

reduced to the minimum by the attention of a doctor or a midwife already familiar with the patient, her surroundings and her mental and physical condition.

We cordially endorse these views, which cannot be too deeply impressed upon women with child.

The article concludes with the following expression of opinion:—

"This Report should for many years to come be the expectant mother's charter. It not only gives much valuable information, but it sets up standards by which any given activity in this field can be judged, and it suggests ideals the striving after which should carry all concerned much nearer to perfection than is the case to-day."

STERILISATION AND BIRTH CONTROL.

We learn that Dr. Helen MacMurchy, C.B.E., who will be remembered by many nurses who attended the International Congress of Nurses in Montreal in 1929, for the sympathetic interest which she took in their meetings, has recently, at the request of some members of the medical profession and others interested in the subject, been engaged in writing a book on Sterilisation and Birth Control. It is now in the hands of the printers, and will be published in Canada immediately. It will be awaited with much interest by nurses in this country, both because they desire to be adequately informed on these subjects, and because, knowing the writer, they are sure that they will be treated by her with both wisdom and delicacy.

MOTHERHOOD.

We have received a copy of the fourth enlarged and completely revised edition of "Motherhood, A Guide for Mothers," published by the well-known firm Cow & Gate, Ltd., of Guildford, Surrey. The fact that in less than four years this further edition has been called for is testimony to its proved value to mothers, and their appreciation of the book, which is attractively produced, and has many beautiful illustrations of babies and children brought up on Cow & Gate Milk Food, as well as others of practical and scientific interest.

After studying the latter in relation to artificial feeding, we think that no mother will willingly subject her infant to the peril of using cow's milk as a substitute for her own, as not only is it unsuitable and inadequate unless reconstituted, and the proportions of its constituents altered, but "it is frequently infected with germs, some of which are highly dangerous, e.g., tuberculosis, diphtheria, typhoid fever, etc." Thus, it has been recently asserted by a well-known authority "that over 2,000 infants die yearly from tuberculosis derived from cow's milk."

It is emphasised that any successful substitute for breast milk must be modelled on breast milk itself. The essential and most prominent features of healthy breast milk are:—

1. Sterility, *i.e.*, freedom from dangerous germs.
2. Ease of digestion.
3. Richness in essential health-promoting vitamins.
4. Perfect balance of all those elements of nourishment necessary for regular and proportionate growth.

It is claimed for Cow & Gate Milk Food, and indeed proved by a photograph reproduced, that Cow & Gate Milk Food is entirely free from bacteria. Further it satisfies all the criteria enumerated above.

In connection with the treatment of convulsions we notice it is advised to "get the child into hot water as soon as possible without waiting to remove the clothing. The water should be as hot and kept as hot as the hands can bear." A safer method is to test the heat of the water with a bath thermometer, which should always be at hand where there is an infant in the house. The same applies to the alternative method suggested of pouring a jug of

hot water over the back of the child's neck. Its heat should first be ascertained with a thermometer.

Many mothers will be grateful for the chapters on "The Care of Baby Overseas," which contain much valuable advice which they will be wise to assimilate. We cordially endorse the advice "avoid at all costs the dangerous liquid milk of the tropics . . . Methods of milk production in the East and elsewhere are still deplorable, and the risks to baby's life and health are grave indeed."

Chapter three of Part four, "Baby's advice to Mother" is both original and practical, and there is a necessary warning, supported by a concrete case recently published in *The Lancet*, as to the damage which may be done by irradiated ergosterol.

The price of the book published by Cow & Gate, Ltd., Cow & Gate House, Guildford, is 1s., and we predict for it a large circulation.

THE CARE OF MOTHERS IN THE ISLAND OF SCARPA.

The reply to questions in the House of Commons by Mr. Shelton, Under Secretary for Scotland, has by no means satisfied the Member for the Western Isles so far as nursing conditions for mothers in the Island of Scarpa is concerned.

It is advanced that no cause for complacency can be readily found by the Department of Health as it regards an island in which mothers are dependent upon the skill and strength of an 86-year-old midwife.

To talk of taking mothers from that island and other places from their homes to go to Tarbert, the village at which the doctor and the nurse live, and there await confinement, may seem adequate. Actually the thing is next to impossible.

"An Observer" states in the Press: "The nurse is almost as rare a visitor to Scarpa as the member for the Outer Isles. We have heard of a case in Scarpa where the nurse was sought for a dying man but not found. The man's own daughter, a nurse in Edinburgh, came to the rescue, but arrived too late. If a nurse can be obtained for Scarpa in Edinburgh, and be taken by night by special car from the now famous Stornoway, when a Tarbert nurse cannot help at Scarpa, then it is jolly high time that something less inadequate should be done to alter circumstances."

It would appear that it is high time for organised nursing and midwifery facilities in Scarpa.

POPPY DAY FABLE.

Lady Edward Spencer-Churchill, at Denison House, S.W., recently congratulated the Women's Section of the British Legion (Metropolitan Area) on the success of Poppy Day. Then she said she must tell "this one":

A very pretty young nurse was selling poppies when a potential buyer, a young man, told her that he would give her a £1 note for a poppy provided she would promise to nurse him if at any time he went to her hospital. She agreed.

"By the way," the young man asked, "where is your hospital?"

"I am at Queen Charlotte's Maternity Hospital," meekly replied the pretty nurse, putting the note into the box.

DRUGS USED FOR SLIMMING.

The Pharmaceutical Society has passed a resolution declaring that the Schedule to the Poisons and Pharmacy Act, 1908, ought to be amended by the addition to Part 1 of certain drugs used for slimming purposes.

[previous page](#)

[next page](#)