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NEW ASPECTS OF CHILD WELFARE.

A most interesting lecture to the International Congress of Nurses, at Helsingfors on July 21st, illustrated by lantern slides, was that given by Miss Jentie B. N. Paterson, who was invited to speak on the "Newer Aspects of Child Welfare" from the New Zealand standpoint, and who was sent by the New Zealand Government to represent the Child Welfare Department, of which Sir Frederick Truby King, C.M.G., is Director, and with which she has so warmly and fruitfully identified herself.

Prevention being the keynote of all New Zealand work, it was only fitting that many of the slides shown stressed the importance of the general health of the individual, especially of that of the woman—the potential mother.

The picture of a Japanese woman taken by Dr. King in Japan, some twenty years ago, taught many lessons—the importance of loose shoulder-slung, well-balanced clothing, of suitable footwear to permit of exercise being taken in all weathers, and of having broad heels to maintain the natural poise of the body, rather than the only too common peg-top high heels, which are worn at the risk of damage to ankles, leg bones, and the displacement of internal organs. The woman is winnowing corn, and the chaff is carried off by the wind, while the grain will be ground by a hand-mill, and eaten in a coarser and more natural state than most of the cereals consumed by us to-day. Teeth must be utilised and the jaws exercised; and this cannot be efficiently effected on super-refined proprietary foods so commonly used.

The health of the unborn child depends on the habits, diet, exercise, rest, and sleep of the mother, consequently such points were dealt with, also the paramount importance of breast-feeding in generating a high resistance to disease.

Two statistical circles attributed the death and damage rate among toddlers to faulty "foundations" in the early vital weeks.

First teeth, said Miss Paterson, were mistakenly called milk teeth, but the ivory and enamel were elaborated from the mother's blood, and were almost completed, awaiting eruption, when the child was born. The second, permanent teeth, were the "milk teeth," and should be built out of the mother's milk, and preserved, when cut, by a suitable diet, containing dried bread and crusts.

The dummy, as a contributing cause to adenoids, and resultant mental dullness, was shown by the photograph of a boy of fourteen, convicted of theft for the second time.

A series of interesting slides followed, showing details of some of Sir Truby's experimental work with plants and cattle, which led up to his work for women and children. One demonstrating the necessity for ante-natal care for the potato and the subsequent large well-shaped potatoes gathered from those which were given light and plenty of air during the quiescent period, in contrast to those "pitted" (left in the dark), as is still done in many places to-day.

A potato-blight which cost New Zealand thousands of pounds sterling occasioned this experiment. Dr. King maintained that spraying was only palliative treatment, and the crux of the matter lay in the answer to the question, why the potato had not the necessary resistance to disease? The result of his experiment was far reaching, and more than recompensed the Government for the financial loss of the previous year.

To create healthy, resistive cells it is necessary for the expectant mother to study her own health, and keep all her excretory organs working at the highest pitch, else the body may become one vast poison factory—and auto-intoxication take place if that which should be quickly voided is allowed to pass into the blood stream. The toxemias of pregnancy would not form such a formidable list in midwifery books, were the internal involuntary muscles correctly and regularly exercised.

Pictures of school children swimming, elicited the fact that the Director of Child Welfare considers all children should be taught to swim by 10 years of age, and that half an hour spent at the baths is more valuable than one hour given to any other exercise. Not only are the voluntary muscles brought into play, the chest expanded, but the cold water acts as a stimulant on the internal organs which are outside the control of the will, and "can only be run from the outside."

The picture of a pedigree-bull which had suffered from the effects of shortage of food and been restored to health, after several unsuccessful attempts, by being given a liberal supply of cow's milk, was followed by a slide showing a similar episode in the life of a child. All too frequently infants are weaned and the mothers' milk described as "unsuitable" when all that requires to be done is to weigh the child before and after breast feeding, and give the temporary shortage due in suitably prepared humanised milk. Then followed the simplified recipe for making humanised milk: fresh cow's milk, 8 ozs.; lime water, 1 oz.; sugar (preferably milk sugar), $\frac{3}{4}$ oz.; New Zealand cream, $\frac{3}{4}$ oz.; water up to 20 oz. total.

Usually cows' milk is employed, but the milk of any mammal can be used and approximated to the human standard; when the amount of sugar, fat, and protein is known the modification is simple and quick. Whole cows' milk has too high a protein and should not be used either in liquid or dried form, else the kidneys will be over-taxed to get rid of surplus, unnecessary protein. One child may tolerate a wrong food or too strong a milk for a longer period than another, but toleration is far removed from complete assimilation, which alone builds a healthy body. Sooner or later Nature demands the toll from those who break her laws. The lecture closed with an imposing array of advertisements for common baby-foods, much be-curtained-cots and unhygienic pram-hoods. Traps for the uneducated mother—uneducated in mothercraft.

The whole lecture might be termed "Common Sense," but we are reminded that the sense is not common!

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