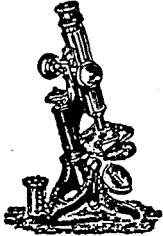


Medical Matters.

CHILD-FEEDING, MOTHERHOOD AND NATIONAL WELL-BEING.



Mr. William Hall, of Leeds, writing in *Progress* on the above subject, draws attention to the superior qualities of a well fed over an ill fed generation, and points out that on the women of the race depends the good development of the children. The care of daily life and nourishment of

the mother and her offspring is, he says, of the utmost importance. A breeder once said that if he were as careless of feeding his stock as we are of our human stock he would be bankrupt in twelve months.

The well fed classes display upon the whole a richer vitality, greater depth and individuality of character, and greater power than their poorer brethren. These differences of brain power and mental capacity are believed to be chiefly due to difference in the nutrition of the brain cells; again, largely due to difference in the kind or quality of food supplied. You may depend upon it that if you starve the body you starve the mind.

To begin with the mother. Her potentiality is the great factor in moulding the physical, the mental, nay, the moral qualities of her offspring, and, indeed, her condition long before the birth of the child is all important to its lifelong welfare.

The bony framework of the coming child begins to be formed seven months before it is born, and the framework of all the temporary and many of the permanent teeth is completed before the child comes into the world.

If the bones are well made, the flesh is well made, and the brains are well made. If the brains are well made, and not spoilt by early over-strain, the mind is well balanced, and from a well balanced mind we are most likely to get a better moral if not religious character.

Mr. Hall goes on to show the importance to the newly-born child of good bone-making mother's milk, and how the mother's special power may be spoilt by disease, drink, extreme poverty, or unwholesome excitement.

It is noteworthy that Moses gave strict injunctions that pregnant women should be treated with the greatest care, and reverence, and even to-day the poor Jew glories in self-sacrifice for his pregnant wife. It is regarded as a great reproach if the Jewish mother does not feed her child at the breast, and it is very rare for a Jewish nursing mother to be found working away from home.

Lectures on Anatomy and Physiology as Applied to Practical Nursing.*

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LECTURE IV. THE NERVES.

(Continued from page 266).

From the subject of the muscles of the body we pass by a natural gradation to consider the tissues by means of which the muscles are made to work. On dissecting the body, one finds distributed amongst every tissue white cords, varying from a considerable thickness down to the finest threads, which are called *Nerves*. These nerves under the microscope are found to be made up of two main parts. Firstly, of fibres, which, as in the accompanying illustration (Fig. 29), divide and sub-divide and interlace as they end in the different structures which they govern and control. *Se-

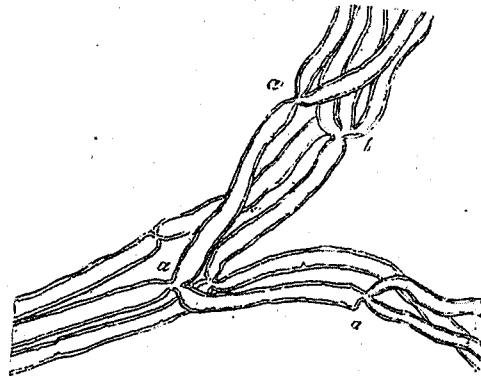


Fig. 29.—Nerve Fibres, dividing and sub-dividing:

condly, we find here and there along the course of the nerves, "cells" varying in size. The nerves and their "nerve cells" are surrounded by fat and connective tissue, and coated with a firm sheath.

In the large nerves, we find under the microscope that a number of nerve fibrils in their separate sheaths are enclosed in fat and connective tissue in a thick, strong sheath, as shown in the accompanying illustration (Fig. 30). If this sciatic nerve were followed down the leg, it would be found that each of the enclosed nerve bundles in due course passes off from the trunk of the nerve, and then each of their enclosed fibrils divides off, and, becoming

* These Lectures commenced on October 6th, 1906. Back copies of the Journal (post free 2d. each) can be obtained from the Offices.

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