

1½ oz.; amount of water daily not to exceed 10-14 oz.

The patient is advised to have abundance of fresh air, and to go about her work in the house as usual. It was found that the mothers bore the diet well, their weight remained stationary, allowing for the growth of the uterus and fetus, the labours were much easier, and the children, although reduced in weight, were alive and healthy; lactation was in no way affected.

The excess of meat and the small amount of fluid were at first disagreeable to some patients. In cases of albuminuria the diet would, of course, be contra-indicated. For healthy women with normal pelvis Prochownik advises little meat and bread, moderate fluids, and abundance of fruit and vegetables.

Lahmann, the great hygienist, advocates a diet poor in nitrogen. It is noteworthy that women living in the tropics, sub-tropics, and Southern Europe, and also the women of primitive races, have easier labours than those of their sex who are large meat eaters. It would be interesting to collect statistics of labours in vegetarian women. Prochownik also tried his diet in four cases where difficult labour was occasioned by the excessive stoutness of the patient. It was combined with skilled massage; the results were satisfactory. The success of his limited diet is striking; it is undoubtedly an error to increase the ordinary diet of a pregnant woman. It has been urged that there are two to nourish; but since the newborn child only requires half-a-pint of milk daily, the unborn child makes no great demands. The gastric capacity is lessened in the last weeks of pregnancy; more frequent meals may, therefore, be necessary, but moderation in amount is only a benefit to mother and child. There is less strain on the eliminatory organs; indigestion, constipation, hæmorrhoids, and the risk of auto-intoxication are less likely. Watson, of Edinburgh, experimented upon pregnant rats. The progeny of those fed on an excessive meat diet were usually poorly developed, and showed a high mortality. In Shenk's book on the "Determination of Sex," it is said that in years of plenty more girls than boys are born; that the sex of the worse-fed parent perpetuates itself!

With regard to alcohol, the general opinion is that it is deleterious, since its excess paralyzes, inhibits and impairs nutrition of the mother. The child of such a parent is frequently puny and diseased.

Matthews Duncan gives it as his opinion that constant indulgence in alcohol produces sterility, abortion, still-births, and weakly infants.

Palazzi experimented on rabbits by injected doses of alcohol. In 50 per cent. sterility was produced—a remarkable figure when the fecundity of the animal is considered.

The importance of this question of Diet in Pregnancy is realised upon the Continent. In many of the maternities the women are received two months before term, diet being one of the many points to which attention is given. Every midwife's sympathies are stirred by the ill-nourished mother, who often gives birth to a plump and vigorous babe, and by the puny weakling that is often born of an apparently healthy, well-fed mother. The laws that govern these apparent inconsistencies are yet to be enunciated; but diet will probably rank with other less easily discoverable causes.

M. O. H.

The Central Midwives' Board.

Special meetings of the Central Midwives' Board were held at Caxton House, Westminster, on Thursday, July 9th, and Friday, July 10th, for the purpose of hearing the charges alleged against 34 certified midwives.

On Thursday, 21 cases were disposed of, with the result that 17 midwives were struck off the Roll, two were severely censured, one censured, and one cautioned.

Several midwives appeared to answer to the charges, and one who did not appear was represented by her solicitor. In all instances the benefit of adopting this course was manifest, as on former occasions. Facts are often brought to light favourable to the accused in the course of evidence and cross examination which are not apparent from Statutory declarations.

In many instances the charges were of a similar character, such as uncleanness, failure to wear washable dresses, not using or possessing the appliances and antiseptics required by the Board, not disinfecting the hands and forearms before touching the patient, failure to take temperatures, etc. In the case of Margaret Burnett, 4099, who was struck off the Roll, two convictions at Alnwick Petty Sessions, one of common assault and one of being drunk and disorderly, were proved against her. As an evidence of female complaisance it may be noted that one midwife wrote:—"I am willing to be struck off the Roll for reasons which I do not understand."

Jane Emily Inglis, 3020, concerning whom it was proved that she had been convicted of manslaughter in a case of abortion in 1892, and sentenced to three years' penal servitude, was struck off the Roll, and it was further decided, as a medical practitioner, who had known her three years before that date, furnished the certificate of good moral character by which she obtained admission to the Roll to report the facts to the General Medical Council.

Emma Miller, 2585, convicted of having given a false certificate of still-birth, was struck off the

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