

need necessarily be made in it during pregnancy. But it should in all cases be as nutritious as possible—milk, eggs, cocoa, and wholemeal bread being particularly valuable. Plenty of fruit and green vegetables should be taken, as owing to the pressure of the enlarging uterus on the bowels, there is very often a tendency to constipation. If this is persistent, mild aperients—*e.g.*, cascara sagrada or liquorice powder—should be taken.

All pregnant women, unless suffering from dropsy, should be encouraged to drink plenty of water, as it helps the action of the bowels and also washes out the kidneys, helping them to excrete the additional waste materials accumulated in them.

Ventilation.—It must be strongly impressed upon the expectant mother that an abundance of fresh air, both day and night, is absolutely essential to the well-being of herself and her child.

Cleanliness.—The woman should have a warm bath daily, preferably before going to bed. Very hot water should not be used, on account of the added danger of asphyxia. For thoroughly strong, healthy women, who have always been accustomed to a cold bath, it may be continued during pregnancy if no ill-effects manifest themselves. In this connection, too, the nipples should be bathed daily with warm boracic lotion, and if they are small, tender, or retracted they should also be anointed with a little spirit—*e.g.*, eau de Cologne—to harden them. If the retraction is very persistent they should be massaged gently and drawn out, and if necessary a shield used to prevent pressure from the clothing.

Exercise.—Pregnant women should be encouraged to take as much outdoor exercise as is possible short of fatigue. It is particularly important that the tone of the abdominal muscles should be preserved, and if the mother is unable to take outdoor exercise she should be instructed to perform the following exercise two or three times daily. Placing a sheet on the floor, the patient, with arms folded across chest, should lie flat on her back on the sheet, then gently raise herself into a sitting posture several times.

All athletic exercises—*e.g.*, riding, cycling, and dancing—should be abandoned. Driving also is inadvisable, owing to the unavoidable vibration of the carriage or motor. Both with regard to exercise and in every other connection fatigue should be particularly avoided at the times when menstruation would ordinarily occur.

Several of the papers this week are excellent.

Miss M. M. G. Bielby writes:—"Do some murmur 'Counsels of perfection' when we discuss ideals in connection with pregnancy? Then let us make rejoinder in the words of quaint George Herbert: 'Who aimeth at the skie shoots higher much than he that means a tree.'

"Some forty years ago, when eugenics as a science was not born, and childbirth was ruled chiefly by ignorance, there was a young English bride in India who pondered deeply on this subject. She determined that her firstborn should be good, beautiful, strong, and clever, as well as the offspring of love. To attain this end she governed her life by the highest standards of conduct. Her hours of leisure were spent in reading and thinking on noble themes. Her gaze constantly rested on a lovely statue of Venus, and thoughts of beautiful objects, of kindness and gentleness, were always with her. The child was born, beautiful beyond reasonable hope, strong in mind and body, sweet in disposition, and with a marked talent for music. All these gifts were cultivated, and to-day she is a superwoman, a witness to all of the gracious results of intelligent and unselfish motherhood."

Miss Gladys Tatham remarks:—"The mental state of the mother—her joy or grief, her contentment or her unrest—has an undoubted effect on the child. An expectant mother owes it to her child to live a healthy life, think wholesome thoughts, and prepare for the new-comer with gladness and content. Alas! that it is sometimes impossible, especially for the harassed, over-driven mothers among the poor, but all pregnant women should remember that their life, their thoughts, their environment, aid in making or marring the coming child.

"Racial poisons (alcoholism, syphilis, and tuberculosis) have a terrible effect on both mothers and children. Those suffering from any of these diseases should be strongly discouraged from attempting to rear children."

Miss Tatham also suggests that if the mother takes milk in large quantities a very large baby is probable.

HONOURABLE MENTION.

The following competitors are accorded honourable mention:—Miss Gladys Tatham, Miss F. Sheppard, Mrs. M. Fitzroy Mears, Miss Elsie Benians, Miss M. M. G. Bielby, Miss I. Mackintosh, Miss O'Brien.

QUESTION FOR NEXT WEEK.

Describe the usual types of worms which infest the intestinal tract. What symptoms do they produce?

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