

digestion, highly nutritious and partaken of at regular intervals. In many pregnant women, however, it is advisable to modify the diet. The necessity for this is shown by the presence of certain symptoms or physical signs which indicate the existence of a special strain on the kidneys and other organs of excretion. In these circumstances the lightest possible diet, one that throws the least strain on the kidneys and other glands, must be given. Such a regime is a milk diet. In severe cases it may be necessary to have recourse to an exclusive milk diet. In less severe cases, a diet of milk, bread, farinaceous foods and fruits may suffice, while in the milder forms of derangement all that is necessary is that the patient should avoid meats and richer dishes of all kinds, and live on a lacto-vegetarian diet. During the latter part of pregnancy, when the gravid uterus has risen and presses on the stomach, greater care must be exercised in selecting the diet, carefully guarding against overloading the stomach by taking food in greater moderation and at shorter intervals. It is often at this stage that a milk diet is especially needed.

### CENTRAL MIDWIVES BOARD.

The following are the questions set at the August examination of the Central Midwives Board:—

1. How would you recognise an occipito-posterior position of a vertex presentation?

What is the usual course of labour in such a case, and what special management may be necessary?

2. What advice can a midwife give in the antenatal management of her patients?

What instructions of the Central Midwives Board guide her in this respect?

3. Describe in detail the removal of the placenta by the hand introduced into the uterus. For what reasons may this have to be undertaken?

4. What signs and symptoms would lead you to suspect that a patient was suffering from active syphilis?

5. The baby refuses to take the nipple. What may be the causes and how would you deal with them?

6. State shortly what happens to the milk as it passes from the mouth to the anus of the infant.

Describe the appearances, normal and abnormal, of the stools met with in the first ten days, and what they indicate.

### QUEEN CHARLOTTE'S HOSPITAL.

#### SAVE THE CHILDREN.

Work in connection with the war has naturally continued to engross the time and energies of both men and women and the claims and needs of the voluntary hospitals are in danger of being overlooked; but when so many lives are being laid down in the defence of the country, the great importance of child life to the nation must surely be realised and every effort will be put forth to assist in the great work of saving the children. Queen Charlotte's Hospital, Marylebone Road, London,

N.W., is doing its utmost in this direction, but it can only cope with its ever-increasing responsibilities if adequate support is received from the public and the Committee therefore appeal most earnestly to all classes for generous aid in this truly national work.

During the past year the number of soldiers' and sailors' wives receiving the aid of the Hospital was larger even than in the previous year, no fewer than 407 being admitted to the wards and 911 being attended and nursed in their own homes. Since the outbreak of war between 3,000 and 4,000 soldiers' and sailors' wives have been helped. They are admitted without the usual subscriber's letter of recommendation, and it is gratifying to know how much they and their husbands appreciate the assistance the Hospital is able to render.

#### SPECIAL BEDS.

Benefactors may have the privilege of naming beds in the Hospital in accordance with the following scale:—In perpetuity, by gift of £1,000; for lifetime of donor, by gift of £400; or by annual subscription of £50. Such benefactors may be elected Governors and have the privilege of recommending patients for admission to the Hospital.

### THE DUXHURST CHILDREN'S VILLAGE.

Adeline Duchess of Bedford, Treasurer of the Duxhurst Children's Village Fund is appealing in the press for support for this new development. She writes:—"Lady Henry Somerset, the founder and lady superintendent of the Duxhurst Farm Colony (so well known as a home for inebriate women), has now decided to dedicate the work to the reception of infants and children in view of the extraordinary and pressing need for increased protection of infant life. The colony will, therefore, be known in future as the Duxhurst Children's Village. One house is set apart for the reception of infants, and fifty-two are already accommodated. These infants are for the most part the children of unmarried mothers—without exception the fathers are soldiers. In some cases the mother comes with her child, and is employed in the work of the colony. At the age of three the child is transferred to 'The Nest,' where in due time schooling is given and employment found.

"Applications by letter for the admittance of 300 infants, and telephone messages regarding many more, have been received within the last few months; the applications were necessarily refused, for want of space."

Her Grace therefore appeals for £5,000, for expenses already incurred and unavoidable developments.

"The alternative is the closing down of a work which, as a residential crèche, is a pioneer enterprise of the first importance.

"Her Majesty the Queen, in a letter to Lady Henry Somerset, has stated that she wishes her every success in the great work of preserving these young lives to the country."

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