

## The Midwife.

### "HELPED TO THRIVE AND STRENGTHENED TO LIVE."

No greater plea could be put forward for financial support for the St. Marylebone Babies' Nursing Home, 90, Marlborough Place, St. John's Wood, than the details published in the programme of a concert recently held on its behalf at the Hampstead Conservatoire, when Lady Wyndham (Miss Mary Moore) charmed her audience with her short stories, and Miss Gertrude Peppercorn gave great pleasure with her pianoforte solos.

Here is the record of the Home in brief:— "Hardly a baby admitted to the Home but would have died if left at home. . . . Hardly a baby admitted to the Home, but after a few weeks is helped to thrive, and strengthened to live." Those who want to help the good work can do so by sending their subscriptions and donations to the Hon. Secretary, Lady New, 55, Avenue Road, N.W.8, or the Treasurer, W. Darwon, Esq., 82, Clarence Gate Gardens, N.W.1, or the Matron at the Home, by whom they will be gratefully received.

### ANTE-NATAL CLINIC.

The Great Northern Central Hospital has inaugurated an Ante-Natal Clinic which will be held weekly at the Out-Patients Department, on Thursdays. An additional Session of the Gynaecological Department will also be held on Thursday mornings, as well as on Monday afternoons, as hitherto.

These Ante-Natal Clinics are of great value, and should save a large amount of preventible suffering, and also help to raise the general standard of national health by giving wise advice to expectant mothers, who are, as a rule, only too anxious to follow it, if they have confidence in their advisers. The patient endurance by many women, in the past, of suffering, and lowered vitality, which they should never have had to endure is one of the tragedies of the want of knowledge, which every woman should have the opportunity of acquiring.

### WEANING.

The *Pennsylvania Medical Journal* recommends beginning weaning with a cow's mixture considerably weaker than would be given to a healthy baby of the same age. Half the strength would be a wise formula; if this is well borne, it can be gradually increased. Avoid weaning during hot weather. If possible, wean slowly, beginning with one bottle feeding a day. In four days a second bottle can be given, the breast feeding being gradually discontinued. In any case, if the mother's milk is insufficient, cow's milk should be given in addition. At nine months a baby may be given a bottle feeding

once a day to train it to digest cow's milk, even if it is thriving on breast milk.

### ABOUT WATER.

Mr. Eustace Miles in his book, "Self-Health as a Habit," published by J. M. Dent & Sons, Ltd.,\* has much to say about the use of water, which expectant mothers would do well to note, for, as we all know, a danger during the period of profound changes which precedes the birth of a child is that the toxins in the blood shall not be freely eliminated. Speaking generally, Mr. Eustace Miles says:—

"Water not only quenches thirst, it also gives a sense of bulk, and satisfies hunger to some extent. For many people it would be far better to fill up with water than with the vast quantities of unnecessary foods that they take, particularly foods of the starchy and sugary type, foods that tend eventually to a very serious form of acidosis."

Water helps the peristaltic action of the digestive and eliminative organs. It also, as Pawlov has proved, arouses not only the saliva, but also the gastric juice.

It conveys oxygen into the system.

It serves to convey food not only into the system, but also through the system.

It is water that helps to distribute the food, as the canal system used to and should still help to distribute food and other commodities through our country.

Above all, water eliminates toxins and waste matter and thus purifies the system. The waste matter goes out through the breath, the skin, the kidneys, and the bowels. Without water the vast amounts of poisonous stuff would be retained within the body. The Japanese use hot water freely, not only externally, but also internally.

It is very astonishing that when the water intake is doubled, the urine still carries out not much less waste matter in proportion. The specific gravity is not so very much lower. The lesson is obvious. The water must be carrying out a great deal of poison.

### ALLENBURYS DIETETIC PRODUCTS.

The Dietetic Products of Messrs Allen & Hanburys, Ltd., 37, Lombard Street, E.C.3, have gained a deservedly high reputation, at home and abroad; and the FOODS FOR INFANTS have the confidence of maternity nurses, and midwives far and wide. These foods are not only of the highest quality, but are supplied in three different grades adjusted in their composition to the advancing stages of infancy. Like the Diet for Invalids they have the further advantage of being not only absolutely reliable, but easily prepared.

\* 10, Bedford Street, London, W.C.2.

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