Use a wooden spoon for stirring, and place the saucepan over a moderate fire and stir the gruel till it boils. Add a small piece of butter if it is liked, and serve it with sugar or salt according to taste.

Barley is used less now than formerly. At one time it was the staple food in the North of England. The largest amount of barley grown is now converted into malt, which is used in the manufacture of beer and of malt extract. In the preparation of malt, the grains are soaked for fifty hours, during which time they absorb a large quantity of water. They are then sifted and allowed to remain twenty hours before being removed to the "floors," where germination soon begins in the form of tiny rootlets. When from ten to fourteen days have elapsed, the plumule or sprout is well developed, and maltsters then stop growth by drying the grains in a kiln. This produces various changes in the grain, the chief being the formation of diastase or maltin, a nitrogenous substance of the albuminoid group, which has the power of converting starch into dextrin and sugar. Hence the value of malt extracts.

Barley is sometimes stripped of its fibrous outer coat by rasping or paring, and is then known as pot barley. If the grains are further treated and polished, they go by the name of pearl barley, and, if ground to flour, the result is patent barley. Compared with wheat, barley is poor in proteids, but richer in fat. Pearl barley requires prolonged boiling. It is a useful addition to soup, and makes a good porridge. In Lancashire it is largely used in confinements instead of gruel, and is served flavoured with nutmeg and split raisins. Barley-water can be made from pearl barley or patent barley. It is useful in the sick-room, but, according to Winter Blyth, contains very little nourishment.

Rye is largely grown in the North of Europe, and contains a large amount of proteid. It is not used as food in England, excepting for cattle, and, therefore, requires only a word of description.

Proposed World's Fair in London.

A scheme is under consideration by a committee of City gentlemen for the holding of an international exhibition of art, industry, science, and commerce at the Crystal Palace in 1906. Our friendly relations with the Great Powers, and the Imperial spirit shown by British Colonies, constitute a favourable opportunity for such an exhibition.

The Rules of the Central Midwives' Board.

The rules framed by the Central Midwives' Board have now been considered by the Privy Council, together with the draft and minority reports, and a representation from the General Medical Council. The schedule as approved for a period of three years has now been published.

Section A merely regulates the proceedings of the Board.

We publish below sections B, C, and D.

B.—REGULATING THE ISSUE OF CERTIFICATES AND THE CONDITIONS OF ADMISSIONS TO THE ROLL OF MIDWIVES.

1. Candidates must satisfy the Central Midwives' Board that they have reached a sufficient standard of general education and submit the following documents, duly filled in and signed: (a) a certificate of birth, showing that the candidate is not under twenty-one years of age; (b) certificates to the effect that the candidate has undergone the training set forth in O 1 (1), (2) and (3); (c) a certificate of good moral character in the form prescribed by the Board.

2. Candidates must pass an examination as hereinafter set forth. (See *O* below.)

3. A candidate who has complied with the above requirements and has successfully passed the examination shall receive a certificate in the form set out in the schedule, and her name shall be entered by the secretary on the Roll of Midwives.

4. The names of all women admitted to the Roll of Midwives under Section 6 (1) and (2) of the Midwives' Act shall be printed in one single list and in alphabetical order.

C.—REGULATING THE COURSE OF TRAINING AND THE CONDUCT OF EXAMINATIONS AND THE REMUNERATION OF THE EXAMINERS.

1. No person shall be admitted to an examination unless she produces certificates that she has undergone the following course of training, viz. :—

(1) She must have, under supervision satisfactory to the Central Midwives' Board, attended and watched the progress of not fewer than twenty labours, making abdominal and vaginal examinations during the course of labour and personally delivering the patient.

(2) She must have to the satisfaction of the person certifying nursed twenty lying-in women during the ten days following labour.

The certificates as to (1) and (2) must be in the form prescribed by the Central Midwives' Board, and must be filled up and signed either by a registered medical practitioner or by the chief midwife, or, in the absence of such an officer, by the Matron of an institution recognised by the Board, or in the case of a Poor Law institution by the Matron, being a midwife certified under the Midwives' Act, or a superintendent nurse certified in like manner and appointed under the Nursing in Workhouses Order, 1897, and attached to such an institution, or by a midwife certified under the Midwives' Act and approved by the Board for the purpose.

[previous page](#)

[next page](#)