

The Midwife.

ADVICE FOR "CRAMPS."

How often is the trained nurse perplexed, says the *American Journal of Nursing*, by having a timid, modest woman come to her for a remedy for cramps accompanying the menstrual period, either for herself or some member of her family, explaining that she "hates to go to the doctor with just the cramps." Of course it is always the nurse's duty to explain that "just the cramps" may indicate trouble which can be cured by the early attendance of a physician and a great deal of more serious trouble be thus avoided later. Many women suffer greatly at this time for no apparent reason; it is this class which most frequently comes to the nurse for advice.

It is never safe at any time to suggest the use of viburnum or other drugs of that kind without the doctor's advice, even though one thinks they might help; for even a non-opiate drug habit is very easily formed and very hard to break.

Have the patient take hot ginger tea with a little cream, and then sit over a pail of steaming water. This is a harmless remedy which our grandmothers used and which, I have found gives quick relief. Or, place the patient in bed, and tightly bind the hips with a bath-towel wrung out of very hot water. Then cover with a blanket kept warm with a hot-water bottle. When the towel is cold, reheat. Be sure to have the towel pinned very tight, for the pressure seems to help quite as much as the heat and resting on the back. Care must be taken that the patient does not get cooled off too quickly and take cold afterwards. One hour of this treatment is most effective for ordinary cramps caused by congestion.

BUTTERMILK IN INFANT FEEDING.

An article in a French medical journal recommends buttermilk as a food in the ordinary diarrhoea of bottle-fed babies, saying nothing is so good. After the age of three or four, malted soups are better, made first with water alone, then with increasing amounts of milk.

CENTRAL MIDWIVES BOARD FOR SCOTLAND.

Intimation is hereby given that an Examination, qualifying for Admission to the Roll of Midwives for Scotland, will be held simultaneously in Edinburgh, Glasgow, Dundee and Aberdeen, on Monday the 29th day of October, 1917.

Entries received up to September 29th.

Examination Schedules and further particulars may be obtained on application to the Secretary, Mr. D. L. Eadie, 50, George Square, Edinburgh.

CULPABLE NEGLIGENCE.

Florence Annie Parkes, the proprietress of the Carlton Nursing Home, Exeter, and Dorothy G. H. Lee, domestic servant, have been committed for trial at the Assizes on the charge of manslaughter of the illegitimate child of the latter.

The jury unanimously came to the decision that the death of the child was caused by the culpable negligence of Nurse Parkes and Dorothy Lee, its mother.

OFFER A HIGHER SALARY.

Having advertised for a certificated (C.M.B.) nurse at a salary of £40 a year, the Ruthin Guardians have found themselves in a dilemma, as only one application had been received, and that from an unsuitable candidate.

The Government Inspector, who was present at the meeting, said that, owing to the scarcity of nurses, the Local Government Board were willing to relax their regulations, and would agree to the appointment of an experienced, but not necessarily a certificated woman to the post temporarily.

The Guardians welcomed this concession.

We should advise the Guardians to offer a higher salary rather than depreciate the standard of efficiency.

THE POOR LYING-IN WOMAN.

The Midwives Act only became law on a strong plea for better care of "the poor lying-in woman," but it would appear that it will have to insist upon a much higher standard of efficiency upon the part of midwives, if that desirable consummation is to be attained. The Press reports the death of a poor woman after childbirth from puerperal septicæmia, and from the evidence in a court of law, there is apparently nothing to prevent "the poor lying-in woman" being attended by a "maternity nurse" who cannot read a clinical thermometer and does not know the normal temperature of the body.

Like the golden-rippled glow
Of the soft September sun
Ripening into unison
Heaven above and earth below,
Ripening, sweetening; even so
Your sweet influences run
Round my life, beloved one,
Round the garden where I grow.
Rosy apple, honey pear,
Dusky damson, velvet plum,
Mellow in the magic air.
On a branch a robin sings
Calm consolatory things
In a dream. The rest are dumb.
From "*Odes and Other Poems*,"
By R. C. K. ENSOR.

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