

and later months, three hours, at least, should be allowed between the feeds; while in strong, healthy children the interval may be increased to four hours. Too frequent suckling is a common cause of the sickness and stomach-ache of infants, and does great harm; and on no account must the child be put to the breast whenever it cries. If possible, there should be a separate sleeping cot, and the child must not then be allowed to stay in the mother's bed during the night. As a rule, the child should be gradually weaned at the eighth month. Suckling prolonged beyond eight months is most injurious to mother and child, and it is not true that the mother will not become pregnant while she is suckling.

IF THE MOTHER HAS NOT ENOUGH MILK,

the child must then be fed as far as possible from the breast, and partly (or entirely) with milk prepared as given below:—

All cow's milk given to a child should be first boiled for five minutes. During the first month at least two parts of water to one of boiled cow's milk with a small lump of sugar must be used. The quantity must vary with the needs of the child, but one and a half tablespoonfuls of boiled cow's milk to three tablespoonfuls of water will usually be enough. During the second month two tablespoonfuls of boiled cow's milk to two and a half or three tablespoonfuls of water, and from the third month onwards three to four tablespoonfuls or more of each may be given. A teaspoonful of cream may be added to each feed before the milk is boiled. If this diet does not agree a doctor must be consulted.

Bottles without tubes, such as the "Boat-bottle," are the only safe kind, because it is impossible to properly cleanse those with glass and rubber tubing. Tube bottles are dangerous. If the child does not take all the food the remainder must be thrown away. After each meal the bottle must be washed out and kept in clean cold water.

A child under two years of age must not be given "just what the parents have"; and *under no circumstances* should "teething powders" or "soothing syrups" be given.

Don't feed the child whenever it cries.

Don't suckle the child longer than nine months.

Don't use a feeding bottle with tubes.

Don't give "soothing syrups" or "teething powders."

Don't let the child always have a "comforter" in its mouth.

A DILUENT OF MILK.

An excellent diluent of milk in preparing food for a hand-fed infant is barley water made with Robinson's "Patent" Barley, supplied by Messrs. Keen Robinson & Co. It is easily assimilated and in many nurseries is regarded as a stand-by which must always find a place in the nursery store cupboard.

THE CENTRAL MIDWIVES BOARD.

A meeting of the Central Midwives Board was held at the Board Room, Caxton House, Westminster, on Thursday, October 9th, Sir Francis Champneys presiding.

Letters were received from the Clerk of the Council, transmitting a copy of a letter from the National Health Insurance Commissioners (England), on the subject of the effect of the working of the Insurance Act on the administration of the Midwives Act; and from the Local Government Board, transmitting a copy of a communication from the Guardians of the Romford Union, relative to their application for the recognition of their Medical Officer as a teacher of pupil midwives, and asking for the Board's observations thereon. It was agreed to thank the Privy Council for their communication, and that the letter drafted by the Chairman be approved and forwarded to the Local Government Board.

Letters were also received from the Deputy-Coroner for the West Riding of Yorkshire, calling the attention of the Board to the fact that midwives are not required by the rules to advise medical assistance in a case of premature birth; and from the Clerk to the Derbyshire Council, suggesting that a rule should be framed under which midwives would automatically cease to be enrolled at the age of seventy. It was agreed that both suggestions should be considered at the next revision of the Rules.

It was agreed to remove seven midwives from the Roll at their own request.

Dr. W. A. H. Waite and Dr. T. T. Rakin were approved as teachers; and Dr. W. S. M. Brown, for the purpose of signing Forms III and IV.

The applications of the following midwives, for approval to sign Forms III and IV, were also granted: Midwife E. E. Boast, M. E. Farrar, C. E. Fergusson, A. D. Garden, S. H. Plummer, M. Swan, M. M. Whale.

Miss Paget then asked the Secretary:—

"Whether any steps have been taken to ascertain if a woman, described in the press reports of the proceedings as connected with a recent prosecution for an offence under the Criminal Law Amendment Act in Piccadilly is a certified midwife, as has been asserted; and, if so, whether it is contemplated to cite her to appear before the Board?"

To this Mr. Duncan replied that the matter was coming up before the Penal Cases Committee which would meet when the business of the Board was concluded.

Mr. Parker Young questioned whether the name given by the woman was on the Midwives Roll, but Miss Paget said that it was, and this was confirmed by Mr. Duncan.

At the Penal Cases Committee it was decided, to cite the midwife to appear before the next Penal Board.

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